

Vege Foods

Calories
Gms Protein
Gms Fat

Boca Burger

Original	<u>70</u>
	10
	1
Flame Grilled	<u>90</u>
	9
	3-5
Breakfast Patty	<u>60</u>
	6
	3-5
Supreme Pizza (1/3)	<u>280</u>
	1
	8
Lasagna	<u>270</u>
	5
	5
Smoked Sausage	<u>130</u>
	9
	6
Bratwurst	<u>140</u>
	9
	7
Italian Sausage	<u>130</u>
	9
	6
Breakfast Links (x2)	<u>70</u>
	6
	3
Original Chicken Patty	<u>160</u>
	8
	6
Spicy Chicken Patty	<u>160</u>
	8
	6
Chicken Nuggets (x4)	<u>170</u>
	9
	6

Ground Burger (1/2 cup)	<u>60</u>
	9
	0.5
Cheeseburger	<u>100</u>
	9
	5
Grilled Burger	<u>70</u>
	9
	1
Roasted Garlic Burger	<u>80</u>
	10
	12
Roasted Onion Burger	<u>70</u>
	9
	1
Grilled Vege Burger	<u>70</u>
	9
	1

Primal Strips Jerky

	<u>81</u>
11 cho	10
	1

Tofurkey Jerky

(4 pieces/serving)	<u>100</u>
9 cho	12
	2

Burger King Vege Burger

(no mayo)	<u>340</u>
	23
	8

Morningstar Farms

Sausage Patty x 1	<u>80</u> 10 3
Bacon Strips x 2	<u>60</u> 2 4.5
Sausage Links x 2	<u>80</u> 9 3
Pizza Burger	<u>130</u> 11 6
Mini Corn Dogs (x4)	<u>170</u> 11 4.5
Grillers (x 2/3 cup)	<u>80</u> 10 2.5
Philly Cheese Steak	120 10 6
Fajita Burger	<u>130</u> 8 7
Veggie Dog	<u>80</u> 11 0.5
Chix Patty (w/ parmesan ranch)	<u>170</u> 10 7
Zesty Tomato Basil Burger	<u>130</u> 12 6

Garden Burger

Herb Crusted Cutlet	<u>170</u> 10 9
Original Garden Burger	<u>90</u> 10 3
Niblets (ribs) x1 rack	<u>210</u> 17 5