

Global Single Person Meal Delivery Service Market 2026 by Company, Regions, Type and Application, Forecast to 2032

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Abstracts

According to our (Global Info Research) latest study, the global Single Person Meal Delivery Service market size was valued at US\$ 3709 million in 2025 and is forecast to a readjusted size of US\$ 7593 million by 2032 with a CAGR of 10.7% during review period.

Single-person meal delivery services provide convenient, pre-portioned meals specifically designed for individuals. These services cater to busy singles, offering a range of options from ready-to-eat meals to easy-to-cook meal kits that simplify meal planning and reduce food waste.

Rising Single-Person Households Driving Market Demand

With the proportion of single-person households and individuals living alone increasing, especially in major urban areas, there is growing demand for meal delivery services catering to single-serving portions and flexible subscription options. Young professionals, students, and independently living seniors form the core user base, providing a stable foundation for market growth.

Health and Customization as Key Trends

Consumers are increasingly focused on health, nutrition, and dietary management. Single-person meal delivery services are evolving toward low-calorie, low-fat, high-protein, vegetarian, and allergen-free options. Personalized meals tailored to taste preferences and nutritional needs are also becoming common, enhancing customer engagement and loyalty.

Technology-Enabled Convenience and Multi-Scenario Expansion

Mobile ordering, AI-driven menu recommendations, and optimized delivery systems improve convenience and efficiency. At the same time, single-person meal delivery is expanding into multiple scenarios, including homes, offices, gyms, and student dormitories, enhancing market coverage and user experience.

This report is a detailed and comprehensive analysis for global Single Person Meal Delivery Service market. Both quantitative and qualitative analyses are presented by company, by region & country, by Type and by Application. As the market is constantly changing, this report explores the competition, supply and demand trends, as well as key factors that contribute to its changing demands across many markets. Company profiles and product examples of selected competitors, along with market share estimates of some of the selected leaders for the year 2025, are provided.

Key Features:

Global Single Person Meal Delivery Service market size and forecasts, in consumption value (\$ Million), 2021-2032

Global Single Person Meal Delivery Service market size and forecasts by region and country, in consumption value (\$ Million), 2021-2032

Global Single Person Meal Delivery Service market size and forecasts, by Type and by Application, in consumption value (\$ Million), 2021-2032

Global Single Person Meal Delivery Service market shares of main players, in revenue (\$ Million), 2021-2026

The Primary Objectives in This Report Are:

To determine the size of the total market opportunity of global and key countries

To assess the growth potential for Single Person Meal Delivery Service

To forecast future growth in each product and end-use market

To assess competitive factors affecting the marketplace

This report profiles key players in the global Single Person Meal Delivery Service market based on the following parameters - company overview, revenue, gross margin, product portfolio, geographical presence, and key developments. Key companies

covered as a part of this study include Blue Apron, HelloFresh, Sun Basket, Factor, Hungryroot, Blue Apron, HelloFresh, Sun Basket, Factor, Hungryroot, etc.

This report also provides key insights about market drivers, restraints, opportunities, new product launches or approvals.

Market segmentation

Single Person Meal Delivery Service market is split by Type and by Application. For the period 2021-2032, the growth among segments provides accurate calculations and forecasts for Consumption Value by Type and by Application. This analysis can help you expand your business by targeting qualified niche markets.

Market segment by Type

For One Person

For Two Person

Market segment by Vegetarian

Vegetarian Type

Non-vegetarian Type

Mixed

Market segment by Way

Ready to Eat

Non-Ready to Eat

Market segment by Application

Online

Offline

Market segment by players, this report covers

Blue Apron

HelloFresh

Sun Basket

Factor

Hungryroot

Blue Apron

HelloFresh

Sun Basket

Factor

Hungryroot

Home Chef

Tovala

Fresh Prep Foods

Purple Carrot

My Food Bag

Dinnerly

EveryPlate

Green Chef

CookUnity

Freshly

Gobble

Snap Kitchen

Daily Harvest

Yumble

Market segment by regions, regional analysis covers

North America (United States, Canada and Mexico)

Europe (Germany, France, UK, Russia, Italy and Rest of Europe)

Asia-Pacific (China, Japan, South Korea, India, Southeast Asia and Rest of Asia-Pacific)

South America (Brazil, Rest of South America)

Middle East & Africa (Turkey, Saudi Arabia, UAE, Rest of Middle East & Africa)

The content of the study subjects, includes a total of 13 chapters:

Chapter 1, to describe Single Person Meal Delivery Service product scope, market overview, market estimation caveats and base year.

Chapter 2, to profile the top players of Single Person Meal Delivery Service, with revenue, gross margin, and global market share of Single Person Meal Delivery Service from 2021 to 2026.

Chapter 3, the Single Person Meal Delivery Service competitive situation, revenue, and global market share of top players are analyzed emphatically by landscape contrast.

