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Best Meal Prep Containers of 2024

By [Lindsay Boyers](#)



Reviewed by [Marlo Jappen Porto](#)

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Meal prep containers are more than just a way to store your food; they're a vital part of the organization process when preparing meals in advance. While [meal prep](#) containers seem like a simple addition to your kitchen, there are some things to consider to make sure you're getting a good set. For starters, you want a durable material and secure lids that don't leak when you're taking your food to go. Look for high-quality containers that are microwave-safe and can double as a serving dish.

To help narrow down the options, we talked to two registered dietitians for insights into the best meal prep containers for your needs.

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Best Overall

Rubbermaid Brilliance Two-Compartment Foo...

**PROS:**

- ✓ Ideal size
- ✓ Set of five with matching lids
- ✓ Vented lid for easy reheating
- ✓ Compartments keep food separate

CONS:

- ✗ Pricey for plastic containers
- ✗ Not as durable as the brand's glass containers

[Buy From Amazon](#)

We chose the Rubbermaid Brilliance Two-Compartment Food Storage Containers as the best meal prep containers because they come with a lot of perks. While they're not glass, they're made from premium-quality, clear plastic that's stain- and odor-resistant and Bisphenol A (BPA)-free.

We like this particular set because it comes with five matching containers that are divided into two compartments with a total 2.85-cup capacity, which is within the ideal size range for individual meal prepping, according to Sarah Alsing, MS, RD, a registered dietitian and owner of Delightfully Fueled.

Reviewers say they’re just the right size and easy to organize because they’re stackable.

They make reheating convenient, too. The lids have built-in vents under the latches which means you don’t have to remove them before placing the container in the [microwave](#). This helps contain splatters and makes them more mess-free. The lids are also airtight and reviewers say they travel well without leaking.

While we recommend the two-compartment containers for basic meal prep, there are also several other sizes and configurations to choose from, so you can find a set that fits almost every need.

Specs

List Price:	\$35.99
Material:	BPA-free plastic
Capacity:	2.85 cups
Number of Pieces:	10 (5 containers with 5 lids)

[Buy From Amazon »](#)

Best Budget

Bentgo Prep 3-Compartment Meal Prep Contai...

**PROS:**

- ✓ Less costly than other plastic options
- ✓ Free from BPA, polyvinyl chloride (PVC), phthalates, lead, and vinyl
- ✓ Lightweight

CONS:

- ✗ Not as durable as thicker plastic containers
- ✗ Some reviewers say they warp in the dishwasher

[Buy From Amazon](#)

You really can't beat the value you get for the price of these Bentgo containers, which is why we picked them as the best budget option. For just under \$15, you'll get 10 three-compartment containers that fit up to four cups of food each (two cups in the large compartment and one cup each in the smaller compartments). Each container is marked with its volume to make portioning your food easier.

Though this set is made from plastic, it's free from BPA, PVC, phthalates, lead, and vinyl. Their plastic construction makes them lightweight and

portable, and reviewers say they’re strong and sturdy and that the lid snaps into place securely.

One thing to note is that some reviewers experienced warping when putting them through the dishwasher. While Bentgo says they’re microwave-, freezer-, and top-rack-dishwasher-safe, they might not stand up to the high temperatures of your dishwasher. Because of this, you may want to wash them by hand just to be safe.

Additionally, these containers are stackable when full and they nest together when they’re empty for easier and more compact storage.

Specs

List Price:	\$13.99
Material:	BPA-free plastic
Capacity:	4 cups
Number of Pieces:	20 (10 containers with 10 lids)

[Buy From Amazon »](#)

Best Glass

Ello Duraglass Meal Prep Containers »

**PROS:**

- ✓ Durable glass repels stains and odors
- ✓ Silicone sleeve for protection and easier travel
- ✓ Oven- and microwave-safe
- ✓ Generous capacity

CONS:

- ✗ Containers don't nest for storage
- ✗ A bit pricey

[Buy From Walmart](#)

Glass is more durable than plastic, and it repels food stains and odors instead of absorbing them. While there are many glass meal containers to choose from, we like this set from Ello Duraglass for several reasons.

For starters, each container is wrapped in a durable silicone sleeve that protects the glass from shattering and provides a non-slip grip so it doesn't slide around when you're eating. This makes them easier to travel with than other glass options. The snap-on lids also form a tight seal to prevent leaks.

Additionally, the containers and the sleeve are microwave- and oven-safe (just make sure to remove the lids), so you can reheat your food without having to remove the silicone sleeve, which can double as a trivet to protect your hands and surfaces from heat.

