

Tesco Meal Deal: High Protein Options

A guide to building high-protein Tesco meal deals under 550 calories with at least 40g of protein. Perfect for quick, easy and repeatable nutrition on the go.



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Meal Deal Goals

550

Max Calories

Keep your meal deal under this calorie threshold

40g

Min Protein

Aim for this protein amount or higher

3

Components

Main + drink + snack in every meal deal

Option A: With Emmi Skinny Iced Latte

Drink

Emmi Skinny Iced Coffee

- 127 kcal
- 11g protein

Main Choices

Chicken Salad Sandwich

- ~300 kcal
- 25g protein

Tuna & Sweetcorn Pasta Pot

- ~300 kcal
- 20-22g protein

Protein Boosters

GetPRO Protein Yoghurt Pouch

- ~140 kcal
- 25g protein

Arla Protein Yoghurt Pouch

- ~146 kcal
- 20g protein

Option A: Sample Combinations



Chicken + Emmi + GetPRO

~567 kcal | ~61g protein

Highest protein option with chicken sandwich as the main.

Tuna + Emmi + Arla

~566 kcal | ~53g protein

Balanced option with tuna pasta as the main component.

Main + Emmi (No Pouch)

~430 kcal | ~35g protein

Lower calorie option if you skip the protein pouch.

