Low Protein Meat/Fish Substitutes

Strong Roots

Available in Tesco, Supervalu and Dunnes Stores



Cauliflower Hash Brown/ Sweet Potato Hash Brown 2 piece serving = 1½ exchanges

Crispy Veg Nuggets 3 nugget serving =1½ exchanges



Spinach Bites 3 bite serving = 3 exchanges

Air Bites Crispy Veg 4 bite serving= 3 exchanges

Air Bites Crispy Spinach and Carrot 4 bite serving= 3½ exchanges

The Pumpkin & Spinach burger 1 burger = 3 exchanges

The Kale & Quinoa burger 1 burger = 4 exchanges

Clonakilty

Available in Supervalu and Dunnes Stores





Veggie Pudding 1 x 33g slice = 1.5 exchanges

Veggie Sausages 1 sausage = 2 exchanges

Updated May 2025
Always check the label as ingredients can change

Metabolic.ie
National Centre for Inherited Metabolic Disorders

Denny

Available in Tesco, Dunnes Stores and Supervalu



Meat Free Sausages 1 Sausage = 3 exchanges

Dunnes Stores



Plant based Meat Free Cocktail Sausages 2 sausages = 3 exchanges

Gosh

Available in Tesco, Dunnes Stores and Supervalu



Sweet Potato Pakora 2 pakora = 1½ exchanges, 4 pakora= 4½ exchanges

Moroccan Spiced 2 falafel = 2½ exchanges, 4 falafel = 5½ exchanges

Mediterranean Falafel 2 falafel = 3 exchanges

Veggie Sausages 1 sausage = 3 exchanges

Spinach and Pine Nut Bites 2 bites = 3½ exchanges

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Marks & Spencer







Plant Kitchen Breaded No Fish Fingers 2 fingers = 3 exchanges

Plant Kitchen Melt in the Middles No Fish Cakes 1 cake = 3½ exchanges

Plant Kitchen Courgette & Butternut Squash Harissa Burger 1 burger = 3½ exchanges

Quorn

Available in Tesco, Dunnes and Supervalu









Vegan Pepperoni ¼ packet = 3 exchanges

Vegan Chicken Free Slices ¼ pack= 3 exchanges

Vegan Smokey Ham free Slices ¼ pack = 3½ exchanges

Vegetarian Spinach & Red Pepper Slices ¼ pack = 4 exchanges



Sausages 1 sausage= 4 exchanges

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Rudds

Available in Tesco, Supervalu and Dunnes Stores





Plantiful White Pudding 1 x 33g slice = ½ exchange

Plantiful Black Pudding 1 x 33g slice = 3 exchanges





Plantiful Rashers 1 rasher = 2 exchanges, 2 rashers = 4½ exchanges

Plantiful Sausages 1 sausage = 4 exchanges

Tesco







Plant Chef Spring Rolls Selection 1 roll = 1½ exchanges

Plant Chef Mini Vegetable Lattices 1 lattice = 1½ exchanges

Plant Chef Meat Free Sausage Rolls 1 roll= 3½ exchanges

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Sons of Butchers





Cod'N Fingers 60g serving = 4 exchanges

Falafel 3 falafel= 4 exchanges

Aldi





Plant Menu Salt & Vinegar No Fish Fillets 1 fillet = 3 exchanges

Plant Menu Mediterranean Style Fillets 1 fillet= 4½ exchanges

Lidl



Plant! Vegan Sausages 1 sausage= 3 exchanges

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