

Store	Food Item	#/pack	\$/pack	\$/patty	Cal/\$	Protein/\$	Cal/patty	Prot	g/100kCal	g/patty	Type						
	Beyond Burger	2	\$6.00	\$3.00	87 kCal	7 g	260 kCal	20 g	7.69 g/100kCal	113 g	Meat	The standard					
	Impossible	2	\$5.00	\$2.50	96 kCal	8 g	240 kCal	19 g	7.92 g/100kCal	113 g	Meat	Like BB, but worse!					
	Dr. Praeger's All American Veggie Burgers	2	\$7.50	\$3.75	64 kCal	7 g	240 kCal	28 g	11.67 g/100kCal	113 g	Meat	Best g/kCal, very big though and not the best flavor/texture					
	Dr. Praeger's All American Drive-Thru Burger	4	\$7.50	\$1.88	59 kCal	5 g	110 kCal	10 g	9.09 g/100kCal	56 g	Meat						
	Dr. Praeger's Super Greens	4	\$7.50	\$1.88	53 kCal	1 g	100 kCal	2 g	2.00 g/100kCal	71 g	Vegmush	Unique, cooked easily in oven, squishy, different nutritional profile					
	Beyond Chicken Fillet	3	\$7.00	\$2.33	103 kCal	6 g	240 kCal	15 g	6.25 g/100kCal	105 g	Meat	Bakes/air fries okay, not the best texture, but otherwise a good breaded chicken patty					
Sprouts	Good Catch Salmon Burgers	2	\$4.00	\$2.00	100 kCal	8 g	200 kCal	16 g	8.00 g/100kCal	113 g	Meat	Very good, vegan mayo + capers hides the fakeness of the salmon flavor					
Trader Joe's	Masala	4	\$3.50	\$0.88	160 kCal	2 g	140 kCal	2 g	1.43 g/100kCal	71 g	Vegmush	Flavorful low cal option, but no nutrition					
	Gardein - Ultimate	2	\$5.00	\$2.50	96 kCal	8 g	240 kCal	19 g	7.92 g/100kCal	113 g	Meat	Needs a non-stick skillet					
	Beyond Cookout Classic	8	\$16.00	\$2.00	145 kCal	9 g	290 kCal	18 g	6.21 g/100kCal	113 g	Meat	Great for grilling, too big for me for a light lunch					
	^ BCC on sale	8	\$11.00	\$1.38	211 kCal	13 g	290 kCal	18 g	6.21 g/100kCal	113 g	Meat						
King Soopers	Everything Legendary	2	\$8.50	\$4.25	47 kCal	5 g	200 kCal	21 g	10.50 g/100kCal	113 g	Meat	Why so pricy?					
	Dr. Praeger's Kale	4	\$6.15	\$1.54	98 kCal	7 g	150 kCal	10 g	6.67 g/100kCal	71 g	Vegmush	Similar to DP's Super Greens					
	Field Roast Chef's Signature	4	\$9.55	\$2.39	101 kCal	9 g	240 kCal	21 g	8.75 g/100kCal	92 g	Hybrid						
	Foodies Artichoke	3	\$5.15	\$1.72	122 kCal	3 g	210 kCal	5 g	2.38 g/100kCal	71 g	Vegmush						
Natural Grocers	Gardein be'f	4	\$6.30	\$1.58	83 kCal	9 g	130 kCal	14 g	10.77 g/100kCal	85 g	Meat	Hard to cook without burning, stickiest patty in the world					