



Berkshire Healthcare NHS Foundation Trust Royal Berkshire NHS Foundation Trust

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).



Arla: 142kcal 20g protein



Arla: 111kcal 14g protein



Graham's: 158kcal 25g protein



Lindahls: 92kcal 18g protein



Lindahls: 81kcal 15g protein



Light & Free: 81kcal 14g protein



Fage: 156kcal 12g protein



Lindahls: 104kcal 14g protein



Sainsburys: 106kcal 14g protein



Müller: 250kcal 13g protein



Aldi: 93kcal 20g protein



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



Arla: Per 100g 63kcal 11g protein



Sainsburys: Per 100g: 54kcal 7g protein



Fage: Per 100g: 54kcal 10g protein



Lindahls: Per 100g: 56kcal 10g protein



Graham's: 130kcal 15g protein



Arla: 146kcal 20g protein



Arla: 244kcal 25g protein



Lindahls: 144kcal 23g protein



Aldi: 188kcal 22g protein



Alpro: Per 100ml 69kcal 5g protein





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Milkshakes continued (nutrition and price per shake):



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)



Kind: 214kcal 7g protein



Fulfil: 141kcal 15g protein



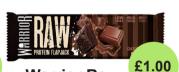
Grenade: 218kcal 20g protein



Misfits: 187kcal 16g protein



Tribe: 230kcal 11g protein



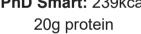
Warrior Raw: 255kcal, 21g protein



Sci-MX: 276kcal 21g protein



£2.00 PhD Smart: 239kcal





199kcal, 20g protein



Trek: 229kcal 16g protein



Eat Natural: 229kcal, 10g protein



224kcal, 22g protein



Nature Valley: 197kcal, 10.2g protein



186kcal, 8.3g protein



Primal Pantry: 193kcal, 12g protein



243kcal, 8g protein



Bounce: 159kcal 10g protein



Fibre one: 88kcal 10g protein



Lidl: 184kcal 23g protein



Lidl: 188kcal 9.5g protein



Tesco: 222kcal 21g protein





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



Wild West Beef Jerky: 220kcal 27g protein



Cruga Biltong: 195kcal 38g protein



Pepperami Jerky: 158kcal, 17g protein



Fridge Raiders 80g: 167kcal, 17g protein



Pepperami Chicken Bites: 104kcal 11g protein



Sainsburys Boiled Eggs pot: 127kcal 12g protein



Sainsburys Edamame pot: 133kcal, 14g protein



Quark: Per 100g Cott.
59kcal Per 1



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



Babybel: 62kcal 5g protein



Graze nuts: 245kcal 9g protein



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



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



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



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



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



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