

MEAT-FREE PRODUCTS



Bacon

LightLife

Smart Veggie Bacon (1 slice)

Morning Star

Veggie Bacon Strips (2 strips)

Cals	Carb	Fiber	Protein	Protein Source
20	0	0	2	Soy
60	2	1	2	Soy

Beef Tips/Strips

Gardein

Szechuan Beefless Strips (1/3 package)

Beefless Tips (3/4 cup)

Cals	Carb	Fiber	Protein	Protein Source
200	27	1	11	Soy
170	46	8	19	Soy

Cheese

Daiya

Cream Cheese (2 Tbsp)

Go Veggie

Cream Cheese (1 oz)

Kite Hill

Cream Cheese (1 oz)

Cals	Carb	Fiber	Protein	Protein Source
90	4	0	1	Pea
80	1	0	0	Soy
70	1	0	2	Almond

SLICES

Daiya

Provolone Slices (1 slice)

Cheddar Slices (1 slice)

Violife

Cheddar Slices (1 slice)

Follow Your Heart

Gouda Slices (1 slice)

Mozzarella Slices (1 slice)

Provolone Slices (1 slice)

Field Roast

Creamy Original (1 slice)

Tomato Cayenne (1 slice)

Cals	Carb	Fiber	Protein	Protein Source
60	4	0	0	Pea
60	5	0	1	Pea
60	4	0	0	Modified Starch
60	4	0	0	Potato
60	4	0	0	Potato
60	4	0	0	Potato
60	4	0	0	Tofu
60	4	0	0	Tofu



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

Cheese (cont.)

SHREDDED

Daiya

- Pepper Jack Shredded (1/4 cup)
- Mozzarella Shredded (1/4 cup)
- Cheddar Shredded (1/4 cup)

Go Veggie

- Cheddar Shredded (1/3 cup)
- Mozzarella Shredded (1/3 cup)

Cals	Carb	Fiber	Protein	Protein Source
80	7	0	1	Potato
80	8	0	0	Potato
80	8	0	0	Potato
90	7	0	1	Pea
90	7	0	1	Pea

Chicken

Dr. Praegers

- Greens Veggie Nuggets (5 nuggets)
- BBQ Chick'n Tenders (3 tenders)
- Classic Chick'n Tenders (3 tenders)

Cals	Carb	Fiber	Protein	Protein Source
180	16	4	9	Pea
210	18	4	14	Pea
210	19	5	14	Pea

Gardein

- Seven Grain Crispy Tenders (3 tenders)
- Chick'n Sliders (1 slider)

140	12	1	11	Soy
170	27	2	9	Soy

Morning Star

- Chick'n Strips (12 strips)
- Buffalo Chik Patties (1 patty)
- Parmesan Garlic Wings (5 wings)
- Chick'n Nuggets (4 nuggets)
- Veggie Chicken Patties (1 patty)
- Buffalo Wings (5 wings)

140	4	2	23	Soy
160	19	3	9	Soy
190	19	3	14	Soy
200	20	3	12	Soy
170	20	3	9	Soy
200	21	3	13	Soy

Quorn

- Chicken Strips (1 cup)
- Spicy Chick'n Patties (1 patty)
- Chick'n Patties (1 patty)
- Sharp Cheese Cutlets (1 cutlet)

110	8	7	16	mycoprotein
130	14	3	8	mycoprotein
130	17	5	8	mycoprotein
230	21	5	13	mycoprotein

Simple Truth

- Meatless Crispy Tenders (4 tenders)
- Meatless Crispy Patties (1 patty)

190	18	1	14	Soy
100	18	1	14	Soy

Fish

Gardein

- Golden Fishless Filet (2 pieces)
- Mini Crabless Cakes (3 cakes)

Cals	Carb	Fiber	Protein	Protein Source
180	12	3	9	Soy
230	11	0	28	Soy

Quorn

- Fishless Sticks (5 sticks)

200	30	6	5	Mycoprotein
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Hot Dogs



LightLife

Smart Dogs Veggie (1 Link)
Corn Dog (1 corn dog)

Cals	Carb	Fiber	Protein	Protein Source
180	16	4	9	Soy
210	18	4	14	Soy

Lunch Meat



LightLife

Sliced Roasted Turkey (4 slices)
Veggie Ham (4 slices)
Chickpea & Red Pepper (3 slices)

Cals	Carb	Fiber	Protein	Protein Source
100	4	2	14	Soy
70	4	1	12	Soy
90	8	2	11	Chickpea



Tofurkey

Hickory Smoked (5 slices)

100	5	1	13	Soy
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Quorn

Turkey Deli Slices (3 slices)

70	7	4	13	Soy
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Meat Crumbles



Boca

Meatless Ground Crumbles (1/2 cup)

Cals	Carb	Fiber	Protein	Protein Source
60	5	3	11	Soy

Gardein

Beefless Ground (3/4 cup)

120	8	4	18	Soy
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Morning Star

Grillers Crumbles (1/2 cup)
Chorizo Crumbles (1/2 cup)

60	4	4	9	Soy
110	6	5	9	Soy

Quorn

Meatless Ground (1 cup)

100	10	7	15	mycoprotein
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LightLife

Original Crumbles (1/3 cup)

70	6	3	11	Soy
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Meatballs



Gardein

Meatless Meatballs (3 meatballs)

