



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
Morning Star Farms						
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
Loma Linda/Worthington						
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
Quorn						
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
Franklin Farms						
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
Light Life Foods						
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