

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	0.99	140	3.8
Harvest Morn Soft Bakes*	5x50g	1.45	195	2.4
Harvest Morn Crunchy Oats & Honey Granola Bars*	5x42g	1.15	193	3.4
Specially Selected Chocolate & Peanut Slice	150g	1.49	188	3.7
Specially Selected Light & Flaky All Butter Croissants	4x59g	1.95	243	5.7
Bon Appetit! Chocolate Sugar Waffles	5x60g	1.25	283	3.5
Brooklea Strawberry Thick & Creamy Yogurt*	4x125g	1.69	161	3.8
Specially Selected Caramel Layered Yogurt *	150g	0.69	252	3.8
Dessert Menu Strawberry Cheesecakes*	3x100g	1.85	246	2.7
Strawberry/Raspberry Trifle	3x125g	1.39	171	2.1
Dessert Menu Limoncello Tiramisu*	2x95g	1.25	218	3.5
Brooklea Rice Pudding*	6x180g	2.49	181	5.9

Aldi				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
The Deli Houmous	200g	0.99	151	3.9
Authentic Scottish Bakeries Mature Cheddar Cheese Scones	4x60g	1.15	200	5.8
Foodie Market Mixed Nuts*	200g	1.65	194	6.0
Crestwood Classic Pork Pies	4x65g	1.19	254	6.0
Crestwood Ready To Eat Puff Pastry Sausage Rolls	6x60g	1.49	199	6.0
Milkshakes				
Cowbelle Banana Shuk Up Thick Milkshake*	330ml	0.69	244	12.5
Cowbelle Ready To Drink Latte Cappuccino*	1L	1.69	224 (330ml)	11.0

 www.aldi.co.uk

Prices as of October 2024 *Other flavours/product variations available

Lidl				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Wholesome Foods Fruit & Nut Mix	200g	1.35	118	2.4
Deluxe Nut Bar Dark Chocolate and Sea Salt*	4x40g	2.19	219	6.2
Deluxe Fruit& Nut Bars*	3x40g	1.89	200	10.3
Mister Choc Peanut & Choco	6x38g	1.29	191	3.6
Crownfield Soft Bakes*	5x50g	1.45	196	3.4
Crownfield Porridge Oat Bars Apple &Cinnamon*	4x50g	1.99	215	3.5
Chocolate Hazelnut Croissant	82g	0.69	329	17.0
Chocolate Filled Doughnut	95g	0.75	412	6.6
Rowan Glen Greek Style Strawberry Yogurt*	150g	0.69	200	6.5
Milbona Creamy Split Pot Biscuit Yogurts*	6x124g	2.25	179	5.6
Milbona Creamy Yogurts*	4x150g	1.69	170	3.6
Cadbury Wispa	75g	0.79	198	2.6
Milbona cheesecake*	3x100g	1.85	226	3.1
Savoury				
Bakery Mini Mozzarella & Tomato Focaccia	125g	0.99	274	9.6
Bakery Mini Pizza Margherita	117g	0.99	241	11.6

Lidl				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Ferguson's Chicken Curry Pie*	2x140g	1.49	308	10.1
Chef Select Pork Pies	4x65g	1.19	253	6.3
Milkshakes				
Dairy Manor Strawberry Milk*	1L	0.89	175 (250ml)	10.8
Malbona Coffee Drinks Assorted*	250ml	0.59	148	7.5
Ufit Protein Shake*	250ml	1.15	130	20.0

Information found in store

Asda				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Nature Valley Crunchy Oats & Dark Chocolate Cereal Bars*	5x42g	2.50	199	3.7
Warrior Raw High Protein Flapjack Chocolate Brownie*	75g	1.75	248	20.0
Trek Cocoa Oat Protein Flapjack*	3x40g	2.75	182	7.2
The BAKERY at ASDA 4 All-Butter Pains Au Chocolat	4 pack	1.80	234	4.7
The BAKERY at ASDA 4 Triple Chocolate Muffins*	4 pack	1.65	310	4.1
ASDA Chocolate Sundae*	125g	1.35	239	6.5
ASDA Toffee Cheesecakes*	2x110g	1.50	279	2.7
ASDA Tiramisu Desserts	2x100g	2.00	232	4.6
Oykos Strawberry Luxury Greek Style Yoghurt*	4x110g	2.00	160	2.9
ASDA Lemon Fool*	114g	0.80	218	3.3
Longley Farm Hazelnut Yoghurt*	150g	0.60	201	6.3
Arla Protein Raspberry Yoghurt	200g	1.10	142	20.0