Each container has a generous 3.4-cup capacity, which is enough for a full, individual meal when food prepping. One downside is that the design doesn't allow you to nest the containers when storing them, so they take up extra space. They do stack, however, so you can keep them organized in your refrigerator.

Specs

List Price:	\$44.99
Material:	Glass
Capacity:	3.4 cups
Number of Pieces:	10 (5 containers with 5 lids)

[Buy From Walmart »](#)

Best for Freezing

Snapware Total Solution 10-piece Rectangular ...

**PROS:**

- ✓ Built-in labels for easier freezer storage
- ✓ Secure, locking lids
- ✓ Can be nested and stacked for storage

CONS:

- ✗ Not as thick as other containers
- ✗ Some reviewers say it's not the most durable options

[Buy From Amazon](#)

When exposed to extreme cold, glass can contract, creating extra tension and making it more prone to shattering, especially if there's a quick change in temperature. Because of this, we recommend high-quality plastic food storage containers if you're planning to freeze your prepped meals.

This 10-piece set from Snapware stands out because the lids securely latch in place with locking tabs, creating an airtight and leak-proof seal that makes them more secure in the freezer. The plastic is also BPA-free and the containers are made in the United States.

Each container has a 3-cup capacity which works well for individual meal prep. When you're not using them, the containers and lids nest and stack to

keep you organized while saving space.

Built-in labels on the lid are another standout feature. Write the meal and date of storage (plus the anticipated expiration date) right on the lid, and it'll come off in the [dishwasher](#) when you clean the containers.

Some reviewers say they're not as durable or thick as other plastic containers, but this is reflected in the price. This is a budget-friendly set that comes out to just \$3 per container.

Specs

List Price:	\$15
Material:	BPA-free plastic
Capacity:	3 cups
Number of Pieces:	10 (5 containers with 5 lids)

[Buy From Amazon »](#)

Best for Microwaving

Rubbermaid Brilliance Glass Food Storage Con...

**PROS:**

- ✓ Glass holds up well to microwaving
- ✓ Vented lids
- ✓ Oven-safe

CONS:

- ✗ Some reviewers say they're heavier than other glass containers
- ✗ Can't be nested for storage

[Buy From Target](#)

While many plastic containers are microwavable, we prefer using glass whenever possible; even microwave-safe plastics can lose their shape if they get too hot. That said, this Brilliance storage container set from Rubbermaid, which is the glass version of our best overall pick, is our choice for the best for microwaving.

Aside from the durable glass construction, these containers also have vented, microwave-safe lids so you can keep the cover on (with the lids unlatched) to prevent splattering and contain heat. They're oven-safe so, if you like to switch up your reheating methods, you'll have that option, too.

We specifically like the eight-piece set for meal prep, since the containers are uniform – you’ll get four 3.2-cup glass containers – and they stack for better organization in the refrigerator. But, there are other sets that have varied sizes for different meal-prepping needs.

Some reviewers say they’re heavier than other glass containers, so they may not be the best option for taking with you when you’re on the go, but the thickness of the glass adds to the overall durability.

Specs

List Price:	\$42.99
Material:	Glass
Capacity:	3.2 cups
Number of Pieces:	8 pieces (4 containers with 4 lids)

[Buy From Target »](#)

Best for Size Variety

OXO Good Grips 30-Piece Smart Seal Glass & Pl...

**PROS:**

- ✓ Wide range of sizes
- ✓ Differently shaped containers
- ✓ Airtight

CONS:

- ✗ Some reviewers say silicone seal is hard to remove and clean
- ✗ Not as organized for individual meals

[Buy From Amazon](#)

Uniform containers are excellent if you're preparing and portioning out the same meals for the week, but if you're making different types of foods you'll likely need some size variety. This set from OXO includes 15 containers, with sizes ranging from just 5.7 ounces to almost 10 cups. In addition to different sizes, you'll also get various shapes, including round, rectangular, and square.

We like that this set mixes and matches glass and BPA-free plastic containers so you have options for different occasions. For example, if you want to reheat your meals in the oven, you can use the glass containers. If you want a lighter-weight container to take with you on the go, opt for plastic instead.

Regardless of material, each container has four locking tabs and a silicone seal that makes them airtight. While some reviewers say this seal is difficult to remove for cleaning, others point out that it does an excellent job of preventing leaks and spills.

