

Supermarket Selections of High Calorie Snacks



ALDI				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Dairyfine Chocolate Peanuts	180g	0.65	140	3.8
Harvest Morn Soft Bakes*	5x50g	1.65	195	2.4
Harvest Morn Crunchy Oats & Honey Granola Bars*	5x42g	1.25	193	3.4
Brochan Strawberry & Yogurt Porridge Oat Bar*	40g	0.49	158	3.4
Specially Selected Light & Flaky All Butter Croissants	4x40g	1.85	175	3.7
Village Bakery Chocolate Sugar Waffles	5x60g	1.49	282	3.5
Holly Lane Choc Macaroons	6x38g	1.09	172	1.7
Brooklea Thick & Creamy Apricot Yogurts*	4x150g	1.59	214	5
Rowan Glen Crumble*	150g	0.59	225	8.0
Specially Selected Strawberry Luxury Layered Yogurt *	4x125g	1.79	220	4.5

Prices as of May 2023

*Other flavours/product variations available

ALDI

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Cottage Desserts Cheesecakes	3x100g	1.65	247	2.7
Strawberry/ Raspberry Trifle	3x125g	1.09	170	2.4
Brooklea Rice Pudding*	6x180g	2.39	190	5.4
Savoury				
The Deli Houmous	200g	0.89	173	3.9
Brownings Cheese Scones	4x60g	0.99	200	5.8
Foodie Market Mixed Nuts*	200g	1.69	194	6
Milkshakes				
Cowbelle Banana Shuk Up Thick Milkshake *	330ml	0.65	244	12.5
Cowbelle Ready To Drink Latte Cappuccino*	1L	1.75	224 (330ml)	11

 www.aldi.co.uk

LIDL				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Alesto Fruit & Nut Mix*	190g	1.35	151	3.2
Deluxe Nut Bar*	4x40g	2.19	218	8.1
Deluxe Fruit & Nut Protein Bars*	3x45g	1.89	225	11.9
Mister Choc Peanut & Choco	6x38g	0.79	191	3.6
Crownfield Soft Bakes*	5x50g	1.65	196	3.4
Crownfield Porridge Oat Bars*	4x50g	1.89	228	3.7
Chocolate Hazelnut Croissant	82g	0.59	329	17.0
Chocolate Filled Doughnut	95g	0.69	412	6.6
Milbona Creamy Greek Style*	4x125g	1.69	151	3.0
Milbona Creamy Split Pot Biscuit Yogurts*	6x135g	2.25	189	4.7
Milbona Creamy Yogurts*	4x150g	1.75	204	4.7
Luxury Layered Yogurt*	150g	0.69	251	3.6

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LIDL				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
Bakery Mini Mozzarella & Tomato Focaccia	125g	0.69	274	9.6
Bakery Mini Pizza Margherita	117g	0.69	278	11.6
Mini Frittata/Quiche*	150g	1.39	395	18.0
Chef Select Pork Pies	4x65g	1.19	257	7.7
Milkshakes				
Dairy Manor Strawberry Milk*	1L	0.89	175 (250ml)	10.8
Coffee drinks assorted*	1L	1.99	143 (250ml)	7.5
Ufit Protein Shake*	250ml	1.09	130	20.0

Information found in store

ASDA

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Snickers Chocolate Bars Multipack	4x 41.7g	1.65	213	4.0
Quaker Porridge To Go Mixed Berry Breakfast Bars 2 Pack*	2x55g	1.60	218	3.4
Warrior Raw High Protein Flapjack Chocolate Brownie*	75g	1.00	248	20.0
Trek Cocoa Oat Protein Flapjack*	3x40g	2.40	181	7.4
ASDA Baker's Selection Pains Au Chocolat	8x45g	1.15	189	3.3
ASDA Baker's Selection Triple Chocolate Muffins*	4 pack	1.70	310	4.1
Arla Protein Raspberry Yogurt	200g	1.10	142	20.0
ASDA Chocolate Sundae*	125	1.30	235	6.5
Oykos Strawberry Luxury Greek Style Yoghurt*	4x110g	2.00	160	2.9
ASDA Lemon Fool*	114g	0.80	218	3.3
Longley Farm Caramel Yogurt*	150g	0.50	201	6.3

