

## **Syn Free Baking/Cooking Essentials From Lidl**

Batts Dark Soy Sauce - **Syn Free**

Cologran Granulated Sweetener (1 level tsp) - **Syn Free**

Freshona Tomato Puree - **Syn Free**

OXO Stock Cubes (All Varieties) - **Syn Free**

Vitasia Oyster Sauce - **Syn Free**

## **Syn Free Canned/Cartons/Packets From Lidl**

Campo Largo Baked Beans, canned - **Syn Free**

Campo Largo Chilli Beans in a Chilli Sauce, canned - **Syn Free**

Freshona Butter Beans, canned - **Syn Free**

Freshona Chickpeas, canned - **Syn Free**

Freshona Chopped Tomatoes, canned - **Syn Free**

Freshona Garden Peas, canned - **Syn Free**

Freshona Kidney Beans, canned - **Syn Free**

Freshona Marrowfat Peas, canned - **Syn Free**

Freshona Mushy Peas, canned - **Syn Free**

Freshona Passata, canned - **Syn Free**

Freshona Peeled Potatoes, canned - **Syn Free**

Freshona Peeled Tomatoes, canned - **Syn Free**

Freshona Petits Pois & Baby Carrots, canned - **Syn Free**

Freshona Pickled Gherkins - **Syn Free**

Freshona Pickled Red Cabbage - **Syn Free**

Freshona Potatoes, canned - **Syn Free**

Freshona Roasted Red Peppers in Sweetened Vinegar - **Syn Free**

Freshona Sliced Carrots, canned - **Syn Free**

Freshona Sliced Mushrooms, canned - **Syn Free**

Freshona Sweetcorn, canned - **Syn Free**

Italiano Chopped Tomatoes Arrabiata, canned - **Syn Free**

Italiano Chopped Tomatoes Basil, canned - **Syn Free**

Italiano Chopped Tomatoes Garlic & Onion, canned - **Syn Free**

Italiano Chopped Tomatoes Herbs, canned - **Syn Free**

Newgate Spaghetti Loops, canned - **Syn Free**

Nixe Cockles, Cooked & Pickled - **Syn Free**

Nixe Sardines in Tomato Sauce, canned - **Syn Free**

Nixe Tuna Carpaccio, Smoked, canned - **Syn Free**

Nixe Wild Pacific Pink Salmon, canned - **Syn Free**

Nixe Wild Pacific Red Salmon, canned - **Syn Free**

Simply Chopped Tomatoes, canned - **Syn Free**

Simply Peeled Tomatoes, canned - **Syn Free**

## **Syn Free Cheese From Lidl**

Goldessa Cottage Cheese, Light - **Syn Free**

Linessa Natural Cottage Cheese, Light - **Syn Free**  
Valley Spire Cottage Cheese with Onion & Chives - **Syn Free**  
Valley Spire Natural Cottage Cheese - **Syn Free**

### **Syn Free Drinks From Lidl**

Carrick Glen Still Flavoured Spring Water, Strawberry - **Syn Free**  
Carrick Glen Still Flavoured Water, Lemon & Lime - **Syn Free**  
Carrick Glen Sparkling Flavoured Water, Apple & Blackberry - **Syn Free**  
Freeway Cola Zero - **Syn Free**  
Freeway Diet Bitter Lemon - **Syn Free**  
Freeway Diet Cloudy Lemonade - **Syn Free**  
Freeway Diet Cola - **Syn Free**  
Freeway Diet Ginger Beer - **Syn Free**  
Freeway Diet Lemonade - **Syn Free**  
Freeway Diet Tonic Water - **Syn Free**  
Freeway Fruit Cocktail Sparkling Juice Drink - **Syn Free**  
Freeway Mexican Lime & Elderflower Sparkling Fruit Crush - **Syn Free**  
Freeway Orange No Added Sugar - **Syn Free**  
Freeway Peach Ice Tea, Low Calorie - **Syn Free**  
Knightsbridge Fruit & Herbal Infusion Tea Bags, all varieties - **Syn Free**  
Lindhouse Fruit & Barley Cordial, No Added Sugar, all varieties - **Syn Free**

