

2-Minute Pancakes + Buttery Biscuits + Vegan Meringue  
 9 Dreamy Vegan Recipes p.32

# VegNews

VeganNEWSFOODPLANETTRAVELBUZZ

## The Food Issue

23 Irresistible Vegan Recipes

Breakfast Tacos  
 Easy Asian Noodle Salad  
 Dark Chocolate Truffles

+ LA's Best Eateries  
 Healthy Meals, Delivered!

Chocolate-cherry ice cream sandwiches. Yes, please.



Veg diners  
 DRIVE-THRU  
 & dives

\$5.99 US  
 \$6.99 Canada  
 October 2015



# Moveable Feast

When there's no time to cook, call one of these six delivery services for delicious vegan meals brought to your door.



### Veestra

Organic meals and juices with bold flavors and consistent quality

PRICE Starts at \$8.25/meal, à la carte available

DISHES WE LOVED Three Layer Scramble, Red Curry with Tofu and Veggies, Tuscan Calzone with Marinara Sauce

IDEAL FOR Adventurous eaters who want interesting flavors, diverse dishes, and ample selection

WHERE TO ORDER [veestro.com](http://veestro.com)



### The Vegan Garden

Plant-based entrées, smoothies that elevate dishes with exotic flavors

PRICE Starts at \$8.79/meal

DISHES WE LOVED Mushroom Stroganoff, Mongolian Beef with Rice, Lasagna

IDEAL FOR Someone who wants internationally inspired dishes in the comfort of their home

WHERE TO ORDER [thevegangarden.com](http://thevegangarden.com)

### Paleta

Beautifully crafted organic meals, juices, and snacks made by a Le Cordon Bleu-trained chef

PRICE Starts at \$13/meal

DISHES WE LOVED Egg-Less Salad in a Radicchio Cup, Seared Seaside Cakes with Wilted Baby Kale, Coconut Tofu with Pineapple Fried Cauliflower Rice

IDEAL FOR Busy foodies wanting top-notch cuisine delivered directly to their doors

WHERE TO ORDER [paleta.com](http://paleta.com)



### 22 Days Nutrition

Nutrient-dense, organic meals that are low in fat, sugar, and sodium

PRICE Starts at \$9.24/meal

DISHES WE LOVED Tropical Peach Mango Chia Pudding, Sundried Tomato & Cauliflower Elbows, Mediterranean Portobello Mushroom & Lentils

IDEAL FOR Anyone wanting to jumpstart a plant-based diet with clean, wholesome food

WHERE TO ORDER [22daysnutrition.com](http://22daysnutrition.com)

### Urban Remedy

Ultra-healthy meals and snacks

PRICE Starts at \$12/meal

DISHES WE LOVED Green Juice, Avocado Toast, Seared Tofu with Pineapple Fried Cauliflower Rice

IDEAL FOR Busy foodies wanting top-notch cuisine delivered directly to their doors

WHERE TO ORDER [urbanremedy.com](http://urbanremedy.com)



Urban Remedy's Crème Caramel will make anyone a believer in raw desserts.

### Vegin' Out

Organic comfort-style food designed by vegan chef (and VegNews columnist) Brian L. Patton

PRICE Starts at \$16/family meal

DISHES WE LOVED Seitan Stroganoff, Cream of Broccoli Soup, Almond Shortbread Cookies

IDEAL FOR Families looking for home-cooked food that's both healthy and reminiscent of their childhood favorites

WHERE TO ORDER [veginout.com](http://veginout.com)



**BONUS!**  
 Visit [vegnews.com/delivery](http://vegnews.com/delivery) for special discounts just for VN readers.