

Vegan Meal Kits & Delivery Services

	All-vegan company?	Subscription required?	À la carte available?	Average cost per meal?	Prep required or Heat & eat?	Where available in USA?	Eco-friendly packaging?	Gluten-free options?	Does the menu change?	Fresh, frozen, or dried?	Delivery schedule?	Nutritional data given?
Boyce Mode boycemode.com	Yes	5 meals min/per week	No	\$13	Heat & eat	20 states	100% compostable	Yes	Yes, weekly	Fresh	Weekly	Yes, on package
Cook Unity cookunity.com	No (<i>Omni</i>)	4 meals min/per week	No	\$10.49-\$13.49	Heat & eat	Northeast states & CA	Compostable & recyclable	Yes	Yes, weekly	Fresh	Weekly	Yes, online
Food Flo foodflo.com	Yes	No	Yes	\$20	Heat & eat	AZ, CA, NV only	Compostable & recyclable	Yes	Yes, weekly	Fresh, frozen, or raw	Weekly	Yes, online
Food Nerd foodnerdinc.com	Yes	No	Yes	\$2.50-\$5	Ready to eat & Prep required	Entire USA	Fully recyclable	Yes	No	Dried, raw, & shelf-stable	Weekly	Yes, online
Mosaic mosaicfoods.com	No (<i>Vegetarian</i>)	Yes	Yes	\$4.99-\$10.99	Heat & eat	Entire USA but AK, HI	Fully recyclable	Wheat-free available	No	Frozen	Weekly or monthly	Yes, online
Plant Perfection plantperfectionfoods.com	Yes	No; \$250 min order	Yes	\$7-\$12	Heat & eat	Entire USA but AK, HI	Mostly recyclable	Yes	No	Frozen	Every other week	Yes, online
Plantable plantable.com	Yes	No	Yes	\$12.90	Heat & eat	Entire USA but AK, HI	Fully recyclable	Yes	Yes, every other week	Frozen	Weekly	Yes, online
Purple Carrot purplecarrot.com	Yes	6 meals min/per week	No	\$10-\$12	Prep required	Entire USA but AK, HI	Mostly recyclable	Yes	Yes, weekly	Fresh or raw	Weekly	Yes, online
Sakara Life sakara.com	No (<i>Vegetarian</i>)	No	Yes	\$30	Ready to eat	Entire USA but AK, HI	Fully recyclable	Yes	Yes, weekly	Fresh or raw	Weekly	No
Splendid Spoon splendidspoon.com	Yes	5 meals min/per week	No	\$13-\$15	Heat & eat or Ready to eat	Entire USA but AK, HI	Fully recyclable	Yes	Yes, weekly	Fresh or frozen	Weekly	Yes, online
Sprinly sprinly.com	Yes	6 meals min/per week	No	\$18	Ready to eat	15 states	Mostly recyclable	Yes	Yes, weekly	Fresh or raw	Weekly	Yes, online

Veestro veestro.com	Yes	10 meals min /per week	Yes	\$9.90	Heat & eat	Entire USA but AK, HI	Compostable & recyclable	Yes	Yes	Frozen	Weekly or monthly	Yes, on package
------------------------	-----	---------------------------	-----	--------	------------	--------------------------	-----------------------------	-----	-----	--------	----------------------	--------------------

I reached out to the following companies for this article, but did not receive a reply as of this writing. For your information, these meal services also offer vegan options: Daily Harvest, Factor 75, Fresh N' Lean, Green Chef, Hungry Root, Mama Sezz, Marley Spoons, PlantPure Nation, Territory Foods, and Trifecta Nutrition. Photos from the top corner, going clockwise: Boyce Mode, Plant Perfection, Mosaic, Food Flo, Boyce Mode, Splendid Spoon; lower row, Food Nerd, Veestro, Plantable, Sakara Life, and Cook Unity.

List compiled by Rissa Miller.