

## 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.

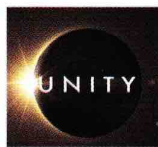
Veg  
dinérs  
DRIVE-THRU  
& dives



\$5.99 US  
\$6.99 Canada  
October 2015

PLU  
DIY Cook  
Whip  
Cream!

# WATCH



## Unity

Writer/director Shaun Monson employs 100 celebrity voices (including vegans Pamela Anderson,

Portia de Rossi, Joaquin Phoenix, and the late Sam Simon) for a look at why, after thousands of years, humans still can't get along. The documentary—which took seven years to produce—is presented in chapters that delve into what it means to be human, our brief existence amongst the cosmos, and the energy of our souls. Released just this month, we're excited to see how Monson combines these voices and seemingly unrelated chapters to prove how our lives aren't as disconnected as we might think.



## PlantPure Nation

Kentucky has one of the highest rates of diabetes, heart attacks, and strokes in the nation, so it makes

perfect sense why state legislators became so excited after doctors T. Colin Campbell (*The China Study*) and Caldwell Esselstyn gave a speech on the benefits of switching to a plant-based diet. Sadly, this excitement died when agribusiness lobbyists began one of the most intensive lobby efforts the state has ever seen. However, that didn't stop Campbell's son Nelson from implementing his own health initiatives in Mebane, NC. With a documentary

crew on hand, Nelson Campbell teaches the community how to improve their health by starting with 10-day plant-based diets.

# LISTEN



## Myq Kaplan Summer Comedy Tour

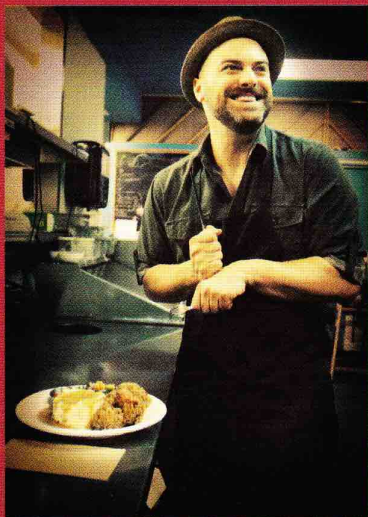
Veganism doesn't always have to be so serious. Just ask comedian Myq Kaplan, a meat-free funnyman who was a finalist on *Last Comic Standing*, and has appeared on *Late Show with David Letterman*, *Comedy Central Presents*, and *Conan*. Kaplan's upcoming tour includes stops in Minneapolis, Atlanta, and Toronto, and if his recorded material—2010's *Vegan Mind Meld* (which is one of iTunes' best-selling comedy albums), 2013's *Meat Robot*, and 2014's *Small, Dork, and Handsome*—proves anything, it's that even vegans need to laugh every now and then.



## Fat Wrecked for 25 Years

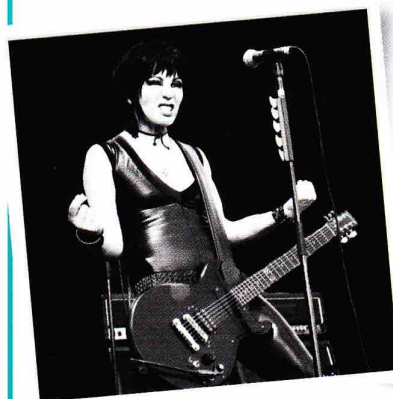
San Francisco-based punk label Fat Wreck Chords celebrates its 25th anniversary

with a three-day hometown event featuring performances by bands such as NOFX, Strung Out, Lagwagon, and Swingin' Utters. While the label itself isn't vegan, the shows include scheduled sets by Canadian vegan group Propagandhi. Other herbivores scheduled to



## The Vegan Roadie

Dustin Harder's popular YouTube series explains how to be vegan while on the go, and highlights must-visit plant-based restaurants around the country. His travel show also proves how easy it is to cook veg—from a segment on cooking in your hotel room to making food with just five ingredients. The first season concluded in July with a trip to San Francisco, and for those who need more of Harder, his upcoming series, *OMG! That's Vegan?!*, premieres October 1, showcasing non-vegans trying vegan food while giving their honest responses.



## Joan Jett and the Blackhearts

Put another Joan on your summer jukebox, baby, because legendary vegan rockstar—and class of 2015 Rock & Roll Hall of Famer—is on a North American tour, including a September through December stretch opening for The Who. We'll be chowing down on vegan Sloppy Joes at Staples Center in Los Angeles (September 21), grabbing a slice of one of 10 vegan pizzas from Sizzle Pie at the Moda Center show in Portland (September 25), and hitting Beyond Sushi for dinner before the Madison Square Garden concert (October 27).