

Low Protein Meat Substitutes

Strong Roots

Available in Tesco, Supervalu and Dunnes Stores



Courgette & Spinach/Cauliflower Hash Brown 1 = 1 exchange, 2 = 1.5 exchanges

Crispy Veg Nuggets 3 = 1.5 exchanges



Sweet Potato Hash Browns 1 = 2.5 exchanges

Spinach Bites 3 bites = 3 exchange



The Kale & Quinoa/ The Pumpkin & Spinach 1 burger = 4 exchanges

Birds Eye Green Cuisine

Available in Tesco, Supervalu and Dunnes Stores



Veggie Fingers 1 finger = 1 exchange

Chicken Free Dippers 1 dipper = 1.5 exchanges

Clonakilty

Available in Tesco, Supervalu and Dunnes Stores



Veggie Pudding 1 x 33g slice = 1.5 exchanges

Veggie Sausages 1 sausage = 2 exchanges

Denny

Available in Tesco, Supervalu and Dunnes Stores



Meat Free Smoked Rashers 1 Rasher = 2 exchanges

Meat Free Sausages 1 Sausage = 3 exchanges

Gosh

Available in Tesco and Supervalu



Veggie Cocktail Sausages 40g portion = 2.5 exchanges

Veggie Sausages 1 sausage = 3.5 exchanges

Sweet Potato Pakora 2 = 2 exchanges, 4 = 4.5 exchanges



Moroccan Spiced Falafel 2 falafel = 3 exchanges

Mediterranean Falafel 2 falafel = 4 exchanges

Spinach and Pine Nut Bites 2 bites = 3.5 exchanges

Marks & Spencer



Plant Kitchen Cooked Vegan Ham 1 slice = 1.5 exchanges

Plant Kitchen Spanish Vegan Chorizo ¼ pack = 1.5 exchanges

Plant Kitchen Cauliflower Popcorn ½ pack (1 serving) = 2.5 exchanges

Plant Kitchen Melt in the Middles No Fish Cakes 1 cake = 3 exchanges

Quorn

Available in Tesco and Supervalu



Vegan Fishless Fingers 3 fingers = 2.5 exchanges

Vegan Pepperoni ¼ packet = 3 exchanges

Vegan Chicken Free Slices ¼ pack = 3 exchanges



Roasted Sliced Fillets ¼ pack = 3 exchanges

Vegan Smokey Ham free Slices ¼ pack 3.5 exchanges

Vegetarian Bacon (chilled) ¼ pack/2 rashers = 4 exchanges



Vegetarian Bacon Slices (frozen) ¼ pack = 4 exchanges

Sausages 1 sausage = 4.5 exchanges

Rudds

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Plantiful White Pudding 1 x 33g slice = 0.5 exchanges



Plantiful Black Pudding 1 x 33g slice = 3 exchanges



Plantiful Rashers 1 rasher = 2 exchanges



Plantiful Sausages 1 sausage = 4 exchanges

Tesco



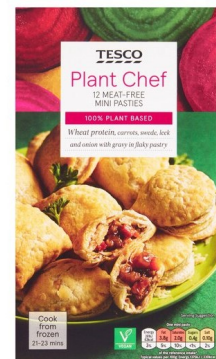
Plant Chef No Prawn Tempuras 1 tempura = 0.5 exchanges



Plant Chef Fish Free Bites and Chips 1 = 1 exchange



Plant Chef No Duck Spring Rolls 1 roll = 1 exchange



Plant Chef Meat Free Pasties 1 pasty = 1 exchange/ 2 pasties = 2.5 exchanges

Other



Sons of Butchers Switch'n Saussies (Tesco/Supervalu/Dunnes) 1 sausage = 2.5 exchanges

Kelly's of Newport Vegetarian Sausages (Dunnes) 1 sausage = 3 exchanges

Plant Menu Vegetable Burger (Aldi) 1 burger = 3 exchanges