Chapter 4 and 5, to segment the market size by Type and by Application, with consumption value and growth rate by Type, by Application, from 2021 to 2032.

Chapter 6, 7, 8, 9, and 10, to break the market size data at the country level, with revenue and market share for key countries in the world, from 2021 to 2026. and Single Person Meal Delivery Service market forecast, by regions, by Type and by Application, with consumption value, from 2027 to 2032.

Chapter 11, market dynamics, drivers, restraints, trends, Porters Five Forces analysis.

Chapter 12, the key raw materials and key suppliers, and industry chain of Single Person Meal Delivery Service.

Chapter 13, to describe Single Person Meal Delivery Service research findings and conclusion.

Contents

1 MARKET OVERVIEW

1.1 Product Overview and Scope

1.2 Market Estimation Caveats and Base Year

1.3 Classification of Single Person Meal Delivery Service by Type

1.3.1 Overview: Global Single Person Meal Delivery Service Market Size by Type: 2021 Versus 2025 Versus 2032

1.3.2 Global Single Person Meal Delivery Service Consumption Value Market Share by Type in 2025

1.3.3 For One Person

1.3.4 For Two Person

1.4 Classification of Single Person Meal Delivery Service by Vegetarian

1.4.1 Overview: Global Single Person Meal Delivery Service Market Size by Vegetarian: 2021 Versus 2025 Versus 2032

1.4.2 Global Single Person Meal Delivery Service Consumption Value Market Share by Vegetarian in 2025

1.4.3 Vegetarian Type

1.4.4 Non-vegetarian Type

1.4.5 Mixed

1.5 Classification of Single Person Meal Delivery Service by Way

1.5.1 Overview: Global Single Person Meal Delivery Service Market Size by Way: 2021 Versus 2025 Versus 2032

1.5.2 Global Single Person Meal Delivery Service Consumption Value Market Share by Way in 2025

1.5.3 Ready to Eat

1.5.4 Non-Ready to Eat

1.6 Global Single Person Meal Delivery Service Market by Application

1.6.1 Overview: Global Single Person Meal Delivery Service Market Size by Application: 2021 Versus 2025 Versus 2032

1.6.2 Online

1.6.3 Offline

1.7 Global Single Person Meal Delivery Service Market Size & Forecast

1.8 Global Single Person Meal Delivery Service Market Size and Forecast by Region

1.8.1 Global Single Person Meal Delivery Service Market Size by Region: 2021 VS 2025 VS 2032

1.8.2 Global Single Person Meal Delivery Service Market Size by Region, (2021-2032)

1.8.3 North America Single Person Meal Delivery Service Market Size and Prospect

(2021-2032)

1.8.4 Europe Single Person Meal Delivery Service Market Size and Prospect

(2021-2032)

1.8.5 Asia-Pacific Single Person Meal Delivery Service Market Size and Prospect

(2021-2032)

1.8.6 South America Single Person Meal Delivery Service Market Size and Prospect

(2021-2032)

1.8.7 Middle East & Africa Single Person Meal Delivery Service Market Size and Prospect (2021-2032)

2 COMPANY PROFILES

2.1 Blue Apron

2.1.1 Blue Apron Details

2.1.2 Blue Apron Major Business

2.1.3 Blue Apron Single Person Meal Delivery Service Product and Solutions

2.1.4 Blue Apron Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.1.5 Blue Apron Recent Developments and Future Plans

2.2 HelloFresh

2.2.1 HelloFresh Details

2.2.2 HelloFresh Major Business

2.2.3 HelloFresh Single Person Meal Delivery Service Product and Solutions

2.2.4 HelloFresh Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.2.5 HelloFresh Recent Developments and Future Plans

2.3 Sun Basket

2.3.1 Sun Basket Details

2.3.2 Sun Basket Major Business

2.3.3 Sun Basket Single Person Meal Delivery Service Product and Solutions

2.3.4 Sun Basket Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.3.5 Sun Basket Recent Developments and Future Plans

