

Crackers, cheese, yoghurt & fruit



- Low protein crackers (free)
- Violife cream cheese (free)
- Natural yoghurt (check exchanges)
- Raspberry and blueberries (free)
- Don't forget your synthetic protein!

Oatcakes, cheese, yoghurt & fruit



- Oatcakes (check exchanges)
- Koko yoghurt (check exchanges)
- Violife cheese slices (free)
- Raisins (free)
- Don't forget your synthetic protein!