

Low Protein Cheese

Violife (Widely available)



Original flavour Slices/Block/Grated/Creamy = **Free**



Cheddar flavour Slices/Block/Creamy = **Free**

Mature Cheddar Slices = **Free**



Epic Mature Cheddar Block = **30g ½ exchange, 60g 1 exchange** Mini Block (40g) **½ exchange**

Epic Mature Cheddar Grated = **30g free, 60g ½ exchange**



Smokey Cheddar Flavour Slices = **1 slice ½ exchange, 3 slices 1 exchange**

Smoked Flavour Slices/Block = **Free**



Mozzarella Flavour Slices/Block/Grated = Free



Slices with herbs/ Creamy with garlic & herbs = Free



Slices with tomato & basil= 1 slice free, 3 slices ½ exchange

Creamy with hot peppers = 30g free, 60g ½ exchange

Mediterranean Style= 30g ½ exchange, 60g 1 exchange



Greek White Block = Free

Blu Block = 30g ½ exchange, 60g 1 exchange

Prosciutto Wedge = 30g ½ exchange, 60g 1 exchange

Koko



Cheddar Cheese Alternative = 30g free, 60g ½ exchange
Cream Cheese Alternative = free

Tesco



Free From Alternative to Soft Cheese/ Soft Cheese with Garlic and Herbs = Free
Free From Alternative to Chilli Cheese Slices = Free



Plant Chef Alternative to Mozzarella = Free
Plant chef Alternative to Mature Cheddar = Free
Free From Alternative to Italian Grated Hard Cheese = 30g ½ exchange

Aldi



Plant Menu Mature Cheddar = 30g free, 60g ½ exchange
Plant Menu Grated Mature Cheddar = 30g free, 60g ½ exchange

Marks & Spencer



Plant Kitchen Mature Style Sliced/Block/Grated = **up to 60g /3 slices free**



Plant Kitchen Grated Not'zzarella = **Free** Plant Kitchen Greek Style Cubes in Brine = **Free**

Follow Your Heart (available for order online through sites such as www.soulbia.com)



Parmesan grated = **Free** Gourmet Cheddar Shreds = **Free**



Smoked Gouda Slices = **Free** Medium Cheddar Slices = **Free** Pepper Jack Slices = **Free**

Dairygold Plant Based (available in Tesco, Supervalu and Dunnes)

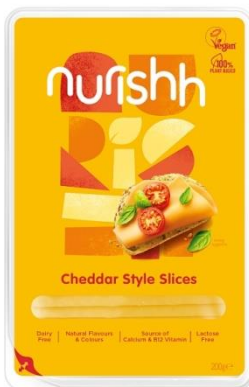


White Grated = Free



White Slices = Free

Nurishh (available in Supervalu)



Cheddar Style Slices/ Gran Vegiano = Free

Cheddar & Mozzarella Style Grated = 30g 1 exchange

This information is current at the time of printing; please check individual labels to ensure the protein content has not changed.