

## Low Protein Cheese

Violife (Widely available)



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



Mozzarella Flavour Slices; **up to 6 slices = Free**

Mozzarella Grated/ Greek White Block/Creamy with garlic & herbs; **Free**



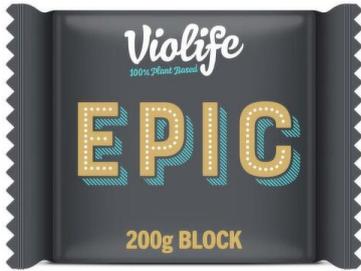
Smoky Cheddar Flavour Slices; **1 slice = Free, 2 slices = ½ exchange, 3 slices = 1 exchange**

Smoked Flavour Slices; **Free**

Le Rond Camembert Flavour; **Free**

Updated March 2026

Information correct at time of printing. Always check the label as ingredients may change.



**Epic Mature Cheddar Block; 30g = ½ exchange**

**Prosciutto Wedge = 30g ½ exchange**

**Supreme Cheddarton Block; 30g = 3 exchanges**

### Aldi



**Plant Menu Mature Slices/ Block/ Grated; Free**



**Plant Menu Soft Spread with Garlic & Herbs; Free**

**Plant Menu Grated Not'zarella; up to 90g Free**

**Plant Menu Greek Style Block; 30g = ½ exchange**

## Tesco



Free From Alternative to Mature Cheddar/Alternative to Grated Mozzarella; **Free**  
Free From Alternative to Soft Cheese; **up to 60g = Free**

## Marks & Spencer



Plant Kitchen Mature Style Sliced; **up to 4 slices = Free**

Plant Kitchen Block/Grated; **Free**



Plant Kitchen Grated Not'zzarella; **Free**

Plant Kitchen Smoky Mature Style Slices; **Free**

Plant Kitchen Greek Style Cubes in Brine; **Free**

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Lidl



Vermondo Plant! Grated Mature Cheddar/ Mature Cheddar Block; 30g = ½ exchange

Green Vie (available in Dunnes)



Parveggio Grated; Free

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



White Grated/ Slices = Free

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## Dunnes Stores



**Dunnes Plant Based Grated Cheddar Style/ Cheddar Style Slices; up to 60g Free**

## Sons of Butchers (available in Tesco)



**Notzarella Grated/ Chedda Cheats Sliced = Free**

## Nush (available in Dunnes)



**Creamy Almond Spread Natural/ Chive; 30g = 2 exchanges**

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## Other



**Babybel Plant Based; 1 cheeses = 1 exchange** (available Tesco, Dunnes and Supervalu)

**Boursin Plant Based; 30g = ½ exchange** (available in Dunnes)

**Philadelphia Plant Based; 30g = 1 exchange** (available in Tesco, Dunnes and Supervalu)



**Sheese Garlic & Herb; 30g = 1 exchange** (available in Dunnes)