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	1.50	142	3.0
ASDA Steak & Gravy Puff Pastry Pie*	150g	1.00	437	10.0
ASDA Quiche Lorraine*	170g	1.39	438	15.0
ASDA Cheese & Onion Pasties	4x130g	2.50	375	9.5
ASDA Iberico Cheese & Chorizo Rollitos	88g	3.00	348 (88g)	19.4
ASDA Pork Sausage Rolls	10x60g	2.15	217	5.8
Milkshakes				
Dunn's River Nurishment Strawberry Flavour Milk Drink	330ml	1.60	340	17.8
Yazoo Chocolate Flavoured Milk*	400ml	1.50	205 (330ml)	10.6
Pakeeza Exotic Mango Lassi Thick Yogurt Drink*	330g	1.35	297	7.6
Müller FRijj Fudge Brownie Milkshake*	330ml	1.50	238	11.2

 www.asda.com

Prices as of October 2024 *Other flavours/product variations available

Tesco				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Nature Valley Protein Peanut & Chocolate Bars*	4x40g	3.00	196	10.2
Eat Natural Fruit & Nut Protein Bars with Peanuts & Dark Chocolate*	3x40g	2.40	204	9.1
Stoats Blueberry Honey Porridge Bar Multipacks*	4x42g	2.30	178	3.2
Maple And Pecan Plait	2 pack	1.60	367	4.4
Tesco Belgian Bun	2 pack	1.75	364	5.7
Tesco Vanilla Creme Crown	2 pack	1.60	343	5.1
Tesco Egg Custard Tarts	4 pack	1.25	246	5.2
Tesco Finest Lemon Curd Yogurt*	150g	0.95	238	3.9
Nomadic Oats Chocolate & Natural Yogurt*	169g	1.50	185	5.1
Ms Mollys Chocolate Layered Dessert	100g	1.00	231	4.6
Tesco Finest Belgian Chocolate Mousse	100g	1.00	285	6.2
Tesco Finest Custard	500g	2.60	233	3.3
Tesco Finest Thick and Creamy Roasted Hazelnut Yogurt*	150g	0.95	223	4.8

Tesco				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
Eastmans Cheese & Bacon Quiche*	400g	1.99	256	8.4
Tesco Scotch Eggs Pack	2x114g	1.09	182	6.2
Tesco Cornish Pasties	4x130g	2.40	364	8.7
Tesco Chicken Tikka Slices*	2x150g	2.00	362	12.1
Milkshakes				
Shaken Udder Chocolush Milkshake*	750ml	2.45	185 (250ml)	8.8
Huel Ready-to-drink Complete Meal Banana*	500ml	3.50	200 (250ml)	10.0
Tesco Chocolate Flavour Milk*	1L	1.00	163 (250ml)	9.3

 www.tesco.com

Prices as of October 2024 *Other flavours/product variations available

Morrisons				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Trek Salted Caramel Protein Flapjacks*	3x50g	3.00	224	9.5
Warrior Raw Protein Flapjack-Chocolate Orange*	75g	1.50	249	20.1
Dina Classic Baklava Selection	200g	2.50	221 (50g)	3.0
Market Street Egg Custard Tarts	2 pack	1.00	242	5.1
Mr Kipling Fruity Pies Selection*	6x59g	2.00	215	2.1
Waffle Amour Choco Sugar	5x60g	1.85	265	3.3
Morrisons Clotted Cream Rice Pudding	2x145g	2.25	265	4.5
Morrisons The Best Yogurt Fudge*	150g	0.95	216	3.9
Morrisons The Best Fool*	114g	0.95	202	3.1
Longley Farm Greek Style Yogurt Honey	450g	1.35	224 (150g)	8.1
Morrisons Syrup Sponge Pudding*	2x105g	2.50	338	2.9
Cadbury Dairy Milk Layers of Joy Chocolate Trifle*	2x90g	2.00	235	4.3

