

BOX FRESH

Eating healthily is vital but food shopping and planning during lockdown can be stressful. Meal delivery and food subscription services can help ease the burden. A simple veg box scheme will deliver farm-fresh vegetables to your door, while meal kits contain the individual ingredients you need to whip up a dinner. And these days delivery options can be healthy and balanced as well as fast: perfect for you and your family – or perhaps for someone else in need.

This week, we have a range of meal subscriptions to give away to NHS and key workers. Look forward to relaxing with a quick, healthy dinner after a long shift or, if you're not a frontline-worker yourself, say #HelloToKindness and nominate someone you know would benefit from one of our four tempting giveaways...

WIN!

WORKOUT FUEL

With fresh pre-measured ingredients and easy-to-follow recipe cards delivered to your door, recipe subscription service Gousto provides tasty meals for you to cook from scratch at home. You can customise your delivery, choosing the number of people and frequency – weekly, fortnightly or monthly. Ideal if you're cooking for one or for a family, there are 50 recipes to choose from each week, from low carb to everyday favourites, and the range of cuisines, from Italian to Vietnamese, also changes weekly to ensure variety. On 2 June, Gousto is launching 22 new and speedy Lean in 15 recipes with ambassador Joe Wicks that are great post-workout (think Creamy Chickpea Curry Loaded Sweet Potato – full of flavour and protein). With low carb dishes like Pan-Fried Salmon & Creamy Pesto Veg or carb refuel options like Spicy Chicken Chilli with Feta and Avo, you won't feel like you're missing out on a takeaway pizza.

Prices start from £2.98 per serving including delivery seven days a week. Visit gousto.co.uk.

£1,520 GIVEAWAY Gousto is giving eight-week subscriptions to four NHS or key workers.



How to keep eating healthily and fuss-free with ease during lockdown, plus a chance for NHS and key workers to win meal subscription prizes



WIN!

TIME-SAVING MEALS

After a busy day or when you're pushed for time, cooking from scratch is often the last thing you want to do. Small, family-run company No.1 Food Prep delivers pre-prepared meals nationwide. They just need unpacking or reheating and you can freeze them. Dishes are nutritionally balanced, many are designed for immunity and gut health, and vegan options include Aubergine and Almond Thai Green Curry (right). Meal boxes display nutritional content and you can choose from three sizes: The Lite (small), The Balance (medium) and The Max (large) according to whether you're aiming to lose weight or you need to eat more calories.

Select from four- to seven-day meat and fish or plant packages to ensure you have delicious, healthy meals –

plus a side order of more me-time. Prices are approx. £16 for two meals per day. Visit no1foodprep.com.

£137 GIVEAWAY No.1 Food Prep is giving a one-week subscription to one NHS or key worker.



Entries close on Sunday 31 May at 11.59pm. The prize draws are open to all NHS and key workers who are residents of the UK and over the age of 18. To enter and for terms and conditions, please visit hellomagazine.com/hellooloves.

WIN!

READY AND ABEL

Known for delivering 100% organic farm produce, Abel & Cole works with British farmers, makers and bakers to bring the goodness from the great outdoors to your kitchen. The range extends from fruit and veg boxes starting from eight portions (including seasonal produce) to meat and fish options, vegan alternatives, pantry essentials and baked goods – we have our eyes on a slice of Hertfordshire sourdough loaf. Each weekly box is fully recyclable. Good news, too, if you're an early riser: deliveries start from 5am. If you're in need of inspiration, the website has plenty of tasty meal ideas and family favourites; see a recipe that tickles your taste buds and click a button to add the ingredients to your shopping basket... leaving you to recreate the culinary masterpiece.

Boxes start from £12.50. Visit abelandcole.co.uk.

£630 GIVEAWAY Abel & Cole is giving eight-week subscriptions of a weekly Small Fruit and Veg box to five NHS or key workers.



WIN!

WELL-BALANCED

Designed by nutritionists and prepared by chefs, Balance Box aims to help you stay healthy and achieve any long-term weight-loss goals. Each box (left) contains three meals and two snacks and you can choose your portion size: the Lighter Plan is 1,200 calories a day; the Market Plan gives you 1,800 calories. There are four different menus to choose from – Classic with meat and fish, through to Free-From – and dishes are made without refined carbohydrates, refined sugars and unnecessary preservatives and additives, using free-range and ethical ingredients. The service delivers nationwide and all packaging is recyclable.

Temptation to snack on nutritionally low foods can be even harder to resist during lockdown and times of uncertainty; the new Rejuvenating Balance Box helps you make healthier swaps for your

snacks, such as the Homemade Carrot, Berry and Almond Bar. It also focuses on providing more nutritionally dense ingredients, such as flaxseeds and chia seeds added to breakfast options, for a fibre hit giving a fuller feeling and sustained energy to avoid cravings.

The dishes are also designed to fuel feelings of wellbeing with rainbow foods, punchy British-grown herbs and variety. The Lentil, Spiced Roasted Carrot and Feta Salad (below left) is high in iron and fibre and racks up three of your five a day, while the Salmon Omega Salad contains extra nuts and seeds to provide omega 3, believed to support mental health. Prices start from £22.99 a day. Visit balancebox.com.

UP TO £2,351 GIVEAWAY Balance Box is giving a 12-week Lighter or Market Plan subscription to one NHS or key worker.

