
FAQ's

How do I order?

All orders are placed online.

Can I freeze my meals?

Yes, The containers are freezer friendly.

How long do your meals last?

The containers give our meals a 2x more shelf life so they will stay fresh the entire prep duration. If you need to extend your prep past the suggested # of days, you can also freeze them.

Is there a delivery charge?

Yes, we cover a 20 mile radius from West Loop location and the delivery tax can range from \$10-\$25 depending on the distance.

Can I pick up my order?

Yes, our pick up location is in the West Loop of Chicago (310 S Racine, 8th Floor) and pick up times range from 2-5pm, Monday, Wednesday & Friday

Do you deliver?

Yes, our delivery times range from 6pm-8pm, Monday, Wednesday & Friday

How long after an order is submitted does it take to receive?

We run 3 days out in completing orders.

Contact Us

Email - 3stepmealprep@gmail.com

Phone - 301-512-6887

Our Thoughts:

Meal prepping has become popular with health/fitness enthusiasts and busy professionals alike. It's the perfect way to stay on track with your nutrition goals. But let's face it: it's hard to find time to cook one healthy home cooked meal, let alone prepare food for days at a time. Especially, for those who are, let's just say, "Kitchen Challenged," the task gets even tougher. With work, school, family, etc. all packed into your daily scheduled, it's easy to allow healthy eating to fall by the wayside and have unhealthy, fast and/or convenient food creep into your diet. This is why 3 Step Meal Prep is here. Let us meal prep for you.

Our motto:

"We pride ourselves on using the freshest ingredients to create mouth-watering, satisfying dishes."



How It Works?

We Make Fresh, Healthy Meals

- 1 Select Meal Count
- 2 Create Your Meals
- 3 Pick up or Delivery

We are not a diet. We create a lifestyle. We believe that eating healthy does not have to be boring or restrictive. Nor does it have to cost you a fortune. With several different menu items and new items added often, the meal combinations are endless.

Cooked the same day they are delivered to you, our meals are perfectly portioned in microwave-safe containers, so all you have to do is heat them up. Even if you have diet restrictions or special request, we accommodate your needs.

So what are you waiting for? Let us meal prep for you.



Ready to Order?

Choose Your Weekly Meal Count Below

10 for \$149

10 meal prep

1 protein option, 2 veggie options, 2 side options, 1 meal can be a pasta option

15 for \$199

15 meal prep

2 protein options, 2 veggie options, 2 side options, 1 meal can be a pasta option

20 for \$239

20 meal prep

3 protein options, 2 veggie options, 2 side options, 2 meals can be a pasta option

25 for \$340

25 meal prep

5 protein options, 3 veggie options, 2 side options, 2 meals can be a pasta option

Protein

Poultry

- Plain Grilled Chicken Breast
- Mediterranean Herb Chicken Breast
- Teriyaki Chicken Breast
- BBQ Chicken Breast
- Ground Turkey
- Mango Coconut Chicken Wings

Meat

- Ground Beef
- Skirt Steak (Cajun)
- Skirt Steak (BBQ)
- Skirt Steak (Teriyaki)

Seafood

- Grilled Salmon
- Sauteed Tilapia
- Grilled Lemon Caper Shrimp
- Sauteed White Fish

Veggies

- Green Beans
- Spinach
- Asparagus
- Brussel Sprouts
- Broccoli
- Broccolini
- Bell Peppers
- Zucchini & Squash Medely
- Double Portion Veggies (\$10 extra)

Sides

- Yam Souffle
- Mashed Potatoes
- Brown Rice
- Wild Rice

- Sweet Corn

Pasta

- Spinach Fettuccine with Shrimp
- Spinach Fettuccine with Chicken

Create your Meals

Choose your protein, veggies and sides from the menu above