

BEST ICE CREAM • BEST BURGER • BEST RESTAURANT • PLUS 35 MORE!

# VegNews

plant-based food + lifestyle

## best of vegan

Inside!

Dozens of  
plant-based  
recipes

### THE 2020 VEGGIE AWARDS

THE BEST  
VEGAN  
PRODUCTS,  
PEOPLE  
& PLACES



And the  
country's #1  
doughnut is ...  
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to Eat Before  
You Die

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Best Street Food,  
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Vegan French  
Bakery

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## HOW TO

# Eat Like an NBA Star

by **ARUKA SANCHIR**

**HE'S 6'11**, an Olympic gold medalist, and he runs completely on plants—particularly mushrooms and food-truck burgers. DeAndre Jordan, the infectiously positive, 31-year-old All-Star center of the Brooklyn Nets, is making a name for himself in the vegan world. An outspoken investor of Beyond Meat, Jordan became an instant fan-favorite after whipping up vegan chocolate-banana pancakes and Bloody Marys in a *Bon Appétit* cooking video that racked up more than 3.8 million views. But VegNews wanted to know more. So we sat down with Jordan for some rapid-fire questions to get the scoop on his vegan story, living life as a plant-powered professional athlete, and that pesky protein question.

**How long have you been vegan?**

For about two years now.

**And what was your motivation?**

It started with becoming more aware and caring about my impact on the planet. I believe in total mind, body, and environmental wellness, so it was a natural step on my path to living a more mindful life.

**Did you have any apprehensions about making the switch?**

No, I was excited for it! I was only nervous about the things I wasn't educated about, like stereotypes about not being able to get enough protein.

**And now that you've done it, what's been the best thing about going plant-based?**

Two things: I love the way I feel and the impact I am having on the environment.

**What has been the most difficult?**



DeAndre in three words? Basketball, Brooklyn, and plant-based burgers.

Hotels. Especially if you're looking for anything on the breakfast menu. I have to get very creative at hotels and am often limited to just side dishes.

**What is one thing that has surprised you?**

Honestly, I didn't realize just how good I would feel—I have way more energy and sleep better and deeper. I literally feel cleaner and more fit in a way that I didn't when I ate meat.

**What about food-wise? Any new things you love?**

I really love mushrooms now. There are so many different ways to prepare them and so many different kinds that really have amazing textures and flavors.

**Before going vegan, what was your all-time favorite thing to eat?**

I've always been a burger guy. I loved a good burger.

**Have you found a good vegan version?**

Absolutely—Beyond Burger is my favorite. I actually created my own special version with the Vurger Guyz

DeAndre Jordan went vegan in 2018 and has never looked back.



food truck in Los Angeles.

**Really? Tell us about that.**

It's the DJ Special—two Beyond Meat patties topped with lettuce, tomato, onions, vegan cheese, avocado, and a special sauce. Plus the special ingredient: oyster mushrooms.

**Speaking of LA, you played there for the Clippers for 10 years but are now living in New York. What are you liking about your new home?**

New York's great. I love the energy of the city and the people. It's so diverse. And there are so many vegan places that are open late!

**And how has being vegan affected your game?**

Because of the amount of stress we put on our bodies, it's really important that we have the proper foods to help us with recovery. Being plant-based has actually given me an advantage in this area, and I'm fortunate enough to have a personal chef who keeps my nutrition on track.

**So between that and the Beyond Burgers, we're guessing you don't have to worry anymore about protein, right?**

Right! Most people don't realize that eating a plant-based diet allows you to get the best source of protein. Animal products are secondary proteins because the animals get their protein from plants. So I have no problem getting enough. **VN**

**Aruka Sanchir** is an Assistant Editor at VegNews and is already a big fan of the DJ Special at Vurger Guyz.

**DJ's Favorite Things**

What does a vegan NBA player eat when not shooting hoops or scrimmaging with teammates? VegNews found out.



**BREAKFAST**

Dunkin' Beyond Sausage breakfast sandwich, no egg or cheese



**LUNCH + DINNER**

Pasta and salad



**DINING OUT**

Nic's on Beverly in Los Angeles and P.S. Kitchen in New York City

**SNACK**

From The Ground Up Cauliflower Pretzels



**DESSERT**

Uncle Eddie's Chocolate Chip Cookies with Walnuts