



## Vegetarian Protein Choices

| PRODUCT                       | SERVING       | CALORIES | PROTEIN | CARBS | FAT | FIBER |
|-------------------------------|---------------|----------|---------|-------|-----|-------|
| Egg                           | 1 large       | 70       | 6       | 0     | 5   | 0     |
| Liquid Egg Whites             | ½ cup         | 60       | 13      | 0     | 0   | 0     |
| Tofu                          | ½ Cup         | 94       | 10      | 2     | 6   | 0     |
| <b>Morning Star Farms</b>     |               |          |         |       |     |       |
| Grillers Vegan                | 1 Burger      | 100      | 12      | 7     | 0   | 4     |
| ¼ Pound Grillers              | 1 Burger      | 250      | 26      | 10    | 0   | 3     |
| Asian Veggie Patties          | 1 Burger      | 100      | 7       | 10    | 4   | 2     |
| Veggie Dogs                   | 1 Link        | 50       | 7       | 4     | <1  | <1    |
| Chik'n Strips                 | 12 Strips     | 140      | 23      | 6     | 0   | 1     |
| Grillers Chik'n               | 1 Burger      | 80       | 9       | 7     | 3   | 5     |
| <b>Loma Linda/Worthington</b> |               |          |         |       |     |       |
| Chic-ketts                    | 2 - ¾" Slices | 110      | 14      | 3     | 5   | 2     |
| Meatless Chicken Style        | ¾" Slice      | 90       | 9       | 2     | 4.5 | 1     |
| Stakelets                     | 1 Piece       | 150      | 14      | 7     | 7   | 2     |
| Wham                          | ¾" Slice      | 110      | 10      | 3     | 6   | 0     |
| <b>Quorn</b>                  |               |          |         |       |     |       |
| Chik'n Cutlets                | 1 Cutlet      | 80       | 11      | 5     | 2.5 | 2     |
| Chicken Tenders               | 85 g          | 80       | 10      | 9     | 2   | 4     |
| Turk'y Burger                 | 1 Burger      | 90       | 10      | 6     | 4   | 2     |
| Classic Burger                | 1 Burger      | 85       | 8       | 5     | 3.5 | 1     |
| Vegan Burger                  | 1 Burger      | 100      | 10      | 9     | 4   | 2     |
| Meat Balls                    | 68 g          | 90       | 13      | 7     | 1.5 | 1     |
| Grounds                       | 85g           | 110      | 13      | 9     | 2   | 5     |
| <b>Franklin Farms</b>         |               |          |         |       |     |       |
| Original Veggie Burger        | 1 Burger      | 132      | 13      | 12    | 3.5 | 7     |
| California Veggie Burger      | 1 Burger      | 150      | 12      | 26    | 3   | 8     |
| Garden Broiler Burger         | 1 Burger      | 150      | 17      | 13    | 3.5 | 6     |
| Portabella Veggie Burger      | 1 Burger      | 170      | 22      | 15    | 2   | 5     |
| Veggie Balls                  | 3 pieces 85g  | 140      | 16      | 18    | <1  | 4     |
| <b>Light Life Foods</b>       |               |          |         |       |     |       |
| Smart Dog Jumbo               | 1 Link        | 100      | 13      | 4     | 3.5 | 2     |
| Smart Dog                     | 1 Link        | 50       | 7       | 2     | 2   | 1     |
| Smart Deli Baked Ham          | 4 Slices      | 70       | 12      | 4     | 1   | 1     |
| Smart Deli Turkey             | 4 Slices      | 100      | 14      | 9     | 3.5 | 2     |
| Smart Cutlets                 | 1 Cutlet      | 110      | 17      | 7     | 1   | 3     |
| Smart Strips                  | 3 oz          | 80       | 14      | 5     | 0   | 4     |
| Smart Tenders                 | 3 Tenders     | 100      | 18      | 7     | 0   | 5     |
| Smart Lemon Pepper            | 3 Tenders     | 100      | 17      | 7     | 0   | 5     |
| Portobello Mushroom           | 1 Burger      | 190      | 20      | 9     | 8   | 9     |

## Vegetarian Protein Choices Continued

| PRODUCT                         | SERVING        | CALORIES | PROTEIN | CARBS | FAT | FIBER |
|---------------------------------|----------------|----------|---------|-------|-----|-------|
| Beyond Meat                     |                |          |         |       |     |       |
| Beyond Chicken/Grilled Strips   | 3oz. 6 strips  | 120      | 20      | 5     | 3   | 2     |
| Beyond Beef/Crumble             | ½ c            | 110      | 13      | 3     | 4.5 | 1     |
| SW Chicken Style Strips         | 3 oz. 6 strips | 120      | 20      | 5     | 3   | 2     |
| Chicken Strips lightly seasoned | 3 oz. 6 strips | 120      | 20      | 5     | 3   | 2     |
| Beyond Burgers                  | 4 oz           | 250      | 20      | 3     | 6   | 2     |
|                                 |                |          |         |       |     |       |