

Vegetarian Cheat Sheet - OA appropriate	Nutrition Info						Exchanges		
Product	Calories	Carbs	Fat	Protein	Fiber	Sodium	Starch	Protein	Fat
Amy's Breakfast Burrito	270	38g	8g	11g	5g	540g	2	1 1/2	1
Amy's Mexican Tofu Scramble	400	40g	18g	20g	6g	680mg	2	3	2
Amy's Multi-Grain Hot Cereal Bowl	190	40g	1.5g	4g	5g	300mg	2 1/2		
Amy's Tofu Scramble	320	19g	19g	22g	4g	580mg	1	3	2
Amy's Asian Noodle Stir Fry	300	50g	7g	9g	5g	630mg	3	1	
Amy's Black Bean Chili	200	31g	3g	13g	13g	680mg	1	2	
Amy's Traditional Refried Beans	140	22g	3g	7g	6g	440mg	1	1	
Amy's Baked Ziti Bowl	390	62g	12g	9g	6g	590mg	3	1	2
Amy's Brown Rice & Veggie Bowl	260	36g	9g	9g	5g	550mg	2	1	1
Amy's Mexican Casserol Bowl	380	70g	16g	11g	8g	780mg	4	1	1
Amy's Pesto Tortellini Bowl	430	45g	19g	20g	3g	640mg	3	3	2
Amy's Ravioli Bowl	380	55g	12g	14g	4g	680mg	3	3	1
Amy's Stuffed Pasta Shells Bowl	310	30g	13g	19g	5g	740mg	2	2	1
Amy's Bean and Cheese Burrito	310	46g	9g	11g	7g	580mg	2 1/2	1	1
Amy's Cheese Enchilada	240	18g	14g	9g	2g	440mg	1	1	2
Amy's Cheese Lasagna	380	44g	14g	20g	5g	680mg	2 1/2	3	2
Amy's Vegetable Lasagna	310	35g	12g	16g	5g	680mg	2	2	1
Amy's Macaroni and Cheese	410	47g	16g	16g	3g	590mg	3	2	2
Amy's Cheese Pizza	290	33g	12g	12g	2g	590mg	2	2	1
Amy's Single Serve Cheese Pizza	420	49g	17g	18g	3g	720mg	3	2	2
Amy's Mushroom & Olive Pizza	260	33g	10g	10g	2g	560mg	2	1	1
Amy's Margherita Pizza	280	32g	12g	11g	2g	550mg	2	1	1
Amy's Broccoli & Cheese Pocket	270	37g	10g	8g	3g	520mg	2	1	1
Amy's Spinach Feta Pocket	260	33g	9g	11g	3g	590mg	2	1	1
Amy's Cheese Pizza Pocket	310	42g	10g	14g	4g	450mg	2 1/2	2	1
Amy's Vegetable Pot Pie	420	54g	19g	9g	4g	590mg	4	1	2
Amy's Shepherd's Pie	160	27g	4g	5g	5g	590mg	1 1/2	1	
Amy's Mild Salsa	10	2g	0g	0g	0g	190mg	FREE		
Amy's Cheese Pizza Snacks	210	25g	7g	9g	2g	440mg	1 1/2	1	1
Amy's Black Bean Vegetable Soup	140	26g	1.5g	6g	5g	620mg	1	1	
Amy's Cream of Mushroom Soup	150	13g	9g	3g	2g	590mg	1	2	
Amy's Lentil Soup	180	25g	5g	8g	6g	590mg	1	1	1/2