2.4 Factor

2.4.1 Factor Details

2.4.2 Factor Major Business

2.4.3 Factor Single Person Meal Delivery Service Product and Solutions

2.4.4 Factor Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

- 2.4.5 Factor Recent Developments and Future Plans
- 2.5 Hungryroot
 - 2.5.1 Hungryroot Details
 - 2.5.2 Hungryroot Major Business
 - 2.5.3 Hungryroot Single Person Meal Delivery Service Product and Solutions
 - 2.5.4 Hungryroot Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.5.5 Hungryroot Recent Developments and Future Plans
- 2.6 Blue Apron
 - 2.6.1 Blue Apron Details
 - 2.6.2 Blue Apron Major Business
 - 2.6.3 Blue Apron Single Person Meal Delivery Service Product and Solutions
 - 2.6.4 Blue Apron Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.6.5 Blue Apron Recent Developments and Future Plans
- 2.7 HelloFresh
 - 2.7.1 HelloFresh Details
 - 2.7.2 HelloFresh Major Business
 - 2.7.3 HelloFresh Single Person Meal Delivery Service Product and Solutions
 - 2.7.4 HelloFresh Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.7.5 HelloFresh Recent Developments and Future Plans
- 2.8 Sun Basket
 - 2.8.1 Sun Basket Details
 - 2.8.2 Sun Basket Major Business
 - 2.8.3 Sun Basket Single Person Meal Delivery Service Product and Solutions
 - 2.8.4 Sun Basket Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.8.5 Sun Basket Recent Developments and Future Plans
- 2.9 Factor
 - 2.9.1 Factor Details
 - 2.9.2 Factor Major Business
 - 2.9.3 Factor Single Person Meal Delivery Service Product and Solutions
 - 2.9.4 Factor Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.9.5 Factor Recent Developments and Future Plans
- 2.10 Hungryroot
 - 2.10.1 Hungryroot Details
 - 2.10.2 Hungryroot Major Business

- 2.10.3 Hungryroot Single Person Meal Delivery Service Product and Solutions
- 2.10.4 Hungryroot Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
- 2.10.5 Hungryroot Recent Developments and Future Plans
- 2.11 Home Chef
 - 2.11.1 Home Chef Details
 - 2.11.2 Home Chef Major Business
 - 2.11.3 Home Chef Single Person Meal Delivery Service Product and Solutions
 - 2.11.4 Home Chef Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.11.5 Home Chef Recent Developments and Future Plans
- 2.12 Tovala
 - 2.12.1 Tovala Details
 - 2.12.2 Tovala Major Business
 - 2.12.3 Tovala Single Person Meal Delivery Service Product and Solutions
 - 2.12.4 Tovala Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.12.5 Tovala Recent Developments and Future Plans
- 2.13 Fresh Prep Foods
 - 2.13.1 Fresh Prep Foods Details
 - 2.13.2 Fresh Prep Foods Major Business
 - 2.13.3 Fresh Prep Foods Single Person Meal Delivery Service Product and Solutions
 - 2.13.4 Fresh Prep Foods Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.13.5 Fresh Prep Foods Recent Developments and Future Plans
- 2.14 Purple Carrot
 - 2.14.1 Purple Carrot Details
 - 2.14.2 Purple Carrot Major Business
 - 2.14.3 Purple Carrot Single Person Meal Delivery Service Product and Solutions
 - 2.14.4 Purple Carrot Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.14.5 Purple Carrot Recent Developments and Future Plans
- 2.15 My Food Bag
 - 2.15.1 My Food Bag Details
 - 2.15.2 My Food Bag Major Business
 - 2.15.3 My Food Bag Single Person Meal Delivery Service Product and Solutions
 - 2.15.4 My Food Bag Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)
 - 2.15.5 My Food Bag Recent Developments and Future Plans

2.16 Dinnerly

2.16.1 Dinnerly Details

2.16.2 Dinnerly Major Business

2.16.3 Dinnerly Single Person Meal Delivery Service Product and Solutions

2.16.4 Dinnerly Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.16.5 Dinnerly Recent Developments and Future Plans

2.17 EveryPlate

2.17.1 EveryPlate Details

2.17.2 EveryPlate Major Business

2.17.3 EveryPlate Single Person Meal Delivery Service Product and Solutions

2.17.4 EveryPlate Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.17.5 EveryPlate Recent Developments and Future Plans

2.18 Green Chef

2.18.1 Green Chef Details

2.18.2 Green Chef Major Business

2.18.3 Green Chef Single Person Meal Delivery Service Product and Solutions

2.18.4 Green Chef Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.18.5 Green Chef Recent Developments and Future Plans

2.19 CookUnity

2.19.1 CookUnity Details

2.19.2 CookUnity Major Business

2.19.3 CookUnity Single Person Meal Delivery Service Product and Solutions

2.19.4 CookUnity Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.19.5 CookUnity Recent Developments and Future Plans

2.20 Freshly

2.20.1 Freshly Details

2.20.2 Freshly Major Business

2.20.3 Freshly Single Person Meal Delivery Service Product and Solutions

2.20.4 Freshly Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.20.5 Freshly Recent Developments and Future Plans

2.21 Gobble

2.21.1 Gobble Details

2.21.2 Gobble Major Business

2.21.3 Gobble Single Person Meal Delivery Service Product and Solutions

2.21.4 Gobble Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.21.5 Gobble Recent Developments and Future Plans

2.22 Snap Kitchen

2.22.1 Snap Kitchen Details

2.22.2 Snap Kitchen Major Business

2.22.3 Snap Kitchen Single Person Meal Delivery Service Product and Solutions

2.22.4 Snap Kitchen Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.22.5 Snap Kitchen Recent Developments and Future Plans

