



Meal Kits

These Blue Zones Project Approved™ restaurants and caterers are making the healthy choice, the easy choice with meal kit options for you to cook at home. Contact the company directly for more information.

CHEF FOR SENIORS

(424) 224-9780

<https://chefsforseiors.com/la-south-bay>

No contact meal prep delivery service. Choose from a variety of nutritious and delicious meals. Free grocery shopping service also available.

READY FIT GO

(310) 318-3188

<https://rfghealthyfoods.com/>

Choose from a variety of nutritious meals or create a weekly meal plan that includes breakfast, lunch, dinner, snacks and beverages. Pick-up and delivery available.

SOUTH BAY CATERING COMPANY

(310) 730-8843

<https://www.southbaycateringcompany.com/>

Weekly delivery meal plans for two. Choose from a variety of meat and plant-based options, lasagna and sides.