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If you're a vegetarian, we got you covered.
Build your meatless meal with these options.

1 Start with protein							25 g of protein / 400 calories	40 g of protein / 600 calories
 Greek-style yogurt (nonfat or low fat) ½ cup	 Eggs 1 whole	 Cottage cheese, ricotta (nonfat or low fat) ½ cup	 Beans, lentils or soybeans ½ cup, cooked	 Tofu 3 ½ (¼ block)	 Tempeh or seitan (3 oz.)	Choose 2	Choose 3	
2 Add vegetables							Choose 1	Choose 2
						Cooked vegetables, vegetable soup, tomato sauce (1 cup)		
						Any amount	Any amount	
3 Add healthy carbohydrates							Choose 1	Choose 2
 Rice (brown or wild) ½ cup, cooked	 1 slice 100% whole grain bread, or crackers, ½ pita bread, ½ English muffin, 4 medium crackers	 Tortillas 2 corn, 1 medium-sized flour (whole grain)	 Beans, peas, corn or lentils ½ cup, cooked	 Potato (white or sweet) ½ medium	 Pasta, quinoa, millet, barley or bulgur ½ cup, cooked	 Fruit 1 cup (chopped) or 1 medium sized	Choose 0	Choose 1
							Lower carb option	
4 Add some healthy fat for flavor							Choose 1	Choose 2
 Olive oil 1 TBSP	 Nuts 1 oz.	 Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette – 2 TBSP	 Avocado ½ small	 Parmesan or low-fat feta cheese 2 TBSP	 Seeds or nut butter – 1 TBSP	Choose 2	Choose 2	
							Lower carb option	
5 Season it up							Any amount	Any amount
 Herbs and spices	 Lemon	 Garlic	 Vinegar	 Salsa and hot sauce	 Mustard	Any amount	Any amount	

Contact your Distributor for more information and tips.

This tool was created by a registered dietitian and is only valid and applicable for U.S. and Puerto Rico Distributors and customers.
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