2.23 Daily Harvest

2.23.1 Daily Harvest Details

2.23.2 Daily Harvest Major Business

2.23.3 Daily Harvest Single Person Meal Delivery Service Product and Solutions

2.23.4 Daily Harvest Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.23.5 Daily Harvest Recent Developments and Future Plans

2.24 Yumble

2.24.1 Yumble Details

2.24.2 Yumble Major Business

2.24.3 Yumble Single Person Meal Delivery Service Product and Solutions

2.24.4 Yumble Single Person Meal Delivery Service Revenue, Gross Margin and Market Share (2021-2026)

2.24.5 Yumble Recent Developments and Future Plans

3 MARKET COMPETITION, BY PLAYERS

3.1 Global Single Person Meal Delivery Service Revenue and Share by Players (2021-2026)

3.2 Market Share Analysis (2025)

3.2.1 Market Share of Single Person Meal Delivery Service by Company Revenue

3.2.2 Top 3 Single Person Meal Delivery Service Players Market Share in 2025

3.2.3 Top 6 Single Person Meal Delivery Service Players Market Share in 2025

3.3 Single Person Meal Delivery Service Market: Overall Company Footprint Analysis

3.3.1 Single Person Meal Delivery Service Market: Region Footprint

3.3.2 Single Person Meal Delivery Service Market: Company Product Type Footprint

3.3.3 Single Person Meal Delivery Service Market: Company Product Application Footprint

3.4 New Market Entrants and Barriers to Market Entry

3.5 Mergers, Acquisition, Agreements, and Collaborations

4 MARKET SIZE SEGMENT BY TYPE

4.1 Global Single Person Meal Delivery Service Consumption Value and Market Share by Type (2021-2026)

4.2 Global Single Person Meal Delivery Service Market Forecast by Type (2027-2032)

5 MARKET SIZE SEGMENT BY APPLICATION

5.1 Global Single Person Meal Delivery Service Consumption Value Market Share by Application (2021-2026)

5.2 Global Single Person Meal Delivery Service Market Forecast by Application (2027-2032)

6 NORTH AMERICA

6.1 North America Single Person Meal Delivery Service Consumption Value by Type (2021-2032)

6.2 North America Single Person Meal Delivery Service Market Size by Application (2021-2032)

6.3 North America Single Person Meal Delivery Service Market Size by Country

6.3.1 North America Single Person Meal Delivery Service Consumption Value by Country (2021-2032)

6.3.2 United States Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

6.3.3 Canada Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

6.3.4 Mexico Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

7 EUROPE

7.1 Europe Single Person Meal Delivery Service Consumption Value by Type (2021-2032)

7.2 Europe Single Person Meal Delivery Service Consumption Value by Application (2021-2032)

7.3 Europe Single Person Meal Delivery Service Market Size by Country

7.3.1 Europe Single Person Meal Delivery Service Consumption Value by Country

(2021-2032)

7.3.2 Germany Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

7.3.3 France Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

7.3.4 United Kingdom Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

7.3.5 Russia Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

7.3.6 Italy Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

8 ASIA-PACIFIC

8.1 Asia-Pacific Single Person Meal Delivery Service Consumption Value by Type

(2021-2032)

8.2 Asia-Pacific Single Person Meal Delivery Service Consumption Value by Application

(2021-2032)

8.3 Asia-Pacific Single Person Meal Delivery Service Market Size by Region

8.3.1 Asia-Pacific Single Person Meal Delivery Service Consumption Value by Region

(2021-2032)

8.3.2 China Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

8.3.3 Japan Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

8.3.4 South Korea Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

8.3.5 India Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

8.3.6 Southeast Asia Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

8.3.7 Australia Single Person Meal Delivery Service Market Size and Forecast

(2021-2032)

9 SOUTH AMERICA

9.1 South America Single Person Meal Delivery Service Consumption Value by Type

(2021-2032)