### **Syn Free Frozen Foods From Lidl**

Braemoor Cooked Chicken Breast Strips, Defrost & Eat, frozen 340g pack - **Syn Free**  
Deluxe Diced Wild Boar, frozen 500g pack - **Syn Free**  
Deluxe Wild Salmon Fillets, Provence Style, frozen 700g pack - **Syn Free**  
Deluxe Wild Salmon Fillet, Tuscan Style, frozen 700g pack - **Syn Free**  
Glen-eld Marinated Turkey Fillets, frozen - **Syn Free**  
Green Grocer's Garden Peas, frozen - **Syn Free**  
Green Grocer's Mixed Berries & Cherries, frozen - **Syn Free**  
Green Grocer's Mixed Vegetables, frozen - **Syn Free**  
Green Grocer's Petit Pois, frozen - **Syn Free**  
Green Grocer's Raspberries, frozen - **Syn Free**  
Green Grocer's Steam Vegetables - Carrots, Broccoli & Sweetcorn, frozen - **Syn Free**  
Green Grocer's Steam Vegetables - Carrots, Cauliflower & Sweetcorn, frozen - **Syn Free**  
Green Grocer's Steam Vegetables - Carrots, Peas, Beans & Sweetcorn, frozen - **Syn Free**  
Green Grocer's Strawberries, frozen - **Syn Free**  
Green Grocer's Supersweet Corn, frozen - **Syn Free**  
Ocean Sea Basa Fillets, frozen - **Syn Free**  
Ocean Sea Coldwater Cooked & Peeled Prawns, frozen - **Syn Free**  
Ocean Sea King Prawns Cooked & Peeled, frozen - **Syn Free**  
Ocean Sea MSC Alaskan Pollock Fillets, frozen - **Syn Free**

Ocean Sea MSC Wild Salmon Fillet, frozen - **Syn Free**  
Ocean Sea Raw Peeled King Prawns, frozen - **Syn Free**  
Ocean Sea Salmon Fillets, frozen - **Syn Free**  
Ocean Trader Smoked Cod Fillets Skinless & Boneless, frozen - **Syn Free**  
Reef Crest Pink Salmon Fillets in Lemon Butter & Dill Sauce, frozen - **Syn Free**  
Simply Chicken Breast Fillets, frozen - **Syn Free**  
Whats Cooking? Meat Free Mince, frozen - **Syn Free**

## **Syn Free Meat (Chilled) From Lidl**

### **Beef**

Birchwood Farm British Beef Lean Steak Mince, 5% Fat  
Birchwood Farm/ Strathvale Farm Lean Diced Beef Steak - 5% Fat  
Deluxe Aberdeen Angus Diced Steak

### **Chicken/Turkey**

Birchwood Farm Free Range Chicken Breast Fillets - **Syn Free**  
Birchwood Farm/ Strathvale Farm Chicken Breast Fillets - **Syn Free**  
Birchwood Farm/ Strathvale Farm Diced Chicken Breast - **Syn Free**  
Birchwood Farm Turkey Breast Steaks - **Syn Free**  
Braemoor Cooked Chicken Breast Strips, Defrost & Eat - **Syn Free**  
Dulano Wafer Thin Smoked Chicken Breast, chilled (200g pack) - **Syn Free**  
Bally Manor Chicken Skewers, Garlic & Herb - **Syn Free**  
Warren & Sons Tikka Chicken Breast Slices 180g pack - **Syn Free**  
Dulano Cured Chicken Breast Slices - **Syn Free**  
Dulano Chicken Breast Slices - **Syn Free**

### **Fish/Seafood**

Atlantic Crayfish Tails in Brine, Chilled (Per 100g) - **Syn Free**  
Deluxe Irish Organic Hot Smoked Salmon, chilled (95g pack) - **Syn Free**  
Lighthouse Bay MSC Cod Fillets - **Syn Free**  
Ocean Sea Smoked Trout Fillets with Garlic, Chilled - **Syn Free**  
Ocean Sea Smoked Trout Fillets with Juniper Berries, Chilled - **Syn Free**

### **Lamb**

Birchwood Farm/ Strathvale Farm Lamb Loin Chops - **Syn Free**

### **Pork/Ham/Gammon/Bacon**

Birchwood Farm/ Strathvale Farm Pork Loin Medallions - **Syn Free**  
Dulano Roast Ham Slices, Lightly Seasoned, chilled (per 100g) - **Syn Free**  
Dulano Cooked Ham - **Syn Free**  
Deluxe Breaded Cured Ham Slices - **Syn Free**  
Hazelmead Farm Wafer Thin Cooked Ham, chilled (400g pack) - **Syn Free**  
Hazelmead Farm Honey Roast Ham Joint, chilled (500g pack) - **Syn Free**  
Warren & Sons Cooked Ham Slices - **Syn Free**  
Warren & Sons Wafer Thin Cooked Ham - **Syn Free**