150	9	3	14	Soy
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LightLife

Veggie Meatballs (3 meatballs)

100	9	4	13	Soy
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Boca

Original Falafel Bites (4 bites)

150	23	7	6	Soy
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Patties

Boca

- Original Vegan (1 burger)
- All American Burger (1 burger)

Beyond Beef

- The Beyond Beef Burger (1 burger)

Carla Lee's

- Nut Burger (1 patty)

Dr. Praeger's Sensible Foods

- All American Veggies (1 burger)

- Super Greens Burger (1 burger)

- Kale Veggie Burger (1 burger)

- California Veggie Burger (1 burger)

- Tex Mex (1 burger)

- Bombay Veggie (1 burger)

- Black Bean Veggie (1 burger)

- Sweet Heat Beet (1 burger)

Gardein

- Ultimate Beefless Burger

- Black Bean Burger

Morning Star

- Grillers Prime Burger (1 burger)

- Meat Lovers Vegan Burger (1 burger)

- Grillers Original (1 burger)

- Roasted Garlic & Quinoa Burger (1 burger)

- Mediterranean Chickpea (1 burger)

- Spicy Black Bean (1 burger)

- White Bean Chili Burger (1 burger)

- Veggie Lovers Vegan Burger (1 burger)

Quorn

- Gourmet Burgers (1 patty)

- Spicy Patties (1 patty)

- Meatless Patties (1 patty)

	Cals	Carb	Fiber	Protein	Protein Source
Original Vegan (1 burger)	70	6	4	13	Soy
All American Burger (1 burger)	110	7	4	13	Soy
The Beyond Beef Burger (1 burger)	270	5	3	20	Pea Protein
Nut Burger (1 patty)	290	24	5	9	Nuts
All American Veggies (1 burger)	240	7	4	28	Pea Protein
Super Greens Burger (1 burger)	100	11	2	2	Quinoa
Kale Veggie Burger (1 burger)	120	14	1	2	Quinoa
California Veggie Burger (1 burger)	120	14	4	5	Soy
Tex Mex (1 burger)	130	14	6	4	Black Bean
Bombay Veggie (1 burger)	120	14	4	5	Soy
Black Bean Veggie (1 burger)	140	16	7	5	Soy
Sweet Heat Beet (1 burger)	280	18	6	9	Pea Protein
Ultimate Beefless Burger	140	8	3	15	Soy
Black Bean Burger	140	18	5	6	Soy
Grillers Prime Burger (1 burger)	150	6	3	16	Soy
Meat Lovers Vegan Burger (1 burger)	280	8	4	27	Soy
Grillers Original (1 burger)	130	8	4	16	Soy
Roasted Garlic & Quinoa Burger (1 burger)	110	8	4	11	Soy
Mediterranean Chickpea (1 burger)	130	12	7	7	Soy
Spicy Black Bean (1 burger)	120	13	5	11	Soy
White Bean Chili Burger (1 burger)	110	13	4	9	Soy
Veggie Lovers Vegan Burger (1 burger)	160	17	6	9	Soy
Gourmet Burgers (1 patty)	130	8	3	10	Soy
Spicy Patties (1 patty)	130	14	3	8	Soy
Meatless Patties (1 patty)	130	17	5	8	Soy

Pork

Gardein

- Sweet & Sour Porkless Bites (1/3 package)

	Cals	Carb	Fiber	Protein	Protein Source
Sweet & Sour Porkless Bites (1/3 package)	120	9	2	13	Soy



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Sausage

Field Roast



Apple Maple Breakfast Sausage (2 links)

Mexican Chipotle (1 sausage)

Italian Sausage (1 sausage)

Smoked Apple Sage (1 sausage)

LightLife



Gimme Lean Veggie (2 oz)

Smart Sausage Italian (1 sausage)

Morning Star



Original Sausage Patty (1 patty)

Hot & Spicy Sausage Patty (1 patty)

Breakfast Link Sausage Links (2 links)

Maple Flavored Patty (1 patty)

Quorn

Breakfast Patties (3 patties)

Simple Truth

Meatless Breakfast Patty (1 patty)

Tofurkey

Artisan Spinach Pesto

	Cals	Carb	Fiber	Protein	Protein Source
Apple Maple Breakfast Sausage (2 links)	100	7	2	10	Wheat Gluten
Mexican Chipotle (1 sausage)	230	11	0	28	Wheat Gluten
Italian Sausage (1 sausage)	220	13	0	25	Wheat Gluten
Smoked Apple Sage (1 sausage)	220	16	0	23	Wheat Gluten
Gimme Lean Veggie (2 oz)	60	7	3	7	Soy
Smart Sausage Italian (1 sausage)	220	12	3	16	Soy
Original Sausage Patty (1 patty)	70	3	1	9	Soy
Hot & Spicy Sausage Patty (1 patty)	70	3	1	9	Soy
Breakfast Link Sausage Links (2 links)	80	3	2	9	Soy
Maple Flavored Patty (1 patty)	80	5	1	8	Soy
Breakfast Patties (3 patties)	150	13	5	14	Mycoprotein
Meatless Breakfast Patty (1 patty)	100	5	1	11	Soy
Artisan Spinach Pesto	260	11	3	29	Soy

**MORE INFORMATION
ABOUT PLANT-BASED
FOOD!**

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

Vegetarian Starter Kit

Vegetarian Recipes

Food Blogs & Websites



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MEATLESS 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