9.2 South America Single Person Meal Delivery Service Consumption Value by Application (2021-2032)

9.3 South America Single Person Meal Delivery Service Market Size by Country

9.3.1 South America Single Person Meal Delivery Service Consumption Value by Country (2021-2032)

9.3.2 Brazil Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

9.3.3 Argentina Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

10 MIDDLE EAST & AFRICA

10.1 Middle East & Africa Single Person Meal Delivery Service Consumption Value by Type (2021-2032)

10.2 Middle East & Africa Single Person Meal Delivery Service Consumption Value by Application (2021-2032)

10.3 Middle East & Africa Single Person Meal Delivery Service Market Size by Country

10.3.1 Middle East & Africa Single Person Meal Delivery Service Consumption Value by Country (2021-2032)

10.3.2 Turkey Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

10.3.3 Saudi Arabia Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

10.3.4 UAE Single Person Meal Delivery Service Market Size and Forecast (2021-2032)

11 MARKET DYNAMICS

11.1 Single Person Meal Delivery Service Market Drivers

11.2 Single Person Meal Delivery Service Market Restraints

11.3 Single Person Meal Delivery Service Trends Analysis

11.4 Porters Five Forces Analysis

11.4.1 Threat of New Entrants

11.4.2 Bargaining Power of Suppliers

11.4.3 Bargaining Power of Buyers

11.4.4 Threat of Substitutes

11.4.5 Competitive Rivalry

12 INDUSTRY CHAIN ANALYSIS

12.1 Single Person Meal Delivery Service Industry Chain

- 12.2 Single Person Meal Delivery Service Upstream Analysis
- 12.3 Single Person Meal Delivery Service Midstream Analysis
- 12.4 Single Person Meal Delivery Service Downstream Analysis

13 RESEARCH FINDINGS AND CONCLUSION

14 APPENDIX

- 14.1 Methodology
- 14.2 Research Process and Data Source
- 14.3 Disclaimer

List Of Tables

LIST OF TABLES

- Table 1. Global Single Person Meal Delivery Service Consumption Value by Type, (USD Million), 2021 & 2025 & 2032
- Table 2. Global Single Person Meal Delivery Service Consumption Value by Vegetarian, (USD Million), 2021 & 2025 & 2032
- Table 3. Global Single Person Meal Delivery Service Consumption Value by Way, (USD Million), 2021 & 2025 & 2032
- Table 4. Global Single Person Meal Delivery Service Consumption Value by Application, (USD Million), 2021 & 2025 & 2032
- Table 5. Global Single Person Meal Delivery Service Consumption Value by Region (2021-2026) & (USD Million)
- Table 6. Global Single Person Meal Delivery Service Consumption Value by Region (2027-2032) & (USD Million)
- Table 7. Blue Apron Company Information, Head Office, and Major Competitors
- Table 8. Blue Apron Major Business
- Table 9. Blue Apron Single Person Meal Delivery Service Product and Solutions
- Table 10. Blue Apron Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)
- Table 11. Blue Apron Recent Developments and Future Plans
- Table 12. HelloFresh Company Information, Head Office, and Major Competitors
- Table 13. HelloFresh Major Business
- Table 14. HelloFresh Single Person Meal Delivery Service Product and Solutions
- Table 15. HelloFresh Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)
- Table 16. HelloFresh Recent Developments and Future Plans
- Table 17. Sun Basket Company Information, Head Office, and Major Competitors
- Table 18. Sun Basket Major Business
- Table 19. Sun Basket Single Person Meal Delivery Service Product and Solutions
- Table 20. Sun Basket Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)
- Table 21. Factor Company Information, Head Office, and Major Competitors
- Table 22. Factor Major Business
- Table 23. Factor Single Person Meal Delivery Service Product and Solutions
- Table 24. Factor Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)
- Table 25. Factor Recent Developments and Future Plans

Table 26. Hungryroot Company Information, Head Office, and Major Competitors

Table 27. Hungryroot Major Business

Table 28. Hungryroot Single Person Meal Delivery Service Product and Solutions

Table 29. Hungryroot Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 30. Hungryroot Recent Developments and Future Plans

Table 31. Blue Apron Company Information, Head Office, and Major Competitors

Table 32. Blue Apron Major Business

Table 33. Blue Apron Single Person Meal Delivery Service Product and Solutions

Table 34. Blue Apron Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 35. Blue Apron Recent Developments and Future Plans

Table 36. HelloFresh Company Information, Head Office, and Major Competitors

Table 37. HelloFresh Major Business

Table 38. HelloFresh Single Person Meal Delivery Service Product and Solutions

Table 39. HelloFresh Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 40. HelloFresh Recent Developments and Future Plans

Table 41. Sun Basket Company Information, Head Office, and Major Competitors

Table 42. Sun Basket Major Business

Table 43. Sun Basket Single Person Meal Delivery Service Product and Solutions

Table 44. Sun Basket Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 45. Sun Basket Recent Developments and Future Plans

Table 46. Factor Company Information, Head Office, and Major Competitors

Table 47. Factor Major Business

Table 48. Factor Single Person Meal Delivery Service Product and Solutions

Table 49. Factor Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 50. Factor Recent Developments and Future Plans

Table 51. Hungryroot Company Information, Head Office, and Major Competitors

Table 52. Hungryroot Major Business

Table 53. Hungryroot Single Person Meal Delivery Service Product and Solutions

Table 54. Hungryroot Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 55. Hungryroot Recent Developments and Future Plans

Table 56. Home Chef Company Information, Head Office, and Major Competitors

Table 57. Home Chef Major Business

Table 58. Home Chef Single Person Meal Delivery Service Product and Solutions

Table 59. Home Chef Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 60. Home Chef Recent Developments and Future Plans

