

Meat-Free Products



Bacon

Morning Star

Veggie Bacon Strips (2 strips)

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
60	2	20	2	0	2

Be'f Tips

Gardein

Beyond Meat Seasoned
Be'f Tips

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
170	1	300	7	2	21

Cheese

Go Veggie

Cream Cheese (2 Tbsp)

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
90	4.5	115	1	0	1

Kite Hill

Cream Cheese (2 Tbsp)

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
70	0	200	2	1	2

SLICES

Daiya

Provolone Slices (1 slice)

Cheddar Slices (1 slice)

70	5	190	5	0	1
70	5	190	5	0	1

Follow Your Heart

Gouda Slices (1 slice)

Mozzarella Slices (1 slice)

Provolone Slices (1 slice)

60	4	180	4	0	0
60	4	180	4	0	0
60	4	180	4	0	0

Field Roast

Creamy Original (1 slice)

Tomato Cayenne (1 slice)

60	4	180	4	0	0
60	4	180	4	0	0



All meat free selections are less than 3 grams saturated fat and 500 mg sodium

Cheese (cont.)

SHREDDED

Daiya

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Monterey Jack Shredded (1/4 cup)	100	4	230	8	0	1
Mozzarella Shredded (1/4 cup)	80	2.5	210	8	0	0
Cheddar Shredded (1/4 cup)	100	4	240	8	0	1

Chicken

Dr. Praegers

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Greens Veggie Nuggets (5 nuggets)	120	0.5	290	14	4	12
BBQ Chick'n Tenders (3 tenders)	210	0.5	480	18	4	14
Classic Chick'n Tenders (3 tenders)	210	1	510	18	7	14

Gardein

Seven Grain Crispy Tenders (3 tenders)	150	0.5	350	11	0	10
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Morning Star

Buffalo Chik Patties (1 patty)	160	1	380	16	2	9
Chick'n Nuggets (4 nuggets)	190	1.5	460	18	2	12
Veggie Chicken Patties (1 patty)	170	1	320	20	3	9
Buffalo Wings (5 wings)	210	1	360	23	2	14

Quorn

Meatless Strips (1 cup)	130	1	200	11	6	17
Meatless Spicy Patties (1 patty)	140	0	290	13	3	8
Meatless Patties (1 patty)	160	0	300	17	3	9
Sharp Cheese Cutlets (1 cutlet)	230	3	490	21	5	13

Simple Truth

Meatless Crispy Tenders (4 tenders)	190	1	370	18	1	14
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Fish

Gardein

Golden Fishless Filet (2 pieces)	200	1	360	12	2	9
Mini Crabless Cakes (3 cakes)	140	0.5	330	13	0	9



All meat free selections are less than 3 grams saturated fat and 500 mg sodium



Hot Dogs

LightLife

Veggie Smart Dogs

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
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60	0	350	2	1	8
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MorningStar

Veggie Corn Dogs (1 Corn Dog)

140	0	480	24	0	6
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Lunch Meat

Tofurky

Hickory Smoked (5 slices)

Peppered (5 slices)

Italian Style (5 slices)

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
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140	0	480	24	0	6
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140	0	480	24	0	6
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140	0	480	24	0	6
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Light Life

Sliced Roasted Turkey (4 slices)

Veggie Ham (4 slices)

100	0.5	270	3	1	14
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90	0	320	4	1	13
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Meat Crumbles

Boca

Meatless Ground Crumbles (1/2 cup)

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
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60	0	210	5	N/A	11
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Gardein

Beefless Ground (3/4 cup)

120	0	360	7	5	18
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Morning Star

Grillers Crumbles (1/2 cup)

60	0	200	4	3	9
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Quorn

Meatless Ground (1 cup)

100	1	65	10	8	15
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LightLife

Original Crumbles (1/3 cup)

70	0	180	4	3	11
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Meatballs

Gardein

Meatless Meatballs (3 meatballs)

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
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160	0.5	370	9	3	15
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Lightlife

Veggie Meatballs (3 meatballs)

150	0.5	340	11	5	14
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Patties

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
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Boca

Original Vegan (1 burger)	70	0	450	6	4	13
All American Burger (1 burger)	110	1	460	7	4	13

Beyond Beef

The Beyond Beef Burger (1 burger)	230	3	310	8	2	21
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Dr. Praeger's Sensible Foods

All American Veggie (1 burger)	110	0.5	200	5	2	10
Super Greens (1 burger)	120	0.5	290	14	4	2
Kale Veggie (1 burger)	150	1	260	11	6	10
California Veggie (1 burger)	120	0.5	280	14	4	2
Tex Mex (1 burger)	120	0.5	210	12	6	5
Bombay Veggie (1 burger)	120	0.5	230	14	4	5
Black Bean Veggie (1 burger)	150	0.5	310	16	3	5
Sweet Heat Beet (1 burger)	240	2	530	17	7	12

Gardein

Ultimate Spicy Black Bean Burger (1 burger)	170	0.5	430	15	4	9
Black Bean Burger (1 burger)	150	0	380	18	4	5

Morning Star

Grillers Primer Burger (1 burger)	140	1	320	6	3	16
Meat Lovers Vegan Burger (1 burger)	270	2.5	330	9	4	27
Grillers Original (1 burger)	140	1	320	8	3	16
Spicy Black Bean (1 burger)	100	0	280	10	5	10

Carla Lee's

Nut Burger (1 burger)	290	2.5	360	25	5	9
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Pork

Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
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Gardein

Sweet & Sour Porkless Bites (1/3 package)*	210	0	780	27	0	16
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Sausage



Field Roast

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Mexican Chipotle (1 sausage)	230	0.5	580	11	0	28
Italian Sausage (1 sausage)	220	0.5	600	13	0	25
Smoked Apple Sage (1 sausage)	220	0.5	560	16	0	23
Apple Maple Breakfast (2 sausages)	110	0	400	6	1	11



Morning Star

Veggie Breakfast Links (2 sausages)	70	0	300	3	1	9
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Simple Truth

Meatless Breakfast Patty (1 patty)	100	0.5	340	5	1	11
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Vegetarian Recipes
Food Blogs & Websites



All meat free selections are less than 3 grams saturated fat and 500 mg sodium

Meat-free Product Guide

Click on the brand name below for more information 



Beyond Meat

Boca

BOCA



Carla Lee's

Dr. Praeger's



Field Roast

Foodies



Gardein

Garden Burger

Gardenburger®



Light Life

Morning Star

MorningStar Farms®



Simple Truth

Tofurky

Tofurky