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Best Plant-Based Meal Delivery in 2024

On this page

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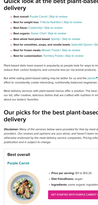
How we review products

With tasty, innovative meals, these eight plant-based meal delivery services are making vegan and vegetarian eating easier than ever. Learn how they impressed our testers.



Quick look at the best plant-based meal delivery

- **Best overall:** Purple Carrot; Skip to review
- **Best for weight loss:** Trifecta Nutrition; Skip to review
- **Best flavor:** CookUnity; Skip to review
- **Best organic:** Green Chef; Skip to review
- **Best whole food plant-based:** Sprinly; Skip to review
- **Best for smoothies, soups, and noodle bowls:** Splendid Spoon; Skip to review
- **Best for frozen meals:** Mosaic Foods; Skip to review
- **Best for customization:** Territory Foods; Skip to review

Plant-based diets have soared in popularity as people look for ways to improve their health, reduce their environmental footprint, and eliminate animal products from their diets.

While eating plant-based eating may be better for us and the planet, it can take time and effort to consistently create interesting, nutritionally balanced vegetarian and vegan meals.

Meal delivery services with plant-based menus offer a convenient way to eat healthy, like this one on our list. Other, cutthrough, delicious dishes that are crafted with nutrition in mind. Read on to learn about our testers' favorites.

Our picks for the best plant-based meal delivery services

Disclaimer: Many of the services below were provided for free by meal delivery service providers. Our reviews and opinions are ours alone, and haven't been reviewed, approved, or otherwise endorsed by the meal delivery service companies. Pricing information is current as of publication and is subject to change.

Best overall

Purple Carrot

- **Price per serving:** $11 to $15.25
- **Diet friendliness:** vegan
- **Ingredients:** some organic ingredients

GET STARTED WITH PURPLE CARROT ❯

4.9 Healthline's review

Why we like it: In addition to being one of the few fully vegan meal delivery services, our tester noted that the meals are satisfying and sure to please plant-based eaters and omnivores alike.

What our tester says

Pros & cons

Product details

Best for weight loss

Trifecta Nutrition

- **Price per serving:** $13.75 to $16.25
- **Diet friendliness:** pescatarian, paleo, keto, Mediterranean, and vegetarian
- **Ingredients:** some organic ingredients, locally sourced, and pasture-raised meat; no added hormones, antibiotics, and humanely raised meat and poultry

GET STARTED WITH TRIFECTA ❯

4.2 Healthline's review

Why we like it: Trifecta Nutrition is an organic meal delivery service that provides nutritionally balanced, calorie- and portion-controlled meals that are high in protein and low in carbs, fat, and sodium, making it a delicious option for weight loss.

What our tester says

Pros & cons

Product details

Best flavor

CookUnity

- **Price per serving:** $10.25 to $13.50
- **Diet friendliness:** vegan, keto, paleo, dairy free, low calorie, gluten free, dairy free, low sodium, vegetarian, Mediterranean
- **Ingredients:** locally sourced, pesticide-restricted ingredients, sustainably sourced fish, seafood, and meat

GET STARTED WITH COOKUNITY ❯

4 Healthline's review

Why we like it: CookUnity offers a wide range of ready-to-eat meals, all of which are prepared by top-rated chefs. Our tester noted that the meals taste like CookUnity's entrees could easily be restaurant-ready, yummy! Jamison

What our tester says

Pros & cons

Product details

Best organic

Green Chef

★★★★½ 3.5 (1,000+ RATINGS)

- **Price per serving:** $11.50
- **Diet friendliness:** vegetarian, vegan, Mediterranean, paleo, and keto
- **Ingredients:** some organic ingredients; locally sourced, pesticide-restricted, and sustainably sourced fish and seafood; meat raised and poultry

GET STARTED WITH GREEN CHEF ❯

4.2 Healthline's review

Why we like it: Green Chef is a USDA-certified organic meal delivery service that offers a dedicated vegetarian and vegan menu. It's ideal for those who are environmentally minded and want an unbiased, healthy meal plan.

What our tester says

Pros & cons

Product details

Best whole food plant-based

Sprinly

- **Price per serving:** $9.25 to $9.71
- **Diet friendliness:** vegan, gluten free
- **Ingredients:** all organic ingredients

GET STARTED WITH SPRINLY ❯

3.8 Healthline's review

Why we like it: Offering mail-shipped meals featuring fresh vegetables, whole grains, and plant-based protein, Sprinly is a great option for people looking to follow a whole food, plant-based diet.

What our tester says

Pros & cons

Product details

Best for smoothies, soups, and noodle bowls

Splendid Spoon

- **Diet friendliness:** vegan, vegetarian, gluten free, dairy free, specific avoidance, higher protein, higher fiber, low calorie, low carb, low fat, low sodium, low sugar
- **Ingredients:** some organic ingredients
- **Price per serving:** $10.49 to $11.49

GET STARTED WITH SPLENDID SPOON ❯

4.3 Healthline's review

Why we like it: With more than 65 ready-to-eat vegan items to choose from, Splendid Spoon is a great option for people looking for plant-based meals that are tasty and easy to make.

