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## SIX OF THE BEST: DELIVERY DIETS

Start the new year healthily and resist temptation with these nutritious-meals-on-wheels maestros.

BY SOPHIE GRIDLEY

### 1 PURE PACKAGE

From £29.95 a day, within the M25 (0845 612 3888; [www.purepackage.com](http://www.purepackage.com)).

If you're a foodie with great healthy-eating intentions, but through lack of time find yourself relying on quick and often unhealthy fixes, Pure Package is for you. Beautifully presented and delicious, the food is mostly organic and locally sourced – options include wild-mushroom barley risotto for dinner. The portion sizes can be adjusted according to your goals.

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### 2 RAW FAIRIES

From £22.50 a day, London only (07879 246501; [www.rawfairies.com](http://www.rawfairies.com)).

Those devoted to the raw-food movement (it is, admittedly, an acquired taste) will adore Raw Fairies. The nutrient-rich, organic and virtually all-vegan foods are energising and delicious, and everything is delivered in entirely biodegradable packaging. Top-up treats include intense raw chocolate macaroons, and Skin or Detox Booster drinks, all £6 each.

### 3 SOULMATE FOOD

From £25 a day, nationwide (0870 803 3833; [www.soulmatelifestyle.com](http://www.soulmatelifestyle.com)).

If you want to change more than just your diet, Soulmate can also provide a 'lifestyle' entourage: life coach, trainer, dietician, chef and nutritionist. If you only go for the food, the additive-free organic menu tastes satisfyingly nutritious. Plus, a super-comprehensive selection process guarantees you a menu that will help you reach your specific goal.

### 4 NOSH DETOX

£31.95 a day for six weeks, London only (0845 257 6674; [www.noshdetoxdelivery.com](http://www.noshdetoxdelivery.com)).

Detoxing doesn't normally taste this good, but then this isn't a fast – it's a carefully designed programme that provides just enough nutrient-rich food to keep you full and balanced. Originally developed for the seriously allergic, the menu is dairy- and gluten-free, and the food is comforting, with a home-cooked taste. This is definitely a case of no pain, plenty of gain.

### 5 BODYCHEF

From £44.50 for four days, nationwide (0800 783 7083; [www.bodychef.com](http://www.bodychef.com)).

This is your choice if you can't trust yourself to diet or haven't left enough time pre-party – top agents put their models on Bodychef before the shows. The food is straightforward and simple, and every last snack is provided, so there's no reason to go hungry. There are five programmes, including the ultra-saintly Skinny B plan (wheat-, dairy- and meat-free).

### 6 NUTRICHEF

From £16.50 a day, nationwide (0845 366 9900; [www.nutrichef.co.uk](http://www.nutrichef.co.uk)).

If you're stepping up your fitness regime, Nutrichef will take care of the food, so you can focus on the exercise. It has catered for Olympians and will tailor your menu to you, creating the perfect menu for optimum energy levels. We love the fact that Nutrichef does the label-reading for you – it even provides a detailed breakdown of the food's nutritional values. □