

High protein supermarket options

Your dietitian, doctor or nurse may have recommended that you follow a high protein diet. This resource shows high protein options that you can find in most supermarkets to help meet increased protein needs.

High protein yoghurts and milkshakes: (nutrition and prices are listed per pot/bottle, unless otherwise stated e.g. per 100g. Many of these products have a variety of flavours available).



£1.10

Arla: 142kcal
20g protein



£1.00

Arla: 111kcal
14g protein



£1.00

Graham's: 158kcal
25g protein



£1.00

Lindahls: 92kcal
18g protein



£1.00

Lindahls: 81kcal
15g protein



£1.00

Light & Free: 81kcal
14g protein



£1.10

Fage: 156kcal
12g protein



£1.25

Lindahls: 104kcal
14g protein



£0.90

Sainsburys: 106kcal
14g protein



£1.20

Müller: 250kcal
13g protein



£0.99

Aldi: 93kcal
20g protein



£0.75

Aldi: 144kcal
25g protein
(also available in a pouch)



£0.32

Arla: Per 100g
63kcal
11g protein



£0.20

Sainsburys:
Per 100g: 54kcal
7g protein



£0.70

Fage: Per 100g:
54kcal
10g protein



£0.50

Lindahls:
Per 100g: 56kcal
10g protein



£1.00

Graham's: 130kcal
15g protein



£1.10

Arla: 146kcal
20g protein



£1.90

Arla: 244kcal
25g protein



£1.25

Lindahls:
144kcal
23g protein



£0.99

Aldi: 188kcal
22g protein



£0.17







Alpro: Per 100ml
69kcal
5g protein

Information for patients
























Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust

Milkshakes *continued (nutrition and price per shake):*

					
£1.25	£1.50	£2.55	£2.00	£3.00	£2.50
Ufit: 149kcal 25g protein	Up&Go: 220kcal 22g protein	Grenade: 198kcal 24g protein	For Goodness Shakes: 214kcal 25g protein	Huel: 400kcal 20g protein	Barebells: 182kcal 24g protein

High protein bars *(nutrition and prices listed per bar/serving)*

			
£0.67	£2.20	£2.75	£2.00
Kind: 214kcal 7g protein	Fulfil: 141kcal 15g protein	Grenade: 218kcal 20g protein	Misfits: 187kcal 16g protein
			
£1.75	£1.00	£1.80	£2.00
Tribe: 230kcal 11g protein	Warrior Raw: 255kcal, 21g protein	Sci-MX: 276kcal 21g protein	PhD Smart: 239kcal 20g protein
			
£2.50	£1.75	£0.90	£1.29
Barebells: 199kcal, 20g protein	Trek: 229kcal 16g protein	Eat Natural: 229kcal, 10g protein	Aldi: 224kcal, 22g protein
			
£0.67	£0.67	£0.67	£0.67
Nature Valley: 197kcal, 10.2g protein	Meridian: 186kcal, 8.3g protein	Primal Pantry: 193kcal, 12g protein	Graze: 243kcal, 8g protein
			
£1.60	£0.67	£0.93	£0.99
Bounce: 159kcal 10g protein	Fibre one: 88kcal 10g protein	Lidl: 184kcal 23g protein	Lidl: 188kcal 9.5g protein
			
			£1.75
			Tesco: 222kcal 21g protein

Savoury snacks: (nutrition and prices per pack/item unless otherwise stated e.g. per 100g)



£1.25

Wild West Beef Jerky: 220kcal
27g protein



£2.99

Cruga Biltong:
195kcal
38g protein



£2.00

Pepperami Jerky:
158kcal, 17g protein



£1.25

Fridge Raiders 80g:
167kcal, 17g protein



£1.00

Pepperami Chicken Bites: 104kcal
11g protein



£1.15

Sainsbury's Boiled Eggs pot: 127kcal
12g protein



£1.15

Sainsbury's Edamame pot:
133kcal, 14g protein



£0.36

Quark: Per 100g
59kcal
10g protein



£0.25

Cottage Cheese: Per 100g: 107kcal
11g protein



£0.34

Babybel: 62kcal
5g protein



9g PROTEIN £1.20

Graze nuts: 245kcal
9g protein



£1.11

Quorn Creamy Korma Bites: per 100g
277kcal, 13g protein



£1.11

Quorn Sweet Chilli Bites: per 100g
244kcal, 14g protein



£1.67

Quorn Southern Fried Poppers: per 100g
269kcal, 13g protein



£1.39

Quorn Garlic & Herb Bites: per 100g
248kcal, 13g protein



£0.95

Quorn Picnic Eggs: per 100g
250kcal, 14g protein



£0.97

Quorn Cocktail Sausages: per 100g
209kcal, 13g protein