

High-Energy High-Protein Supermarket Products

There is a wide range of ready-made drinks, snacks and other products available at pharmacies and supermarkets that can help improve nutritional intake. The following list is a selection of products that are high in kcal (calories) and protein that are available for purchase:

Drinks



Complan®
1 sachet plus 200ml
full-fat milk
338kcal
16g protein



Frijj®
400ml bottle
400kcal
15g protein



Huel® Ready-to-drink
500ml bottle
400kcal
20g protein



Huel® Essential
100g powder plus
500ml water
400kcal
20g powder



Mars® Milkshake
400ml bottle
236kcal
13g protein



Meritene® Energis Shake
1 sachet plus 200ml full-
fat milk
231kcal
16g protein



Nurishment®
400ml can
380kcal
20g protein



Weetabix® Milkshake
250ml bottle
250kcal
8.5g protein

Soup



BOL® Protein Power Soup
300g serving
180kcal
13g protein



Meritene® Energis Chicken Soup
1 sachet plus 150ml water
207kcal
7g protein

Bars



ASDA® Sports Nutrition Protein Bar
60g bar
220kcal
22g protein



Grenade® Protein Bar
60g bar
220kcal
20g protein



Huel® Complete Nutrition Bar
55g bar
190kcal
15g protein



KIND® Protein Bar
50g bar
270kcal
12g protein



LIDL® Gain Bar
64g bar
200kcal
21g protein



M&S® Protein Bar
55g bar
200kcal
20g protein



Nature Valley® Protein Cereal Bar
40g bar
200kcal
10g protein



Trek® Protein Flapjack
50g bar
230kcal
9g protein

Other Sweet Options



ALDI® Protein Pancakes
160g
380kcal
20g protein

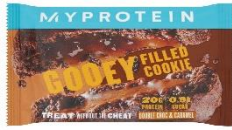


Mighty Slice® High Protein Cheesecake
115g slice
270kcal
16g protein



Muller® Rice Protein
180g pot
180kcal
13g protein

Other Sweet Options (Continued)



**MyProtein® Goey Filled
Cookie**
75g cookie
250kcal
13g protein



**The Protein Ball Co.® High
Energy Protein Balls**
45g ball
190kcal
10g protein

Savoury Options



**ALDI® Snackin'
Chicken Bites**
90g bag
170kcal
17g protein



**Dr Karg's® Protein
Thins**
2 x 19g thins
180kcal
13g protein



Graze® Protein Crunch
38g bag
230kcal
8g protein



**Mission® Protein
Wraps**
1 x 61g wrap
170kcal
10g protein



Quorn® Picnic Eggs
4 eggs
200kcal
10g protein



Viverra® Protein Bites
Half a pack
188kcal
10g protein



**Waitrose® King Prawns
with Cocktail Sauce**
90g pack
171kcal
11g protein

Breakfast Options



ALDI® Harvest Morn Protein Granola
45g serving
210kcal
8g protein



ASDA® Protein Porridge Pot
70g pot
280kcal
15g protein



Deliciously Ella® Peanut Breakfast Bakes
50g bake
220kcal
6g protein



FUEL10K® High Protein Multigrain Flakes
50g serving
190kcal
14g protein



LIDL® Crownfield High Protein Granola
45g serving
200kcal
11g protein



Sainsbury's® Flourish High Protein Peanut Granola
45g serving
200kcal
11g protein



Quaker® Oat So Simple Protein Porridge
63g portion
240kcal
12g protein

For more ideas to boost your food intake please scan the QR code or follow the link to see [Food-Based Resources](#).

