



Veggie Burgers

These veggie burgers were selected as the best options for getting plenty of protein without extra sodium and calories. They can be found in the frozen or refrigerated sections of the grocery store.

Avoid overcooking veggie burgers since they can become dry.

Morning Star Farms

Protein

Grillers 1/4 Pound Burger	26 gm
Grillers Prime Veggie Burger	17 gm
Grillers Original	15 gm
Grillers California Turk'y	10 gm



Boca Burgers

Protein

All-American Classic with Soy	15 gm
All-American Flame Grilled	14 gm
Original Vegan (regular size)	13 gm
Cheeseburger	13 gm
Vegan with non-GMO Soy	13 gm
Bruschetta Tomato Basil Parmesan	13 gm
Savory Mushroom Mozzarella	13 gm
Grilled Vegetable	12 gm

Franklin Farms

Protein

Portabella Veggiburger	14 gm
Chili-Bean Veggiburger	14 gm
Original Veggiburger	12 gm



Other Brands

Protein

Lightlife Backyard Grill'n Burger	20 gm
Wildwood LF Original Veggie Burger	12 gm
Dr. Praeger's Black Bean Burger	12 gm
Sol Cuisine Spicy Black Bean Burger	11 gm

