


# MEATLESS OPTIONS




You don't have to be a vegetarian to enjoy meatless meals! The following list provides alternative "lean" choices other than meat.



**Please note: Meatless options provide more carbohydrates than a typical serving of lean meat.** The options below have been organized to reflect their relative carbohydrate levels. To help ensure that you remain within the fat-burning state when incorporating meatless options, we recommend consuming lower carbohydrate vegetables (such as the shakes, fruit drinks, etc).


Sodium levels for meatless portions are represented. MSF= Morning Star Farms® GB=Garden Burger®  =500 mg sodium\*

## LEANEST

2 FAT SERVINGS NEEDED




14 egg whites   
 2 cups (16 oz) EggBeaters®   
 2 cups (16 oz) All Whites® 





1 ½ cups (12 oz) 1% cottage cheese   
 2 Boca Original Burger patties 










2 MSF Grillers Vegan Burger patties 

## LEANER

1 FAT SERVING NEEDED




2 whole eggs + 4 egg whites   
 2 whole eggs + 1 cup EggBeaters®   
 6 oz (or 1-½ cups shredded)  
 low-fat cheese (1-1.5 grams fat/oz) 




6 MSF Veggie Sausage links   
 15 oz Morni-Nu Extra Firm Tofu   
 3 Boca All American-Flame Grilled burgers   
 3 MSF Veggie Sausage patties 






24 MSF Steak or Chik N' strips  
 (average-sized strips)   
 2 MSF Thai burger patties   
 2 MSF Veggie Okra patties   
 2 MSF Classic patties   
 12 GB Mama Mia Meatballs   
 3 GB Chikn' Grill patties   
 2 cups MSF sausage recipe crumbles   
 2 cups MSF recipe crumbles   
 1 ½ cups (12 oz) 2% cottage cheese 

## LEAN

NO FAT SERVINGS NEEDED

3 whole eggs   
 4 oz (or 1 cup shredded) moderate-fat  
 cheese (3-6 grams fat/oz)   
 2 MSF Grillers Prime Veggie patties 

8 oz (1 cup) part-skim ricotta cheese  
 (2-3 g fat/oz)   
 15 ounces Morni-Nu Silken Firm Tofu   
 3 Boca Cheeseburger patties 

3 MSF Flame Grilled Burger patties   
 2 MSF Tomato Basil Pizza patties   
 2 MSF Zesty Tomato Basil patties   
 2 MSF Philly Cheese Steak patties   
 15 oz Morni-Nu Silken Soft tofu 

\*Levels are approximated. Current dietary recommendations for sodium: <2300 mg/day for most individuals and <1500 mg/day for individuals with special health or dietary concerns.