Table 61. Tovala Company Information, Head Office, and Major Competitors

Table 62. Tovala Major Business

Table 63. Tovala Single Person Meal Delivery Service Product and Solutions

Table 64. Tovala Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 65. Tovala Recent Developments and Future Plans

Table 66. Fresh Prep Foods Company Information, Head Office, and Major Competitors

Table 67. Fresh Prep Foods Major Business

Table 68. Fresh Prep Foods Single Person Meal Delivery Service Product and Solutions

Table 69. Fresh Prep Foods Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 70. Fresh Prep Foods Recent Developments and Future Plans

Table 71. Purple Carrot Company Information, Head Office, and Major Competitors

Table 72. Purple Carrot Major Business

Table 73. Purple Carrot Single Person Meal Delivery Service Product and Solutions

Table 74. Purple Carrot Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 75. Purple Carrot Recent Developments and Future Plans

Table 76. My Food Bag Company Information, Head Office, and Major Competitors

Table 77. My Food Bag Major Business

Table 78. My Food Bag Single Person Meal Delivery Service Product and Solutions

Table 79. My Food Bag Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 80. My Food Bag Recent Developments and Future Plans

Table 81. Dinnerly Company Information, Head Office, and Major Competitors

Table 82. Dinnerly Major Business

Table 83. Dinnerly Single Person Meal Delivery Service Product and Solutions

Table 84. Dinnerly Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 85. Dinnerly Recent Developments and Future Plans

Table 86. EveryPlate Company Information, Head Office, and Major Competitors

Table 87. EveryPlate Major Business

Table 88. EveryPlate Single Person Meal Delivery Service Product and Solutions

Table 89. EveryPlate Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 90. EveryPlate Recent Developments and Future Plans

Table 91. Green Chef Company Information, Head Office, and Major Competitors

Table 92. Green Chef Major Business

Table 93. Green Chef Single Person Meal Delivery Service Product and Solutions

Table 94. Green Chef Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 95. Green Chef Recent Developments and Future Plans

Table 96. CookUnity Company Information, Head Office, and Major Competitors

Table 97. CookUnity Major Business

Table 98. CookUnity Single Person Meal Delivery Service Product and Solutions

Table 99. CookUnity Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 100. CookUnity Recent Developments and Future Plans

Table 101. Freshly Company Information, Head Office, and Major Competitors

Table 102. Freshly Major Business

Table 103. Freshly Single Person Meal Delivery Service Product and Solutions

Table 104. Freshly Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 105. Freshly Recent Developments and Future Plans

Table 106. Gobble Company Information, Head Office, and Major Competitors

Table 107. Gobble Major Business

Table 108. Gobble Single Person Meal Delivery Service Product and Solutions

Table 109. Gobble Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 110. Gobble Recent Developments and Future Plans

Table 111. Snap Kitchen Company Information, Head Office, and Major Competitors

Table 112. Snap Kitchen Major Business

Table 113. Snap Kitchen Single Person Meal Delivery Service Product and Solutions

Table 114. Snap Kitchen Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 115. Snap Kitchen Recent Developments and Future Plans

Table 116. Daily Harvest Company Information, Head Office, and Major Competitors

Table 117. Daily Harvest Major Business

Table 118. Daily Harvest Single Person Meal Delivery Service Product and Solutions

Table 119. Daily Harvest Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 120. Daily Harvest Recent Developments and Future Plans

Table 121. Yumble Company Information, Head Office, and Major Competitors

Table 122. Yumble Major Business

Table 123. Yumble Single Person Meal Delivery Service Product and Solutions

Table 124. Yumble Single Person Meal Delivery Service Revenue (USD Million), Gross Margin and Market Share (2021-2026)

Table 125. Yumble Recent Developments and Future Plans

Table 126. Global Single Person Meal Delivery Service Revenue (USD Million) by Players (2021-2026)

Table 127. Global Single Person Meal Delivery Service Revenue Share by Players (2021-2026)

Table 128. Breakdown of Single Person Meal Delivery Service by Company Type (Tier 1, Tier 2, and Tier 3)

Table 129. Market Position of Players in Single Person Meal Delivery Service, (Tier 1, Tier 2, and Tier 3), Based on Revenue in 2025

Table 130. Head Office of Key Single Person Meal Delivery Service Players

Table 131. Single Person Meal Delivery Service Market: Company Product Type Footprint

Table 132. Single Person Meal Delivery Service Market: Company Product Application Footprint

Table 133. Single Person Meal Delivery Service New Market Entrants and Barriers to Market Entry

Table 134. Single Person Meal Delivery Service Mergers, Acquisition, Agreements, and Collaborations

Table 135. Global Single Person Meal Delivery Service Consumption Value (USD Million) by Type (2021-2026)

Table 136. Global Single Person Meal Delivery Service Consumption Value Share by Type (2021-2026)