What our tester says

Pros & cons

Product details

Best for frozen meals

Mosaic Foods

- **Price per serving:** $5.99 to $10.99
- **Diet friendliness:** vegan, vegetarian, clean food, non-GMO, gluten free
- **Ingredients:** some organic ingredients

GET STARTED WITH MOSAIC FOODS ❯

3.8 Healthline's review

Why we like it: Mosaic Foods is a plant-based meal delivery service offering prepared, frozen meals that are both tasty and healthy.

What our tester says

Pros & cons

Product details

Best for customization

Territory Foods

- **Price per serving:** $11.50 to $22.50
- **Diet friendliness:** paleo, keto, plant-based, vegetarian, vegan, gluten free, dairy free, low sugar
- **Ingredients:** some organic products; locally sourced, pesticide-assessed ingredients; sustainably sourced fish and seafood; hormone and antibiotic-free meat

GET STARTED WITH TERRITORY FOODS ❯

4.1 Healthline's review

Why we like it: Territory Foods specializes in providing flexibility, prepared meals made by a chef-team in your area and delivered fresh.

You can filter by meal preferences, including for plant-based offerings.

What our tester says

Pros & cons

Product details

Comparison of plant-based meal delivery services

	Cost	Diet friendliness	Ingredients	Lifetime
Purple Carrot	meal kits	$$$	yes	may be eligible after 2 years of consecutive orders
Trifecta Nutrition	prepared meals	$13.75+	no	$3.95
CookUnity	prepared meals	$10.25+	no	$3.95
Green Chef	meal kits	$11.50+	no	$10.95
Sprinly	prepared meals	$9.25+	yes	$50 to $75
Splendid Spoon	prepared meals	$10.49+	yes	may be eligible after 2 years of consecutive orders
Mosaic Foods	prepared meals	$5.99+	yes	may be eligible after 2 years of consecutive orders
Territory Foods	prepared meals	$11.50+	no	$9.99 to $19.99

Plant-based, vegan, and vegetarian: What's the difference?

Despite often being used interchangeably, there are some key differences between these terms.

- **Plant-based.** A plant-based diet focuses on minimally processed, whole foods like vegetables, fruits, legumes, and whole grains, and small amounts of lean meat. Some people who follow a plant-based diet also avoid processed foods and consumed varies from person to person.
- **Vegetarian.** In general, one avoids all animal products. Vegetarian is also a lifestyle often adopted for ethical, environmental, or health reasons. Some people who are vegetarian "include a... all forms of exploitation of and cruelty to animals for clothing or any other purpose." This means steering clear of any animal ingredient, including honey, silk, and cosmetics containing animal products.
- **Veganism.** A vegetarian diet is most common among vegan eating, partially for ethical, or ingestion-based, of animal slaughter, but it can include eggs and dairy products. Veganism is a philosophy and lifestyle that avoids eggs, dairy, and other animal products.

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Other services we considered

Here are a few other services we tested and considered for this review but that didn't quite make the cut.

- **Daily Harvest** ($8 and up): All Daily Harvest meals are plant-based and gluten free, and most are vegan. We love its focus on sustainability, with most of its packaging being recyclable or compostable. Its meals are tasty, but they don't offer much variety in terms of options, while flavor was lacking in some items we tried.
- **Sunbasket** ($9 and up): Its meals ensure balanced nutrition, but it might be a better option for people who don't mind being distracted by others, only a few vegetarian options, and don't need to worry about food allergies.
- **Home Chef** ($7.50 and up): Home Chef offers a complete meal delivery service that offers a few vegetarian and vegan menu items each week. Like some other services on our list, it offers a variety of options, including meals that are ready to eat and prepared, frozen meal products, but as stated in a recent Amazon subsidiary review, it has a longer wait to get your order.

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How we chose the best plant-based meal delivery

Sprinly offers delicious, whole food, plant-based meals featuring organic ingredients and carbon neutral shipping. Our tester enjoyed a dinner with Mediterranean flavors and carbon neutral shipping.

Many meal delivery services are incorporating more plant-based options, and carbon neutral shipping is a key option for those who want to minimize their environmental footprint.

We've compiled our list of the best plant-based meal delivery services by looking at a variety of factors, including cost, sustainability, and ingredient quality, and we've included a variety of options, ranging from meal kits to ready-to-eat meals, and from budget-friendly options, while flavor was lacking in some items we tried.

We've also included options that are environmentally minded, including the use of the sign-up and client satisfaction process, the variety and nutritional composition of the meals offered, ingredient quality and freshness, ease of ordering, and of course, the taste. We cover them all below.

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20+ Meal delivery services evaluated

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How we evaluate meal delivery services

Our Medical Standards and Insights team has certifically reviewed and vetted over 1,000 meal plans and services. We focus on health, safety, accuracy, quality, and ease.

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