Specs

List Price:	\$112.99
Material:	BPA-free plastic and glass
Capacity:	7.7 ozs to 9.6 cups
Number of Pieces:	30 (15 containers with 15 lids)

[Buy From Amazon »](#)

Best Multi-Compartment

W&P Bento Box »

**PROS:**

- ✓ Three separate compartments
- ✓ Removable divider
- ✓ Silicone strap for secure closure

CONS:

- ✗ Some reviewers wish the top compartment was deeper
- ✗ Expensive

[Buy From Amazon](#)

The W&P Bento Box is an investment but, in our opinion, it's worth it. This compartmentalized meal prep container combines a 4-cup bowl with a 2-cup removable tray that nestles on top in a streamlined design. The container also comes with a removable tray divider so you can split the 4-cup bowl into two sections if you want (or remove it if you don't need separate compartments).

Some reviewers say the top tray is on the shallow side, so you can't fit a thick sandwich without squishing it, but it's good for proteins, sides, and/or snacks.

The containers are made from lightweight, BPA-free plastic, and have attached silicone straps that secure the lid in place for easier travel. They’re also dishwasher- and microwave-safe for straightforward cleaning and reheating.

You can purchase the container individually or in a set of two or four. They also come in three colors to mix and match for color-coded meal planning.

Specs

List Price:	\$25 per container
Material:	BPA-free plastic
Capacity:	6 cups
Number of Pieces:	3 pieces (main bowl, tray, and lid)

[Buy From Amazon »](#)

Best for Commuters

Stojo Food Storage 12-Pack Set »

**PROS:**

- ✓ Collapsible for easier travel and storage
- ✓ Leak-proof lids
- ✓ Stack neatly for storage

CONS:

- ✗ Might not hold up well in the dishwasher
- ✗ Expensive

[Buy From Stoj](#)

These food containers from Stoj are ideal for commuters. They're made from food-grade silicone that expands to fit a full meal, and then collapses down to just 1.2 to 1.3 inches, depending on the shape of the container. The lids also have four clasps that secure them in place and create a leakproof seal so they won't spill while you're traveling.

While Stoj says these containers are dishwasher-safe, some reviewers say they don't hold up well in the dishwasher – some experienced warping – so your best bet is to handwash them instead. But, all of the pieces come apart, so cleaning should be straightforward.

This particular set comes with six bowl-shaped containers and six square containers that accommodate a variety of foods. The capacity depends on

the shape of the container – the bowls can hold a generous 4.5 cups, while the square containers can fit up to three cups.

Even if you don’t commute, these containers are a great option for those with limited cabinet space – they neatly stack together with the lids on, so they don’t take up too much room.

Specs

List Price:	\$270
Material:	Silicone
Capacity:	3 to 4.5 cups
Number of Pieces:	24 pieces (12 containers and 12 lids)

[Buy From Stojo »](#)

The Bottom Line

When choosing meal prep containers, you want a set that’s durable and easy to organize. We think the Rubbermaid Brilliance Two-Compartment Food Storage Containers are a great choice for most people since they’re made from lightweight – but heavy-duty – plastic and have vented lids for easier reheating. If you prefer glass containers, we recommend the glass food storage containers from Rubbermaid Brilliance instead. For commuters, the collapsible Stojo food storage containers are both convenient and space-saving.

Things To Consider When Buying Meal Prep Containers

Size and Capacity Options: Meal prep containers come in all shapes and sizes. When choosing a set or individual pieces, you want to think about your goals and your approach to meal prepping.

For example, Blair Persyn, MS, RDN, LDN, CNSC, registered dietitian and owner of Bites With Blair, LLC, says if you're prepping for a large family, you may need large containers that fit several portions of food. However, if you're making individual meals, a smaller container will do the trick.

According to Alsing, a 3- to 4-cup (or 28- to 32-ounce) capacity works well for a full individual meal. "If you like to make soups or salads, then I would [also] recommend getting bowl containers so things don't spill out," she says.

When choosing the size and capacity of your containers, you might want to think about how you plan to reheat the meals. "If you have some ingredients that need to be microwaved and others that don't, then you might prefer smaller meal prep containers for those separate items," says Alsing.

Materials: Meal prep containers most commonly come in plastic, glass, and silicone, though you'll find some stainless steel containers, too. The material can be a personal preference, but there are pros and cons to each type.

Both Alsing and Persyn recommend glass containers for safety and quality. "[Glass containers] can be reheated in the microwave and they won't contain phthalates or other concerning chemicals found in plastic," says Persyn. Glass containers are also durable and don't absorb smells and odors the way that plastic containers do. "Plastic tends to get discolored from certain foods and can get flimsy after frequent microwave use," says Alsing.

But plastic has its benefits, too. For starters, it's lightweight, so it can be easier to take with you on the go. Plastic is also less fragile than glass, so you don't have to worry about dropping and breaking it.