Table 137. Global Single Person Meal Delivery Service Consumption Value Forecast by Type (2027-2032)

Table 138. Global Single Person Meal Delivery Service Consumption Value by Application (2021-2026)

Table 139. Global Single Person Meal Delivery Service Consumption Value Forecast by Application (2027-2032)

Table 140. North America Single Person Meal Delivery Service Consumption Value by Type (2021-2026) & (USD Million)

Table 141. North America Single Person Meal Delivery Service Consumption Value by Type (2027-2032) & (USD Million)

Table 142. North America Single Person Meal Delivery Service Consumption Value by Application (2021-2026) & (USD Million)

Table 143. North America Single Person Meal Delivery Service Consumption Value by Application (2027-2032) & (USD Million)

Table 144. North America Single Person Meal Delivery Service Consumption Value by

Country (2021-2026) & (USD Million)

Table 145. North America Single Person Meal Delivery Service Consumption Value by Country (2027-2032) & (USD Million)

Table 146. Europe Single Person Meal Delivery Service Consumption Value by Type (2021-2026) & (USD Million)

Table 147. Europe Single Person Meal Delivery Service Consumption Value by Type (2027-2032) & (USD Million)

Table 148. Europe Single Person Meal Delivery Service Consumption Value by Application (2021-2026) & (USD Million)

Table 149. Europe Single Person Meal Delivery Service Consumption Value by Application (2027-2032) & (USD Million)

Table 150. Europe Single Person Meal Delivery Service Consumption Value by Country (2021-2026) & (USD Million)

Table 151. Europe Single Person Meal Delivery Service Consumption Value by Country (2027-2032) & (USD Million)

Table 152. Asia-Pacific Single Person Meal Delivery Service Consumption Value by Type (2021-2026) & (USD Million)

Table 153. Asia-Pacific Single Person Meal Delivery Service Consumption Value by Type (2027-2032) & (USD Million)

Table 154. Asia-Pacific Single Person Meal Delivery Service Consumption Value by Application (2021-2026) & (USD Million)

Table 155. Asia-Pacific Single Person Meal Delivery Service Consumption Value by Application (2027-2032) & (USD Million)

Table 156. Asia-Pacific Single Person Meal Delivery Service Consumption Value by Region (2021-2026) & (USD Million)

Table 157. Asia-Pacific Single Person Meal Delivery Service Consumption Value by Region (2027-2032) & (USD Million)

Table 158. South America Single Person Meal Delivery Service Consumption Value by Type (2021-2026) & (USD Million)

Table 159. South America Single Person Meal Delivery Service Consumption Value by Type (2027-2032) & (USD Million)

Table 160. South America Single Person Meal Delivery Service Consumption Value by Application (2021-2026) & (USD Million)

Table 161. South America Single Person Meal Delivery Service Consumption Value by Application (2027-2032) & (USD Million)

Table 162. South America Single Person Meal Delivery Service Consumption Value by Country (2021-2026) & (USD Million)

Table 163. South America Single Person Meal Delivery Service Consumption Value by Country (2027-2032) & (USD Million)

Table 164. Middle East & Africa Single Person Meal Delivery Service Consumption Value by Type (2021-2026) & (USD Million)

Table 165. Middle East & Africa Single Person Meal Delivery Service Consumption Value by Type (2027-2032) & (USD Million)

Table 166. Middle East & Africa Single Person Meal Delivery Service Consumption Value by Application (2021-2026) & (USD Million)

Table 167. Middle East & Africa Single Person Meal Delivery Service Consumption Value by Application (2027-2032) & (USD Million)

Table 168. Middle East & Africa Single Person Meal Delivery Service Consumption Value by Country (2021-2026) & (USD Million)

Table 169. Middle East & Africa Single Person Meal Delivery Service Consumption Value by Country (2027-2032) & (USD Million)

Table 170. Global Key Players of Single Person Meal Delivery Service Upstream (Raw Materials)

