



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. **Duneeen** Low Fat Fruit Yogurts (Blackberry & Blackcurrant)
4. **Duneeen** Low Fat Fruit Yogurts (Peach & Nectarine)
5. **Duneeen** 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 Syns List

Jicheng Xie



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