Prices as of May 2023

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ASDA

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
ASDA Nut Selection*	200g	2.00	209	6.0
ASDA Bombay Mix*	325g	1.00	142	3.0
ASDA 8 Chicken Tikka Skewers	64g	1.50	148	12.2
ASDA 24 Pork Cocktail Sausages	240g	1.85	307	10.0
ASDA Cheese & Onion Quiche*	170g	1.30	447	14.0
Milkshakes				
Yazoo Chocolate Flavoured Milk*	400ml	1.00	124 (200ml)	6.4
Pakeeza Exotic Mango Lassi Thick Yogurt Drink*	330g	1.00	180 (200ml)	4.6
Dunn's River Nurishment Strawberry Flavour Milk Drink	330ml	1.40	206 (200ml)	10.8
Müller FRijj Fudge Brownie Milkshake*	400ml	1.25	148 (200ml)	7.4

TESCO

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Nature Valley Protein Peanut & Chocolate Bars*	4X40g	3.05	197	10.2
Eat Natural Bars Maple Syrup Pecan & Peanut*	3x45g	2.20	178	3.2
Stoats Blueberry Honey Porridge Bar Multipacks*	4x42g	2.25	222	4.1
Maple And Pecan Plait	2 pack	1.60	367	4.4
Tesco Belgian Bun	146g	1.20	507	8.2
Vanilla Creme Crown	2 pack	1.60	343	5.1
Tesco Egg Custard Tarts	4 pack	0.85	246	5.2
Tesco Finest Lemon Curd Yogurt*	150g	0.95	238	3.9
Nomadic Oats Chocolate & Natural Yogurt *	169g	1.50	193	4.9
Ms Mollys Chocolate Layered Dessert	100g	0.65	231	4.6
Tesco Finest Belgian Chocolate Mousse	100g	1.00	285	6.2
Tesco Finest Custard	500g	2.40	233	3.3
Tesco Finest Thick and Creamy Roasted Hazelnut Yogurt*	150g	0.95	223	4.8

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TESCO

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
Attack A Snak Ham 'N' Cheese Wraps *	99g	1.50	241	13.0
Tesco Dry Roasted Peanuts	550g	2.00	151	6.8
Tesco Pack Sausage Rolls	6x50g	1.85	182	6.2
Milkshakes				
Shaken Udder Chocolush Milkshake*	750ml	2.45	148 (200ml)	7.0
Mighty Shake Banana & Oat*	330ml	1.60	122 (200ml)	6.6
Tesco Chocolate Flavour Milk*	1L	1.25	131 (200ml)	7.3

 www.tesco.com

MORRISONS

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Myprotein Layered Bar	60g	2.50	219	20.0
Morrisons Fruity Flapjack Bars*	5x35g	1.20	153	2.5
Cadbury Nuttier Almond And Peanut*	4x40g	2.00	206	6.2
Market Street Egg Custard Tarts	2 pack	0.95	242	5.1
Mr Kipling Fruity Pies*	6x59g	2.00	215	2.1
Waffle Amour Choco Sugar	5x60g	1.80	287	3.5
Morrisons Clotted Cream Rice Pudding	2x 145g	2.25	265	4.5
Morrisons The Best Yogurt*	150g	0.95	192	4.0
Morrisons The Best Fool*	114g	0.95	202	3.0
The Collective Fudge Gourmet Greek Style Yogurt*	450g	2.95	183 (150g)	6.9
Longley Farm Hazelnut Yogurt*	150g	0.50	201	6.8
Thorntons Caramel Trifles	2x90g	1.55	226	2.7

