Vegetarian Meal Builder

If you’re a vegetarian, we got you covered. Build your meatless meal with these options.

1. Start With Protein
   - Greek-style yogurt (nonfat or low-fat) ½ cup
   - Eggs 1 whole
   - Cottage cheese, ricotta (nonfat or low-fat) ½ cup
   - Beans, lentils or soybeans ½ cup, cooked
   - Tofu 3 ½ (¼ block)
   - Tempeh or seitan (3 oz.)

   Choose 2 | Choose 3
   25 g of Protein / 400 Calories | 40 g of Protein / 600 Calories

2. Add Vegetables
   - Cooked vegetables, vegetable soup, tomato sauce (1 cup)
   - Raw vegetables

   Choose 1 | Choose 2
   Any amount | Any amount

3. Add Healthy Carbohydrates
   - Rice (brown or wild) ½ cup, cooked
   - 100% whole-grain bread or crackers 1 slice, ½ pita bread, ½ English muffin, 4 medium crackers
   - Tortillas 2 com, 1 medium-sized flour (whole grain)
   - Beans, peas, corn or lentils ½ cup, cooked
   - Potato (white or sweet) ½ medium
   - Pasta, quinoa, millet, barley or bulgur ½ cup, cooked
   - Fruit 1 cup (chopped) or 1 medium sized

   Choose 1 | Choose 2
   Lower Carb Option
   Choose 0 | Choose 1

4. Add Some Healthy Fat for Flavor
   - Olive oil 1 TBSP
   - Nuts 1 oz.
   - Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette 2 TBSP
   - Avocado ½ small
   - Parmesan or low-fat feta cheese 2 TBSP
   - Seeds or nut butter 1 TBSP

   Choose 1 | Choose 2
   Lower Carb Option
   Choose 2 | Choose 2

5. Season It Up
   - Herbs and spices
   - Lemon
   - Garlic
   - Vinegar
   - Salsa and hot sauce
   - Mustard

   Any amount | Any amount

This tool was created by a Registered Dietitian and is only valid and applicable for US and Puerto Rico Distributors and Customers.

Contact your Distributor for more information and tips.

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