



Sainsbury's

SHOPPING

LIST

INSPO

PROTEIN LEAN MEATS

29g protein
Per 100g serving



31.3g protein
Per 100g serving



31g protein
Per 100g serving



25g protein
Per 100g serving



25g protein
Per 100g serving



30g protein
Per 100g serving



26g protein
1 Steak



16.2g protein
3 Balls



7.5g protein
Per Rasher



PROTEIN

LEAN MEATS

20.2g protein
Per Burger



21.5g protein
Per Fillet



23.3g protein
Per Fillet



10g protein
Per 2 Sausages



11.4g protein
Per 2 Medallions



17.2g protein
Per 100g



27g protein
Per Can



PROTEIN

MEAT FREE

Per 83g Serving
98 Calories
10g Protein



Per 70g Serving
139 Calories
14.3g Protein



Per Burger
285 Calories
19.2g Protein



Per 2 Sausages
120 Calories
12g Protein



PROTEIN ON THE GO

20g protein
Per 1/2 pack



23g protein
Per 1/2 pack



18.2g protein
Per 1/2 pack



16.6g protein
Per 1/2 pack



30g protein
Per pack



14.4g protein
Per Fillet



21.5g protein
Per Fillet



24.3g protein
Per Can



PROTEIN ON THE GO

15g protein
Per Bottle



25g protein
Per Bottle



50g protein
Per Bottle



25g protein
Per Bottle



20g protein
Per Tube



11g protein
Per Pack



14g protein
Per Bag



15g protein
Per Bar



CUPBOARDS

Per 40g Serving
148 calories 4.5g
Protein



1 Can
88 calories
4.4g Protein



1/2 Can
109 calories
8.1g Protein



Per 40g Serving
177 calories
4.3g Protein



1/2 Can
160 calories
8.3g Protein



1/2 Can
150 calories
9g Protein



1/2 Can
134 calories
9.3g Protein



1/2 Can
134 calories
8.1g Protein



80g
61 calories
1.9g Protein



CUPBOARDS

1 Slice
96 Calories
3.2g Protein



1 Slice
102 Calories
3.8g Protein



1 Slice
134 Calories
4.9g Protein



1 Wrap
127 Calories
6.9g Protein



100g Serving
161 Calories
5.3g Protein



100g Serving
159 Calories
5.2g Protein



Per Bagel 126
Calories 5.1g
Protein



1+
weeks

Per Bagel 160
Calories 8.5g
Protein



3+
days

CUPBOARDS

Per 50g Serving
251 Calories
7.1g Protein



Per 2 biscuits
136 Calories
4.5g protein



Per 30g
115 Calories
2.1g Protein



50g Serving
195 Calories
4.1g Protein



CUPBOARDS

Per Large Egg
85 Calories
8.3g Protein



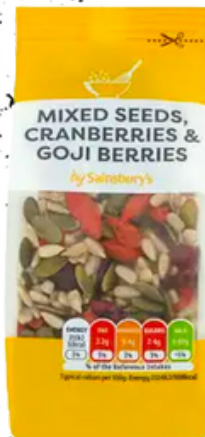
Per Serving
91 Calories
17g protein



Per 15g
63 Calories
3.6g Protein



10g Serving
51 Calories
2g Protein



20g Serving
104 Calories
3.6g Protein



Per 6 Squares
130 Calories
1g Protein



Per Bar
95 Calories
1.4g Protein



CUPBOARDS

Per 250ml 1/2 Jar (250g) Per 100ml

5 Calories 87.5 Calories 2 Calories



Per 10ml Serving 0
Calories



1/2 Jar (250g)
160 Calories



Per 20g Serving
20 Calories



Per 15g Serving
17 Calories



Per 15g Serving
10 Calories



Per 15g Serving
10 Calories



FRIDGE

Per 200ml Serving
132 Calories
7g Protein



Per Pot
7 Calories

Per 100g Serving
54 Calories
10.3g Protein



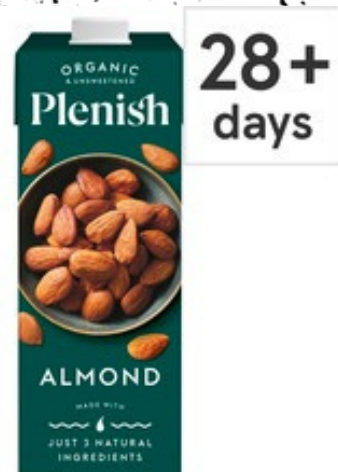
Per 10g Serving
40 Calories



Per 100ml Serving
33 Calories
0.6g Protein



Per 100ml Serving
29 Calories
1g Protein



FRIDGE

Per 50ml Serving
25 Calories
5.5g Protein



Per 30g Serving
125 Calories 7.6g
Protein



Per 30g Serving
70 Calories
5.1g Protein



Per 250ml Bottle
116 Calories
9g Protein



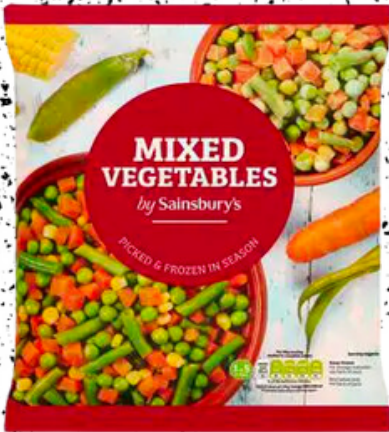
FRUIT



FRUIT



VEG



VEG

