



Eat Natural Bars –
Peanuts, Almond and Hazelnut
280kcal, 8.80g Protein

Brazil, Hazel and Sultana
257kcal, 6g Protein

Dates, Walnuts and Pumpkin Seeds
204kcal, 5g Protein

Nature Valley
Protein Chew Bars (Peanut Butter and Dark Chocolate)
– 40g per serving 190Kcal and 10g Protein

Tesco FlapJack (80p Bars)
340 Kcal 4g Protein

Tesco Whole Foods Cashew Nuts
100g Serving - 585kcal 20.9g Protein

Deli2go
Cranberry & Sultana Flapjack (80g Bar)
354 Kcal 4.6g Protein

Mccoy's Flame Grilled Steak Crisps

Serving Size: 50 g Bag, Calories: 263, Protein: 3.5g

Mccoy's Cheese and Onion Crisps

Serving Size: 50 g, Calories: 258, Protein: 3.5g

Natural Greek Style Yogurt (**Onken**)

Serving Size: 150 g, Calories: 209 Protein: 8.3g

Limited Edition Vanilla With Chocolate Flakes (**Dr. Oetker Onken**)

Serving Size: 150 g, Calories: 198, Protein: 6g

Muller Crunch Corner Yoghurt Banana Chocolate Flakes

Serving Size: 150 g, Calories: 213, Protein: 6.2g

Cadburys Flake Yoghurt

Serving Size: 100 g, Calories: 240, Protein: 4.4g

Krispy Kreme Original Glazed Doughnut

Serving Size: 1 donut (49 g), Calories: 210, Protein: 3g

Krispy Kreme Glazed Blueberry Cake Doughnut

Serving Size: 1 doughnut, Calories: 300, Protein: 2g

Tesco Jam Filled Doughnut

Serving Size: 1 doughnut, Calories: 205, Protein: 3.7g

Dunkin Doughnuts Chocolate Frosted Doughnut

Serving Size: 1 doughnut, Calories: 270, Protein: 3g

Dunkin' Doughnuts Glazed Apple Fritter

Serving Size: 1 fritter, Calories: 400, Protein: 5g