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# Power Supply Gourmet Meals To-Go

Posted by [Eugene Smith](#) / 28 Apr 2016

Eating good food can be a challenge for many busy Washingtonians. The traffic alone can zap the energy right out of you while removing productive hours from your day. By the time the average person finally reaches their kitchen after a work day, the concept of what is a proper meal becomes debatable. You get home famished, exhausted, and often not in the mood to fire up the ol stove top and make another hour of dish duty after dinner.

Granted, some folks like myself are just full of energy, and cooking is therapeutic for us "Home-Chef" types. Most people, however, just want ready-to-eat food to appear before them so that they can kick up their feet and unwind from the day. Dinner time has become the final point of the day when we are only thinking about sustenance. Many have no patience to tinker with the concept of our meal being Nutrient-dense and Delicious.

[Power Supply](#), a "table-ready meal delivery service, have found a solution to this common problem, and they invited me and my wife to give their meals a try. Power Supply offers Paleo, Vegetarian, and Mixitarian diet options. The meals are prepared by local chefs and delivered to either your home or to a gym or one of their many regional pickup locations. We swung by the VIDA Fitness Verizon Center location (1 block from DC Life Magazine headquarters) and grabbed them out of their ice cold Power Supply refrigeration unit. The meals came in reusable plastic containers, similar to fancy to-go boxes. They were clear on the top, and each was labeled with the meal, which chef, restaurant or caterer crafted the meal, an ingredient list, and heating directions. The boxes also have an eat by date to ensure you consume your power supply while its still fresh.

The point is that you get nutrition and convenience. To put it simply, Paleo and Vegetarian meals consist of real, whole foods in order to prevent added preservatives, hidden sugars, sodium, additives, coloring, artificial flavoring and who knows what else. Paleo meals are high in protein and low in fats. Vegetarian meals are foods that made of only plants: fruits, vegetables, legumes, grains, seeds, and nuts.

But I want to talk about taste. Of the nine meals that were received, Northwest Fresh was most consistent with bringing great flavor. My wife loved their Chorizo Egg Muffin, and I thought it was fine for having to microwave eggs. We both agreed that the Chicken Salad with Crumbled Bacon was tasty, though it was on more sweet than savory. Chef Rachelle of Northwest Fresh kept breakfast simple and efficient with a hard-boiled egg, a wonderful Paleo Cereal that came with fruit and almond milk.

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