

Global Single Person Meal Delivery Service Market Growth (Status and Outlook) 2026-2032

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Abstracts

The global Single Person Meal Delivery Service market size is predicted to grow from US\$ 3527 million in 2025 to US\$ 7483 million in 2032; it is expected to grow at a CAGR of 11.3% from 2026 to 2032.

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.

LPI (LP Information)' newest research report, the 'Single Person Meal Delivery Service Industry Forecast' looks at past sales and reviews total world Single Person Meal Delivery Service sales in 2025, providing a comprehensive analysis by region and market sector of projected Single Person Meal Delivery Service sales for 2026 through 2032. With Single Person Meal Delivery Service sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US\$ millions of the world Single Person Meal Delivery Service industry.

This Insight Report provides a comprehensive analysis of the global Single Person Meal Delivery Service landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyses the strategies of leading global companies with a focus on Single Person Meal Delivery Service portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms' unique position in an accelerating global Single Person Meal Delivery Service market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Single Person Meal Delivery Service and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Single Person Meal Delivery Service.

This report presents a comprehensive overview, market shares, and growth opportunities of Single Person Meal Delivery Service market by product type, application, key players and key regions and countries.

Segmentation by Type:

For One Person

For Two Person

Segmentation by Vegetarian:

Vegetarian Type

Non-vegetarian Type

Mixed

Segmentation by Way:

Ready to Eat

Non-Ready to Eat

Segmentation by Application:

Online

Offline

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analyzing the company's coverage, product portfolio, its

market penetration.

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

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