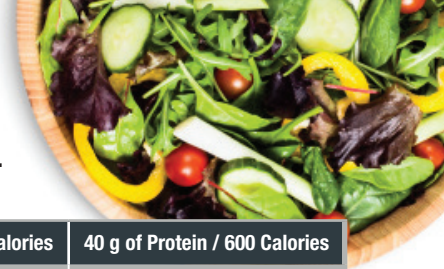





























Vegetarian Meal Builder

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)								
 Raw vegetables							Any amount	Any amount
3 Add Healthy Carbohydrates							Choose 1	Choose 2
 Rice (brown or wild) ½ cup, cooked	 100% whole-grain bread or crackers 1 slice, 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	
							Choose 1	Choose 2
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	
							Choose 2	Choose 2
5 Season It Up							Any amount	Any amount
 Herbs and spices	 Lemon	 Garlic	 Vinegar	 Salsa and hot sauce	 Mustard			

This tool was created by a Registered Dietitian and is only valid and applicable for US and Puerto Rico Distributors and Customers.

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