



SYN FREE FOOD LIST

MEAT

1. **Aldi Turkey Breast Steaks**
2. **Aldi Turkey Mince**
3. **Aldi Oakhurst Marinated Chicken Breast, Garlic & Herb (Frozen)**
4. **Aldi Murrays Peppered Beef Chunks (Chilled)**
6. **Alpenmark Bavarian Ham Slices**
7. **Alpenmark Bavarian Pork Loin Slices**
8. **Applebys Breaded Ham Joint (Chilled)**
9. **Applebys Pastrami Slices (Chilled)**
10. **Applebys Roast Topside of Beef Slices (Chilled)**
11. **Applebys Slow Cook BBQ Pork Fillet**
12. **Ashfield Farm Chicken Tikka Breast Slices (Chilled)**

13. **Ashfield Farm Honey & Mustard Dry Cured Ham (Chilled)**
14. **Brannan's Chicken Tikka Breast Slices (Chilled)**
15. **Brannan's Deli Style Chicken Slices (Chilled)**
16. **Freshcure Extra Large Smoked Gammon joint (Chilled)**
17. **Nature's Isle Irish Ham Fillet (Chilled)**
18. **Oakhurst Garlic & Herb Chicken Breasts (Frozen)**
19. **Severn Vale Super Lean Minced Beef (Chilled)**
20. **Specially Selected Cranberry & Orange Ham (Chilled)**
21. **Specially Selected Roast Peppered Turkey (Chilled)**

FISH

1. **Aldi Ocean Rise Tuna Chunks in Brine**
2. **The Fishmonger Cod Fillets (Chilled)**
3. **Almare Hot Smoked Salmon Fillets (Chilled)**
4. **Almare Seafood Sticks (Chilled)**

5. **The Fishmonger Salmon Fillets (Chilled)**
6. **Almare Pesto Salmon with Mustard & Orange Sauce (Frozen)**
7. **Almare Seafood Pesto Salmon with Mustard & Orange Sauce (Frozen)**

DAIRY

1. **Brooklea Fat Free Greek Style Lemon Yogurt**
2. **Brooklea Fat Free Greek Style Strawberry Yogurt**
3. **Duneen Low Fat Fruit Yogurts (Blackberry & Blackcurrant)**
4. **Duneen Low Fat Fruit Yogurts (Peach & Nectarine)**
5. **Duneen Low Fat Fruit Yogurts (Strawberry)**
6. **Glenisk Greek Style Fat Free Yoghurts (All Varieties)**

7. **Optifit Active Fat Free Yoghurts Cherry/Forest Fruits**
8. **Optifit Fat Free Cherry Yogurt**
9. **Optifit Fat Free Forest Fruits Yogurt**
10. **The Cheese Emporium Cottage Cheese with Chives**
11. **The Cheese Emporium Natural Cottage Cheese**
12. **The Lake District Quark**

FRUIT/VEG/OTHER

1. **Comeragh Sparkling Flavoured Water (All Varieties)**
2. **Comeragh Still Flavoured Water (All Varieties)**
3. **Carlini Peeled Plum Tomatoes (Canned)**
4. **Corale No Added Sugar Baked Beans (Canned)**
5. **Four Seasons Black Forest Fruits (Frozen)**
6. **Four Seasons Pineapple Chunks (Frozen)**
7. **Four Seasons Summer Fruits (Frozen)**

8. **Make in Minutes Cupshotz Noodle Snack (All Varieties)**
9. **Quixo Stock Cubes (All Varieties)**
10. **Sweet Harvest Oriental Stir Fry Vegetables (Canned)**
11. **Sweet Harvest Chopped Tomatoes (Canned)**
12. **Sweet Harvest Red Kidney Beans (Canned)**
13. **Sweet Harvest Mushy Peas (Canned)**
14. **Sweet Harvest Naturally Sweet Sweetcorn (Canned)**

Slimming World Syn List

Slimming World



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