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Amy's No Chicken Noodle Soup	100	13g	1g	2g	2g	540mg	1		
Amy's Vegetable Barley Soup	70	13g	1g	2g	3g	580mg	1		
Amy's All American Veggie Burger	140	14g	3.5g	13g	4g	390mg	1	2	
Amy's California Veggie Burger	150	21g	5g	6g	4g	500mg	1 1/2	1	
Amy's Cheddar Veggie Burger	160	17g	6g	9g	3g	510mg	1	1	1/2
Amy's Black Bean Enchilada Meal	330	53g	8g	9g	4g	390mg	1	3	1
Amy's Southern Dinner	310	51g	7g	11g	8g	720mg	3	1	1
Amy's Veggie Loaf Meal	290	47g	8g	9g	10g	690mg	2 1/2	1	1
Amy's Light & Lean Soft Taco Fiesta	220	40g	2.5g	7g	5g	560mg	2	1	
Amy's Light & Lean Pasta & Veggies	210	33g	5g	10g	3g	470mg	2	1	
Boca Breakfast Links	70	5g	3g	8g	2g	330mg		1	
Boca Original Chik'N Patties	160	15g	6g	11g	2g	430mg	1	1 1/2	
Boca Original Chik'N Nuggets	180	17g	7g	14g	3g	500mg	1	2	
Boca Bruschetta Tomato Parm Patty	90	9g	1.5g	13g	5g	440mg		2	
Boca Mushroom Mozz Veggie Patty	110	8g	2.5g	13g	4g	320mg		2	
Boca All American Grilled Burger	120	6g	5g	14g	5g	380mg		2	
Boca Original Vegan Burger	70	6g	0.5g	14g	4g	280mg		2	
Boca Grilled Vegetable Burger	80	7g	1g	12g	4g	300mg		2	
Boca Cheeseburger	100	6g	4.5g	13g	4g	320mg		2	
Boca Ground Crumbles	60	6g	0.5g	13g	3g	270mg		2	
Dr. Praeger's California Veg Burger	100	13g	5g	5g	4g	250mg	1	1	
Dr. Praeger's Italian Veg Burger	110	13g	5g	6g	5g	250mg	1	1	
Dr. Praeger's Tex Mex Veg Burger	110	13g	4.5g	6g	5g	250mg	1	1	
Dr. Praeger's Southwest Veg Burger	120	11g	3.5g	12g	3g	260mg	1	1 1/2	
Dr. Praeger's Potato Pancakes	100	13g	4g	2g	3g	190mg	1		
Dr. Praeger's Sweet Potato Pancakes	80	12g	2g	2g	3g	140mg	1		
Morningstar Farms Sausage Links	80	3g	3g	9g	2g	300mg		1	
Morningstar Farms Sausage Patties	80	3g	3g	10g	1g	260mg		1 1/2	
Morningstar Farms Chik'N Nuggets	190	19g	9g	12g	4g	600mg	1	2	
Morningstar Farms Chik'n Tenders	190	20g	7g	12g	3g	580mg	1	2	
Morningstar Farms Chik Patties	140	16g	5g	8g	2g	590mg	1	1	
Morningstar Farms Italian Chick Patties	170	22g	5g	10g	2g	480mg	1	2	
Morningstar Farms Asian Veg Patties	100	10g	4g	7g	2g	490mg	1/2	1	

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Morningstar Farms Black Bean Burger	210	24g	7g	17g	7g	700mg	1	2	
Morningstar Farms Garden Veggie Patties	110	9g	3.5g	10g	3g	350mg		2	
Morningstar Farms Mushr Lover's Burger	110	8g	6g	7g	1g	220mg	1/2	1	
Morningstar Farms tom & basil Pizza Burgers	120	7g	6g	10g	3g	280mg		2	
Morningstar Farms Lasagna-sausage crumbles	270	41g	6g	20g	6g	590mg	2	3	
Morningstar Farms 3 Bean Chili -crumbles	170	32g	2.5g	12g	10g	490mg	1	2	
Morningstar Farms Chik'n Enchilada	280	47g	7g	12g	6g	520mg	2 1/2	2	
Morningstar Farms Meal Starters - Crumbles	80	5g	2.5g	10g	3g	230mg		1 1/2	
Morningstar Farms Starters Sausage- Crumbles	90	5g	2.5g	11g	3g	420mg		1 1/2	
Morningstar Farms Italian Style Sausage	120	7g	6g	10g	1g	350mg	1/2	1 1/2	

\*\*PLEASE DOUBLE CHECK ACCURACY- RECIPES MAY CHANGE