

Protein-rich snacks

You may have been given this leaflet if you have been advised to follow a high protein diet, for example if you are physically active or have muscle wastage, burns, an injury or a wound. You can find these high protein options in most supermarkets. If the product is labelled as 'generic', there are various supermarket own brands available. If you need a lower calorie or energy-dense diet, ask your Dietitian for the best options.

If you have renal disease or have been advised to limit your protein intake, please consult your Dietitian or Doctor before following a high protein diet.

Yoghurts: (nutrition per pot/bottle unless otherwise stated e.g. per 100g/ml). These products are suitable for vegetarians. Vegan products are highlighted with a vegan symbol.



Danone Natural Skyr Yoghurt:
82kcal, 14g protein



Fage Total 0% 150g:
99kcal, 13g protein



Biotiful Kefir Protein:
165kcal, 30g protein



Graham's:
90kcal, 25g protein



Generic Protein Yogurt:
142kcal, 25g protein (Aldi)



Arla Protein:
142kcal, 20g protein



Muller light protein:
124kcal, 14g protein



GetPRO Yogurt:
86kcal, 15g protein



Lindahls PRO+ Kvarg:
90kcal, 18g protein



The Gym Kitchen Yogurt: 130kcal, 20g protein



Alpro Plant Protein
162kcal, 15g protein



Muller MyProtein:
221kcal, 20g protein



Graham's Skyr:
180kcal, 15g protein



Arla Protein Pouch:
140kcal, 20g protein



Coconut Colab Protein: Per 100g:
135kcal, 6g protein

Milkshakes: (nutrition per bottle unless otherwise stated e.g. per 100ml)

These products are suitable for vegetarians. Vegan products are highlighted with a vegan symbol.



Arla Protein Drink:
208kcal, 26g protein



Lindahls Pro+ Drink:
160kcal, 26g protein



Pro Milk Shake:
201kcal, 25g protein



Barebells Shake:
182kcal, 24g protein



Optimum Nutrition:
185kcal, 25g protein



UFIT Pro 50:
280kcal, 50g protein



UFIT shake:
149kcal, 25g protein



Fuel Breakfast:
183kcal, 15g protein



Up & Go Protein:
397kcal, 35g protein



Grenade shake:
182kcal, 26g protein

Milkshakes continued: (nutrition per bottle unless otherwise stated e.g. per 100ml)

These products are suitable for vegetarians. Vegan products are highlighted with a vegan symbol.



For Goodness Shakes Protein:
315kcal, 50g protein



For Goodness Shakes: 215kcal,
35g protein



Huel:
400kcal, 20g protein



BOL Power Shake:
300kcal,
27g protein



Alpro Protein Chocolate:
Per 100ml: 69kcal,
5g protein

Sweet snacks: (nutrition listed per bar/packet/pot).

These products are suitable for vegetarians unless a vegan symbol is shown.



Fulfil Bar:
206kcal, 20g protein



Grenade Bar:
212kcal, 21g protein



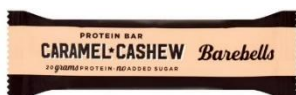
Misfits Bar:
176kcal, 15g protein



Tribe Bar:
240kcal, 10g protein



Nature Valley Protein Bar:
196kcal, 10g protein



Barebells Bar:
200kcal, 20g protein



Trek Power Bar:
229kcal, 15g protein



Eat Natural Protein Bar:
218kcal, 8g protein



Generic Protein Bar:
224kcal, 21g protein
(Aldi)



Optimum Nutrition Crispy Protein bar:
217kcal, 20g protein



PhD Smart Bar:
249kcal, 21g protein



Trek Protein Flapjack:
230kcal, 9g protein



Kind Protein Bar:
268kcal, 12g protein



Warrior Raw Bar:
248kcal, 20g protein



MyProtein Crispy Bar:
200kcal, 16g protein



MyProtein Brownie:
291kcal, 24g protein



Fuel Porridge:
260kcal, 13g protein



Generic Granola Yogurt: 193kcal, 22g
protein (Aldi)



Fuel granola Yogurt:
265kcal, 22.3g protein



Muller Rice Protein:
182kcal, 13g protein



Bounce Protein Balls: 157kcal,
8g protein



Lindahls Protein Pudding: 106kcal,
14g protein



Generic Protein Pudding: 159kcal,
20g protein (Aldi)



GetPro Pudding:
137kcal, 18g protein



Generic Protein Mousse: 153kcal, 20g
protein (Aldi)



Isey Skyr Dessert:
107kcal, 17g protein

Savoury snacks: (nutrition listed per bar/packet/pot).

Some of these items contain animal products unless a vegan or vegetarian symbol is shown.



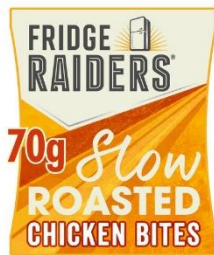
Boiled Egg Pot:
121kcal, 11g protein
(Tesco 90g)

John West Tuna Infusions: 164kcal, 19g protein

Cooked King Prawns: 184kcal, 24g protein (Aldi 150g)

John West Tuna Bean Salad: 218kcal, 17g protein

Tuna sandwich filler: 367kcal, 21g protein (Aldi 220g)



Ember Biltong:
110kcal, 23g protein

Fridge Raiders: 146kcal, 14g protein

Peperami Jerky: 166kcal, 14g protein

Peperami Chicken Bites: 84kcal, 8g protein

Chicken Satay: 220kcal, 18g protein (Aldi 300g)



Chicken Tikka Slices: 322kcal, 67g protein (Aldi 240g)

Roast Ham Pieces: 160kcal, 27g protein (Tesco 180g)

Chicken Stuffing Slices: 143kcal, 60g protein (Asda 120g)

Cottage Cheese: 320kcal, 27g protein (Asda 300g)

Fat Free Quark: 163kcal, 30g protein (Asda 250g)



Babybel: 59kcal, 4g protein

Cheesestring: 61kcal, 5g protein

Novo Protein Pops: 184kcal, 10g protein

Roasted Mixed Nuts Pot: 335kcal, 13g protein (Teco 55g)

Graze Protein Crunch: 226kcal, 8g protein



La Vie Croquettes: 394kcal, 9g protein

Quorn Bites: 471kcal, 22g protein

Quorn Cocktail Sausages: 256kcal, 18g protein

Quorn Picnic Eggs: 350kcal, 20g protein

Pukka Vegan Sausage Roll: 371kcal, 11g protein