Silicone can be a good middle-ground for those who don't want plastic but don't like glass either. While they're often not as structured as plastic or glass containers, silicone containers are lightweight, microwave-safe, and durable.

Durability: The materials also play a role in the durability of your containers. Glass containers typically last longer because they're non-porous and don't absorb food colors or odors. Because of this, you won't get the discoloration that can happen with storing certain foods, like tomato sauce, in plastic.

But, glass is breakable. While the containers themselves may last longer, you have to use extra care to keep them from shattering. Choosing glass containers with silicone sleeves can help contribute to durability since silicone can absorb shock and reduce the risk of breakage.

If you prefer plastic, choose thicker, microwave-safe plastics that won't break down prematurely, and make sure you follow the care instructions closely, as putting containers that aren't dishwasher-safe in the dishwasher can destroy them.

Stackability: Stackability is a personal preference, but finding containers that stack on top of each other saves a ton of room in the refrigerator and cabinets.

If you're prepping individual containers, you may want to look for containers that are uniform in size and shape, so you can neatly stack them in the refrigerator when they're full. You may also want to consider "nesting" capabilities. When containers are empty, being able to stack them within each other helps save space and makes them more easily accessible. Alsing recommends looking for containers that fit inside of each other, with lids that attach and can all be stored on top.

If you prefer containers that aren't stackable, you can also get a little more creative. "I store my glass containers stacked in my cabinets with all the lids stored nearby in a basket. This keeps everything organized and simple," says Persyn.

Compartments: Some meal prep containers have dividers that create individual compartments. These types of containers can be a good option for those who prefer to keep their foods separate or who need help visualizing portion sizes – some compartments are specifically designed to accommodate suggested servings for different types of food like proteins and starches. Compartments are also helpful if you don't want certain ingredients getting soggy, according to Alsing.

For example, if you want to prepare yogurt or oatmeal, you could keep nuts and granola separate. You could also separate dressing from a prepared salad to prevent lettuce from wilting before you get to eat it.

Ultimately, whether or not you should get a compartmentalized container depends on your preference and what will make the meal more appealing to you.

Care: When it comes to care, ideally you want containers that are low-maintenance and easy to clean so you don't have a bunch of dishes to do at the end of each day or week. If you prefer not to hand wash, look for containers that are dishwasher-safe.

Additionally, if you plan to freeze and/or reheat meals in the same containers, you want to make sure that the containers you choose are microwave- and freezer-safe. Otherwise, exposure to the extreme temperatures could ruin the containers (and your food).

When it comes to easy care, Persyn recommends glass since you can refrigerate, freeze, and heat them in the microwave with no problems. "The only thing I make sure to do is rinse a frozen container under warm water for about 15 seconds or so to defrost the container before microwaving it. This keeps it from shattering from a sudden change of heat," she says.

How We Chose the Best Meal Prep Containers

To compile this list of the best meal prep containers, our writer, Lindsay Boyers, a certified nutritionist, consulted with two experts – Sarah Alsing, MS, RD, registered dietitian, meal prep expert, and owner of [Delightfully Fueled](#), and Blair Persyn, MS, RDN, LDN, CNSC, registered dietitian and owner of [Bites With Blair, LLC](#) – to get their thoughts on what makes a meal prep container stand out. Both experts emphasized the importance of high-quality materials – for keeping your food fresh and the longevity of the containers. Using their insights, Boyers narrowed down the dozens of options to those that are safe and durable. In addition to the material, Boyers considered size, capacity, stackability, design, and ease of cleaning. Ultimately, she found that it's best to spend a little more on meal prep containers that have secure lids and are microwave- and dishwasher-safe.

WHY SHOULD YOU TRUST US?

[Lindsay Boyers](#), the author of this piece, is a certified nutritionist with five years of experience reviewing products. She has developed more than 1,000 original recipes and written a dozen cookbooks, including three meal-prep focused titles: *The Everything Low-Carb Meal Prep Cookbook*, *The Everything Macro Diet Meal Prep Cookbook*, and *The Everything Keto Meal Prep Cookbook*. She also wrote our guide to the [best food storage containers](#).

FAQ

What are the benefits of meal-prepping?



What are the best practices for freezing meal prep containers?



How long is it safe to store food in meal prep containers?



About Our Team



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Contributor



Lindsay Boyers is a certified nutritionist and freelance writer and editor with extensive experience in sleep and other areas of health and wellness. She has personally tested over four dozen mattresses and many other sleep products, like pillows, sheets, and weighted blankets. Her work has been featured in Forbes, CNET, CNN Underscored, The Spruce, and Healthline, among others. She has four years of experience writing reviews

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