

# MEATLESS CHOICES

## LEANEST (6 g fat)

- 14 egg whites
- 2 cups Egg Beaters
- Boca Burger®, Morning Star Farms®, Garden Burger®
- Choose variety with less than 6 grams of fat per portion
- 2 patties; add 2 additional fat servings

## LEANER (6–9 g fat)

- 15 ounces tofu, extra firm
- 2 whole eggs plus 4 egg whites
- Add 1 additional fat serving

## LEAN (> 9 g fat)

- 3 whole eggs (limit to once per week)
- 15 ounces tofu, firm or soft variety
- No additional fat serving