Zoom vs Google Meet (vsdiff.com)

Features	Zoom	Google Meet
Max Participants	Up to 1,000 (Large meetings)	Up to 250
Video Quality	720p (1080p with HD)	720p
Recording Capability	Cloud and local recording	Cloud recording (G Suite users)
Integration	Wide range of apps	Integration with Google Workspace
Security	End-to-end encryption (in some cases)	End-to-end encryption (for meetings)
Pricing	Free plan; paid plans start at \$14.99/month	Free with limited features; bundled in Google Workspace

Source: https://vsdiff.com/zoom-vs-google-meet/