Option B: Alternative Drinks



Zero-Calorie Options

Diet Coke, Pepsi Max, or Sparkling Water

- 0 kcal
- 0g protein



Tesco Cold Brew

Lower calorie coffee alternative

- ~20 kcal
- 1-2g protein



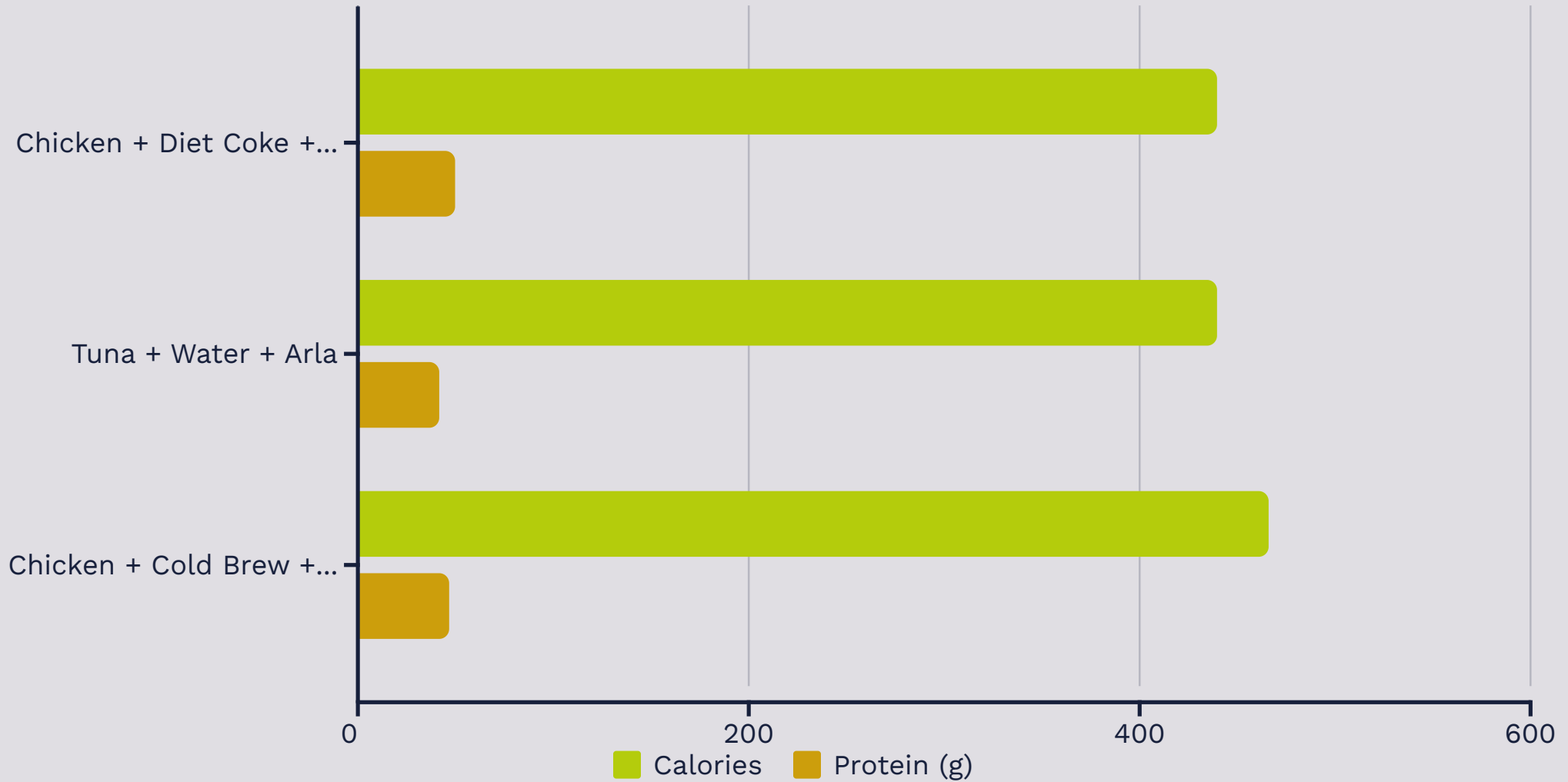
Water

Simple hydration option

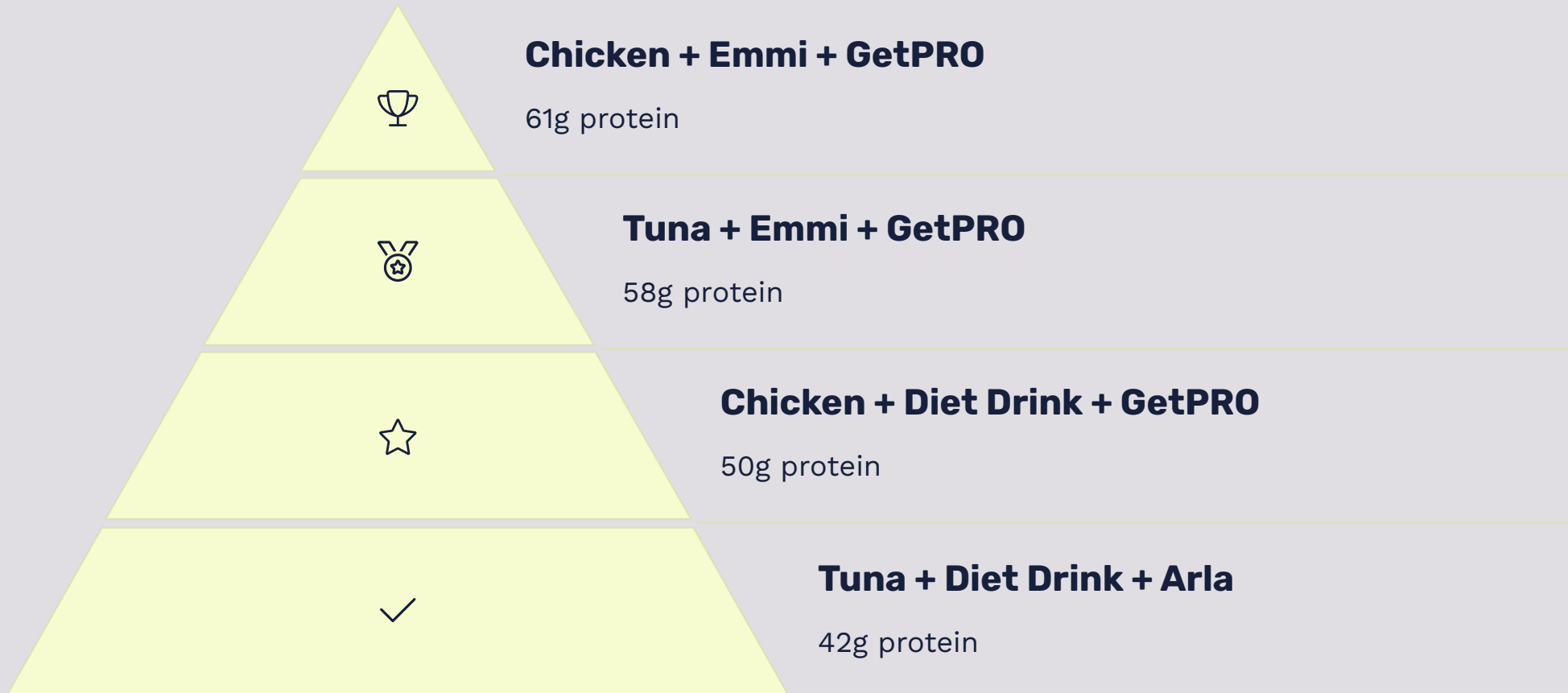
- 0 kcal
- 0g protein



Option B: Sample Combinations



Protein Content Comparison





Bonus Tips



Alternative Protein Snacks

If protein pouches aren't available, substitute with Skyr or Greek yoghurt pots.



Flexible System

This system works whether you're on the run, at work, or just grabbing lunch.



Check Sandwich Protein

Avoid cheese-only or egg-only options unless paired with protein-rich snacks.



Calorie Control

Swap components to adjust calories while maintaining high protein content.