



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

Adem Garip



Slimming World Syns List:

Reviewing **Slimming World Syns List**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Slimming World Syns List**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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performed both of the great tenors roles during the same evening at the met

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