



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 |