Meat-Free Products

Bacon



	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Morning Star						
Veggie Bacon Strips (2 strips)	60	0.5	230	2	0	2

Be'f Tips



	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Gardein						
Beyond Meat Seasoned Be'f Tips	130	0.5	360	6	<1	14

Cheese











	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Go Veggie						
Cream Cheese (2 Tbsp)	90	4.5	115	1	0	1
Kite Hill						
Cream Cheese (2 Tbsp)	70	0	200	2	0	2
SLICES						
Daiya						
Provolone Slices (1 slice)	70	5	190	5	0	1
Cheddar Slices (1 slice)	70	5	190	5	0	1
American Slices (1 slice)	70	5	190	5	0	1
Follow Your Heart						
Gouda Slices (1 slice)	60	3.5	170	4	0	0
Mozzarella Slices (1 slice)	60	3.5	170	4	0	0
Provolone Slices (1 slice)	60	3.5	170	4	0	0
Field Roast						
Creamy Original (1 slice)	60	4	180	4	0	0
Zesty Pepper (1 slice)	60	4	180	4	0	0

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

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Cheese (cont.)



SHREDDED

Daiya

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Monterey Jack Shredded (1/4 cup)	90	4	230	8	0	1
Mozzarella Shredded (1/4 cup)	90	4	240	8	0	1
Cheddar Shredded (1/4 cup)	90	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

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Seven Grain Crispy Tenders (3 tenders)	150	0.5	350	11	0	10

Morning Star



	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Buffalo Chik Patties (1 patty)	170	1	380	17	3	9
Chick'n Nuggets (4 nuggets)	190	1.5	460	18	2	12
Original Chicken Patties (1 patty)	170	1	320	20	3	9
BBQ Wings (4 wings)	250	1.5	620	36	4	12
Buffalo Chicken Nuggets (5 nuggets)	210	1	360	23	5	14



Quorn



	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Meatless Diced Chicken Pieces (1 cup)	110	0	320	9	6	17
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

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Meatless Crispy Tenders (4 tenders)	190	1	370	18	1	14

Fish



Gardein

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Golden Fishless Filet (2 pieces)	150	0	410	13	3	9

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Hot Dogs

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
LightLife						
Veggie Smart Dogs	60	0	350	2	0	8
MorningStar Farms						
Veggie Corn Dogs (1 Corn Dog)	150	0	470	24	0	9
Original Veggie Dogs (1 link)	60	0	370	5	0	9



Lunch Meat

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Tofurky						
Hickory Smoked (5 slices)	140	0	480	24	0	6
Peppered (5 slices)	140	0	480	24	0	6
Italian Style (5 slices)	140	0	480	24	0	6
Light Life						
Sliced Roasted Turkey (4 slices)	100	0.5	340	4	1	13
Veggie Ham (4 slices)	90	0	320	4	1	13
Roasted Garlic (4 slices)	100	0.5	330	5	0	12



Meat Crumbles

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Boca						
Meatless Ground Crumbles (1/2 cup)	60	0	190	5	N/A	11
Gardein						
Beefless Ground (3/4 cup)	120	0	310	7	5	17
Morning Star						
Grillers Crumbles (1/2 cup)	80	0	300	3	3	13
Quorn						
Meatless Ground (1 cup)	90	1.5	40	9	6	14
LightLife						
Original Crumbles (1/3 cup)	70	0	180	4	3	11







Meatballs

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Gardein						
Meatless Meatballs (3 meatballs)	160	0.5	370	9	3	15
Lightlife						
Veggie Meatballs (3 meatballs)	150	0.5	340	11	5	14



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Patties



Boca

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Original Vegan (1 burger)	80	0	440	7	4	14
All American Burger (1 burger)	110	1.5	390	7	4	14



Beyond Beef

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
The Beyond Beef Burger (1 burger)	230	3	310	8	2	21



Dr. Praeger's Sensible Foods

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
All American Veggie (1 burger)	110	0.5	200	5	2	10
Super Greens (1 burger)	110	0.5	290	13	4	2
Kale Veggie (1 burger)	150	1	260	11	6	10
California Veggie (1 burger)	130	0.5	260	13	4	6
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	6
Sweet Heat Beet (1 burger)	240	2	530	17	7	12



Gardein

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
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

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
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)	120	0.5	220	15	4	9
Steakhouse Style Burger (1 burger)	230	2	470	12	6	20
Garden Veggie Burger (1 burger)	100	0	280	10	5	10

Carla Lee's

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Nut Burger (1 burger)	290	3	360	24	5	9

Pork



Gardein

	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Sweet & Sour Porkless Bites (1/3 package)*	210	0	780	27	0	16

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Sausage	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Field Roast						
Mexican Chipotle (1 sausage)	240	1.5	750	11	2	28
Italian Sausage (1 sausage)	240	1.5	720	13	3	25
Smoked Apple Sage (1 sausage)	240	2	630	13	3	24
Apple Maple Breakfast (2 sausages)	110	0	400	6	1	11
Classic Smoked	200	2	670	9	2	22
Morning Star						
Veggie Breakfast Links (2 sausages)	70	0	330	3	1	9
Simple Truth						
Meatless Breakfast Patty (1 patty)	100	0.5	340	5	1	11





MORE INFORMATION ABOUT PLANT-BASED FOOD!

Click the links below for plant-based recipes and information that you can add to your collection!

21-Day Starter Kit

Vegetarian Recipes

Food Blogs & Websites



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Meat-free Product Guide

Click on the brand name below for more information

- Beyond Meat
- Boca
- Carla Lee's
- Dr. Praeger's
- Field Roast
- Foodies
- Gardein
- Garden Burger
- Light Life
- Morning Star
- Simple Truth
- Tofurky

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