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MORRISONS

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
Morrison's Mixed Nuts*	180	2.20	171	3.4
Morrison's Melton Mowbray Mini Pork Pies	250g	1.19	159	5.4
Morrison's Pork Sausage Rolls	2x32g	1.05	168	12.2
Cofresh Corn Crackers*	60g	0.75	289	11.0
Milkshakes				
Morrison's The Best Belgian Chocolate*	250ml	1.10	279	9.0
The Real Milkshake Co. Double Chocolate Flavoured Milk*	1L	1.75	151 (200ml)	8.9
Pakeeza Mango Lassi*	330ml	1.50	180 (200ml)	2.6
UFIT High Protein Shake Drink Chocolate*	500ml	3.00	118 (200ml)	20.0
Starbucks Frappuccino Coffee Drink Caramel*	250ml	2.19	163	7.0

SAINSBURY'S				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Milkshakes				
Nature Valley Protein Salted Caramel & Nut Cereal Bars*	4x42g	3.00	200	10.3
Reese's Peanut Butter Cups	2x42g	0.80	219	4.5
Trek Power Peanut Butter Crunch Protein Bar*	55g	1.75	229	15.5
Eat Natural Fruit & Nut Bars*	3x45g	2.40	223	11.7
Kind Dark Chocolate Nuts and Sea Salt Multipack*	3x30g	3.00	157	5.1
Taste the Difference Lemon Curd Yogurt*	150g	0.95	230	4.0
Sainsbury's Fruit Fool Lemon*	114g	0.95	218	3.3
Sainsbury's Chocolate Surprise	150g	1.25	252	5.2
Sainsbury's Tiramisu Desserts*	2x85g	2.00	211	3.7
Lovett's Family Favourites Profiterole Desserts	2x80g	1.35	208	5.5

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*Other flavours/product variations available

SAINSBURY'S

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
Peperami Original and Cheese Snack Box*	50g	1.50	227	12.7
Sainsbury's Unsalted Mixed Nuts*	200g	2.45	196	6.4
Love Corn Salt & Vinegar Crunchy Corn Snack*	115g	2.00	192	3.6
Sainsbury's Egg Bites x12	216g	1.49	153 (3)	5.1 (3)
Milkshakes				
Up & Go Breakfast Drink Chocolate*	330ml	1.25	238	12.0
Tom Parker Creamery Free Range Chocolate Milk*	250ml	1.55	265	9.8
Ssh! Indulgent Cookies & Cream Milkshake*	250ml	1.50	300	7.5
Sainsbury's Choc O Holic Triple Chocolate Flavour Milk*	1L	1.90	227(200ml)	8.6

GREGGS				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Milkshakes				
Triple Chocolate Cookie	75g	1.10	358	5.3
Triple Chocolate Doughnut	85g	1.20	350	4.5
Triple Chocolate Muffin	130g	1.25	448	7.3
Belgian Bun	122g	1.20	367	6.6
Cream Éclair	85g	1.35	339	4.3
Savoury				
Spicy BBQ Chicken Bites	112g	1.80	312	22.0
Southern Fried Potato Wedges	150g	1.25	278	4.0
Milkshakes				
Regular Caramel/ Vanilla Latte	364ml	2.40	204	8.2
Regular Hot Chocolate	372ml	1.95	219	6.7

Prices as of May 2023

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 www.greggs.co.uk

McDonald's

Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Chocolate brownie	1	1.89	316	3.6
Mixed berry muffin	1	1.79	298	5.0
Savoury				
Chicken selects	3 pieces	4.19	359	25.0
Nacho cheese wedges	5 pieces	2.29	215	8.2
Mozzarella dippers/ Cheese Melt Dippers	3 pieces	2.19	256	10.0
Milkshakes				
Vanilla milkshake*	400ml (medium)	2.09	366	11.0

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 www.mcdonalds.com/gb/en-gb

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