

Syn Free Foods From Farmfoods

Diet Coke - Syn Free
Farmfoods Back Bacon, Chilled - Syn Free (With fat trimmed away)
Farmfoods Broccoli Florets, Frozen - Syn Free
Farmfoods Cauliflower Florets, Frozen - Syn Free
Farmfoods Chicken Breast Fillets, frozen - Syn Free
Farmfoods Chicken Breast Slices, Fajita, chilled - Syn Free
Farmfoods Chicken Breast Slices, Tikka, chilled - Syn Free
Farmfoods Country Mix Vegetables , Frozen - Syn Free
Farmfoods Cranberry Juice Drink, No Added Sugar - Syn Free
Farmfoods Diced Beef Steak, Frozen - Syn Free
Farmfoods Fresh Barn Eggs - Syn Free
Farmfoods Gammon Steaks, Frozen - Syn Free
Farmfoods Garden Peas, Frozen - Syn Free
Farmfoods Julienne Carrots, Frozen - Syn Free
Farmfoods Minted Lamb Chops, Frozen - Syn Free
Farmfoods Pork Loin Steaks, Frozen - Syn Free
Farmfoods Rice & Mixed Veg, Steam , frozen 270g pack - Syn Free
Farmfoods Spinach, Frozen - Syn Free
Farmfoods Steamed Rice With Mixed Vegetables, Frozen - Syn Free
Farmfoods Summer Fruits, Frozen 454g pack - Syn Free
Farmfoods Sweetcorn, Frozen - Syn Free
Farmfoods Tropical Juice Drink, No Added Sugar - Syn Free
FinestCatch Cooked & Peeled Coldwater Prawns, Frozen - Syn Free
FinestCatch Salmon Portions, Frozen - Syn Free
Heinz Beanz - Syn Free
Heinz Spaghetti - Syn Free
Linda McCartney Vegetarian Sausages, Frozen - Syn Free
Mug Shots - Roast Chicken, Tomato and Sweet & Sour - Syn Free
Pepsi Max - Syn Free
Princes Tuna in Spring Water Or Brine - Syn Free

Low Syn Foods From Farmfoods

Farmfoods Chicken Satay Skewers, Frozen - 0.5 A Syn for 2 Skewers
Farmfoods Easy Cook Oriental Stir Fry Vegetables, Frozen 750g pack - 1.5 Syns for 150g
Farmfoods Extra Crispy Southern Dried Chips, Frozen 2.5kg pack - 3.5 Syns for 100g
Mccains Baked Potato, Frozen - 1 Syn Each
Weight Watchers Chicken Pasta with Tomato & Basil, frozen (310g pack) - 4 Syns
Weight Watchers Classic Range Mexican Chilli with Crunchy Potato Wedges, frozen (320g pack) - 5 Syns
Weight Watchers Cottage Pie, frozen (320g pack) - 5 Syns
Weight Watchers Signature Recipe Thai Green Chicken Curry with White Rice, frozen (320g pack) - 5.5 Syns

List produced by www.fatgirlskinny.net