Table 171. Global Single Person Meal Delivery Service Typical Customers

List Of Figures

LIST OF FIGURES

- Figure 1. Single Person Meal Delivery Service Picture
- Figure 2. Global Single Person Meal Delivery Service Consumption Value by Type, (USD Million), 2021 & 2025 & 2032
- Figure 3. Global Single Person Meal Delivery Service Consumption Value Market Share by Type in 2025
- Figure 4. For One Person
- Figure 5. For Two Person
- Figure 6. Global Single Person Meal Delivery Service Consumption Value by Vegetarian, (USD Million), 2021 & 2025 & 2032
- Figure 7. Global Single Person Meal Delivery Service Consumption Value Market Share by Vegetarian in 2025
- Figure 8. Vegetarian Type
- Figure 9. Non-vegetarian Type
- Figure 10. Mixed
- Figure 11. Global Single Person Meal Delivery Service Consumption Value by Way, (USD Million), 2021 & 2025 & 2032
- Figure 12. Global Single Person Meal Delivery Service Consumption Value Market Share by Way in 2025
- Figure 13. Ready to Eat
- Figure 14. Non-Ready to Eat
- Figure 15. Global Single Person Meal Delivery Service Consumption Value by Application, (USD Million), 2021 & 2025 & 2032
- Figure 16. Single Person Meal Delivery Service Consumption Value Market Share by Application in 2025
- Figure 17. Online Picture
- Figure 18. Offline Picture
- Figure 19. Global Single Person Meal Delivery Service Consumption Value, (USD Million): 2021 & 2025 & 2032
- Figure 20. Global Single Person Meal Delivery Service Consumption Value and Forecast (2021-2032) & (USD Million)
- Figure 21. Global Market Single Person Meal Delivery Service Consumption Value (USD Million) Comparison by Region (2021 VS 2025 VS 2032)
- Figure 22. Global Single Person Meal Delivery Service Consumption Value Market Share by Region (2021-2032)
- Figure 23. Global Single Person Meal Delivery Service Consumption Value Market

Share by Region in 2025

Figure 24. North America Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 25. Europe Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 26. Asia-Pacific Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 27. South America Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 28. Middle East & Africa Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 29. Company Three Recent Developments and Future Plans

Figure 30. Global Single Person Meal Delivery Service Revenue Share by Players in 2025

Figure 31. Single Person Meal Delivery Service Market Share by Company Type (Tier 1, Tier 2, and Tier 3) in 2025

Figure 32. Market Share of Single Person Meal Delivery Service by Player Revenue in 2025

Figure 33. Top 3 Single Person Meal Delivery Service Players Market Share in 2025

Figure 34. Top 6 Single Person Meal Delivery Service Players Market Share in 2025

Figure 35. Global Single Person Meal Delivery Service Consumption Value Share by Type (2021-2026)

Figure 36. Global Single Person Meal Delivery Service Market Share Forecast by Type (2027-2032)

Figure 37. Global Single Person Meal Delivery Service Consumption Value Share by Application (2021-2026)

Figure 38. Global Single Person Meal Delivery Service Market Share Forecast by Application (2027-2032)

Figure 39. North America Single Person Meal Delivery Service Consumption Value Market Share by Type (2021-2032)

Figure 40. North America Single Person Meal Delivery Service Consumption Value Market Share by Application (2021-2032)

Figure 41. North America Single Person Meal Delivery Service Consumption Value Market Share by Country (2021-2032)

Figure 42. United States Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 43. Canada Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 44. Mexico Single Person Meal Delivery Service Consumption Value

(2021-2032) & (USD Million)

Figure 45. Europe Single Person Meal Delivery Service Consumption Value Market Share by Type (2021-2032)

Figure 46. Europe Single Person Meal Delivery Service Consumption Value Market Share by Application (2021-2032)

Figure 47. Europe Single Person Meal Delivery Service Consumption Value Market Share by Country (2021-2032)

Figure 48. Germany Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 49. France Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 50. United Kingdom Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 51. Russia Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 52. Italy Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 53. Asia-Pacific Single Person Meal Delivery Service Consumption Value Market Share by Type (2021-2032)

Figure 54. Asia-Pacific Single Person Meal Delivery Service Consumption Value Market Share by Application (2021-2032)

Figure 55. Asia-Pacific Single Person Meal Delivery Service Consumption Value Market Share by Region (2021-2032)

Figure 56. China Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 57. Japan Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 58. South Korea Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 59. India Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 60. Southeast Asia Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 61. Australia Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 62. South America Single Person Meal Delivery Service Consumption Value Market Share by Type (2021-2032)

Figure 63. South America Single Person Meal Delivery Service Consumption Value Market Share by Application (2021-2032)

Figure 64. South America Single Person Meal Delivery Service Consumption Value Market Share by Country (2021-2032)

Figure 65. Brazil Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 66. Argentina Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 67. Middle East & Africa Single Person Meal Delivery Service Consumption Value Market Share by Type (2021-2032)

Figure 68. Middle East & Africa Single Person Meal Delivery Service Consumption Value Market Share by Application (2021-2032)

Figure 69. Middle East & Africa Single Person Meal Delivery Service Consumption Value Market Share by Country (2021-2032)

Figure 70. Turkey Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 71. Saudi Arabia Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 72. UAE Single Person Meal Delivery Service Consumption Value (2021-2032) & (USD Million)

Figure 73. Single Person Meal Delivery Service Market Drivers

Figure 74. Single Person Meal Delivery Service Market Restraints

Figure 75. Single Person Meal Delivery Service Market Trends

Figure 76. Porters Five Forces Analysis

Figure 77. Single Person Meal Delivery Service Industrial Chain

Figure 78. Methodology

Figure 79. Research Process and Data Source

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