Morrison's				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
Morrison's Mixed Nuts*	180g	2.00	259	8.0
Morrison's Snack Pork Pies	4x65g	2.20	259	6.0
Morrison's Cheese & Onion Quiche*	170g	2.00	520	16.6
Cofresh Crackers/ Crinkles*	60g	1.00	313	3.8
Attack A Snak Ham 'N' Cheese Wraps*	86g	1.00	221	10.0
Milkshakes				
Morrison's Chocolate Flavoured Fresh Milk*	1L	1.15	208 (250ml)	9.0
The Real Milkshake Co. White Chocolate Flavoured Milk*	1L	1.85	183 (250ml)	8.8
Pakeeza Exotic Mango Lassi Yogurt Drink	1kg	3.70	225 (250g)	5.8
UFIT High Protein Shake Drink Strawberry*	500ml	3.00	140 (250ml)	25.0

 www.groceries.morrison's.com

Prices as of October 2024 *Other flavours/product variations available

Sainsbury's				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweets				
Nature Valley Protein Salted Caramel & Nut Cereal Bars*	4x42g	3.00	198	10.4
KIND Protein Crunchy Peanut Butter Snack Bars*	3x42g	3.50	215	10.0
Reese's Peanut Butter Cups	2x42g	0.90	219	4.5
Eat Natural Protein Fruit & Nut Cereal Bars*	3x40g	2.40	198	10.4
Sainsbury's Danish Pastry Cinnamon Whirls	2pack	1.60	318	4.6
Sainsbury's Pastel De Nata	4x55g	2.25	150	2.3
Taste the Difference Lemon Curd Yogurt*	150g	0.95	230	4.0
Yeo Valley Organic Greek Recipe Strawberry & Passion Fruit*	150g	1.35	161	12.0
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
Stamford Street Co. Profiterole Desserts	2x80g	1.35	188	4.0

Sainsbury's				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Savoury				
Peperami Original and Cheese Snack Box*	50g	1.65	227	12.7
Sainsbury's Chorizo & Gouda Rollitos	80g	3.00	258 (80g)	17.8
Sainsbury's Chicken & Mushroom Puff Pastry Pie*	150g	1.25	373	11.7
Sainsbury's Unsalted Mixed Nuts*	200g	2.60	196	6.4
Sainsbury's Egg Bites x12	216g	1.49	153 (for 3)	5.1
Milkshakes				
Up & Go Breakfast Drink Strawberry*	300ml	1.25	207	10.5
Tom Parker Creamery Free Range Chocolate Milk*	250ml	1.55	265	9.8
Sainsbury's Banana Milkshake*	1L	1.00	153 (250ml)	9.0
Sainsbury's Taste the Difference White Chocolate & Raspberry Milk*	750ml	2.10	253 (250ml)	9.5

 www.sainsburys.co.uk

Prices as of October 2024 *Other flavours/product variations available

Greggs				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Milk Chocolate Cookie*	70g	1.25	344	5.0
Triple Chocolate Doughnut	85g	1.30	329	4.7
Triple Chocolate Muffin	129g	1.45	448	7.2
Belgian Bun	2 pack	1.90	374	6.0
Cream Éclair	81g	1.50	322	4.3
Savoury				
Sausage Roll	103g	1.25	331	9.2
Steak Bake*	136g	2.00	409	14.0
Spicy BBQ Chicken Bites	112g	2.35	312	22.0
Mozzarella and Cheddar Bites	97g	2.35	327	13.0
Hot Drinks				
Regular Caramel/ Vanilla Latte	364ml	2.50	204	8.2
Regular Hot Chocolate	372ml	2.10	219	6.7

 www.greggs.co.uk

Prices as of October 2024 *Other flavours/product variations available

McDonald's				
Description	Pack content	Cost per pack (£)	Energy per portion (kcal)	Protein per portion (g)
Sweet				
Chocolate brownie	1	1.99	315	3.6
Mixed berry muffin	1	1.99	300	5.0
Tripple Chocolate Cookie	1	1.79	320	3.9
Savoury				
Chicken selects	3 pieces	4.19	359	25.0
Mozzarella dippers/ Cheese Melt Dippers	3 pieces	2.39	250	9.8
Milkshakes				
Vanilla milkshake*	400ml (medium)	2.39	369	11.0

 www.mcdonalds.com/gb/en-gb

Prices as of October 2024 *Other flavours/product variations available

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