



Low Protein Halloween Sweets





Low Protein Halloween Sweets

These foods are to be used as a treat once or twice a week as part of a healthy diet

Lidl



Lollipop Assortment **up to 100g = Free**

Sour Strawberries = **Free**

Scary Bones Lollipops **up to 100g = Free**



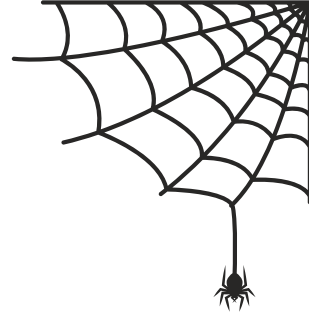
Halloween Chewy Sweets **25g = Free / 50g = ½ Exchange**

Sour Patch Kids Monster Heads Jellies **up to 100g / 15 sweets = free**

Halloween Sweets and Lollipops **up to 70g = Free**



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Cola Lemon Flavour Lollies = Free



Swizzels Monster Treats = Free



Chupa Chups Sour Lollipops = Free



Monster Mallows 1 mallow (20g) = ½ an exchange



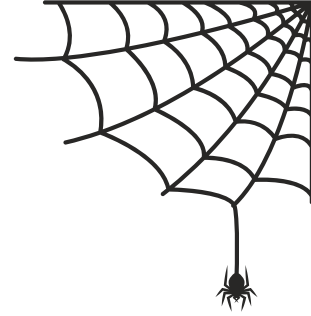
Wham Scary Chews up to 100g = Free



Swizzels Sweetshop favourites 20g = Free

Swizzels Party Mix up to 200g = Free

Updated October 2026. Always check the label as ingredients can change



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Aldi



Shockingly Sweet Flying Saucers **up to 100g = Free**

Swizzlers Curious Chews **up to 100g = Free**

Gruesome Gingerbread Kit **4 cookies = 1/2 exchange**



Fini Zombie Candy **up to 100g = Free**

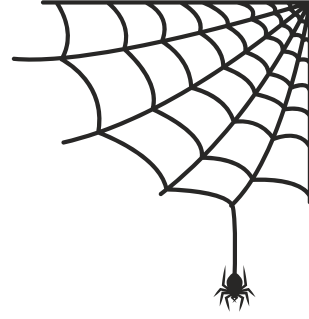
Fini BOOOM Vampire Sweets **up to 100g = Free**

Whistle Pop **up to 100g = Free**

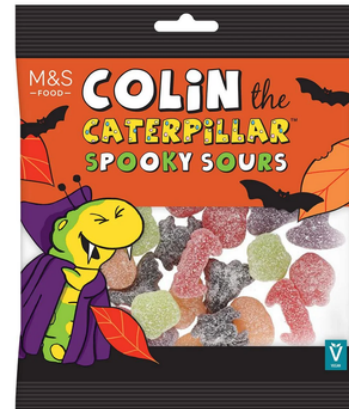
Skeleton Lolly **Whole Lolly = 1 ½ Exchanges**



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Marks and Spencers



Cauldron Sweet Tin **full tin (210g) = 1 Exchange**

Percy Pig Petrifying Party **¼ of bag = Free**

Colin the Caterpillar Spooky Sours **170g bag = Free**



10 Freaky Fruity Sweets Multipack **1 mini bag (30g) = Free**

Made without Dairy Munch **½ the bag = 1 exchange**

Made without Ghoulish Ghost **1 ghost (30g) = ½ exchange**

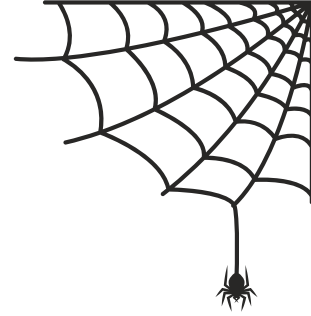
Tesco



Rice Krispies Ooey Goopy Scares Bar **1 bar (28g) = 1 Exchange**

Rice Krispies Creepy Crawly Scares Bar **1 bar (36g) = 1 ½ Exchanges**

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Tesco



Haribo Trick or Treat **1 mini bag (16g) = ½ exchange**

Haribo Bone Shakers **(up to 80g) = Free**



Skittles multipack **1 fun sized packet = free**

Swizzels Mummy Mix Multipack 340g **up to 100g = free**

Mr Kiplings Fiendish Fancies **1 cake = ½ exchange**

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HAPPY
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HALLOWEEN
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★

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