

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.

MorningStar Farms

Protein

Vegan Meat Lovers Burger	27 gm
Grillers Prime Veggie Burger	16 gm
Grillers Original	16 gm
Original Chik'n Patties	9 gm



Boca Burgers

Protein

Original Vegan (regular size)	14 gm
All-American Classic with Soy	13 gm
Vegan with non-GMO Soy	13 gm
Original Turky	13 gm
Original Chik'n Veggie Patties	12 gm
Spicy Chik'n Veggie Patties	12 gm

Gardein

Protein

Ultimate Plant-Based Burger	20 gm
Be'f Burger	14 gm
Crispy Chik'n Patties	12 gm



Other Brands

Protein

Lightlife Plant-Based Burger	20 gm
Impossible Foods Impossible Burger	19 gm
Dr. Praeger's Perfect Fiesta Burger	17 gm
Franklin Farms Original Veggie Burger	10 gm