## **Syn Free Pasta/Rice From Lidl**

Golden Sun Couscous, dried - **Syn Free**

## **Syn Free Vegetables From Lidl**

Albert Bartlett British Rooster Potatoes - **Syn Free**  
Italiama Minestrone Soup Vegetable & Herb Mix, chilled 1kg pack- **Syn Free**  
Lidl Baking Potatoes by Weight - **Syn Free**  
Lidl Butternut Squash by Weight- **Syn Free**  
Lidl Corquettes- **Syn Free**  
Lidl Cucumber- **Syn Free**  
Lidl Peppers- **Syn Free**  
Lidl Red Pepper- **Syn Free**  
Lidl Spring Onions- **Syn Free**  
Lidl Swede- **Syn Free**  
Lidl Sweet Mini Peppers- **Syn Free**  
Lidl Sweet Potatoes by Weight- **Syn Free**  
Lidl Tomatoes- **Syn Free**  
Lidl Vine Tomatoes - **Syn Free**  
Oaklands Baby Potatoes - **Syn Free**  
Oaklands Baby Plum Tomatoes - **Syn Free**  
Oaklands Cauliflower & Broccoli Florets - **Syn Free**  
Oaklands Celery- **Syn Free**  
Oaklands Chantenay Carrots - **Syn Free**  
Oaklands Cherry Tomatoes - **Syn Free**  
Oaklands Chestnut Mushrooms - **Syn Free**  
Oaklands Cobettes - **Syn Free**  
Oaklands Garlic - **Syn Free**  
Oaklands Green Beans - **Syn Free**  
Oaklands Iceberg Lettuce - **Syn Free**  
Oaklands Kalettes - **Syn Free**  
Oaklands Little Gem Lettuce - **Syn Free**  
Oaklands New Potatoes - **Syn Free**  
Oaklands Onions - **Syn Free**  
Oaklands Organic Carrots - **Syn Free**  
Oaklands Parsnips - **Syn Free**  
Oaklands Pointed Cabbage - **Syn Free**  
Oaklands Radish - **Syn Free**  
Oaklands Red Onions - **Syn Free**  
Oaklands Romaine Hearts - **Syn Free**  
Oaklands Salad Tomatoes - **Syn Free**  
Oaklands Salad Trio - **Syn Free**  
Oaklands Selection Rivolo Tomatoes - **Syn Free**  
Oaklands Snack Cucumbers - **Syn Free**  
Oaklands Snack Tomatoes - **Syn Free**  
Oaklands White Potatoes - **Syn Free**  
Scotty Brand Ayrshire Baby Potatoes - **Syn Free**

## **Syn Free Yogurt From Lidl**

Linessa Fat Free Natural Yogurt - **Syn Free**

Milbona Skyr High Protein Fat Free Yogurt, Peach & Passion Fruit - **Syn Free**  
Milbona Fat Free Greek Style Lemon Yogurt - **Syn Free**  
Milbona Fat Free Greek Style Strawberry Yogurt - **Syn Free**  
Milbona Fat Free Coconut & Vanilla Yogurt - **Syn Free**  
Milbona Fat Free Yogurt, Banana & Custard - **Syn Free**  
Milbona Fat Free Yogurt, Raspberry & Cranberry (175g Pot) - **Syn Free**  
Milbona Fat Free Yogurt, Smooth Toffee (175g Pot) - **Syn Free**  
Milbona Skyr High Protein Fat Free Yogurt, Vanilla (Per 100g) - **Syn Free**  
Milbona Skyr High Protein Fat Free Yogurt, Raspberry (Per 100g) - **Syn Free**  
Milbona Fat Free Yogurt, Vanilla with Chocolate Sprinkles (175g Pot) - **Syn Free**  
Milbona Skyr High Protein Fat Free Yogurt, Strawberry (Per 100g) - **Syn Free**  
Milbona Skyr High Protein Fat Free Yogurt, Blueberry (Per 100g) - **Syn Free**  
Milbona Skyr High Protein Fat Free Yogurt, Natural (Per 100g) - **Syn Free**  
Milbona Fat Free Yogurt, Cherry (175g Pot) - **Syn Free**  
Milbona Fat Free Strawberry Yogurt (175g Pot) - **Syn Free**

### **Low Syn Baking/Cooking Essentials From Lidl**

Batts Tikka Masala Curry Paste (1 level tbsp) - **1.5 Syns**  
Belbake Non Stick Baking Spray (1 level tsp) - **2 Syns**  
Chef Select Fajita Seasoning Mix, (Per Sachet) - **2.5 Syns**  
Kania Gravy Granules for Chicken, made up as directed (per 100ml) - **1.5 Syns**  
Vitasia Thai Curry Paste, Green (1 level tbsp) - **0.5 Syn**  
Vitasia Thai Curry Paste, Red (1 level tbsp) - **1 Syn**

### **Low Syn Canned/Cartons/Packets From Lidl**

Cutlers Premium Corned Beef, canned (per 100g) - **3 Syns**  
Cutlers Premium Stewed Steak with Rich Gravy (411g can) - **2 Syns**  
Eridanous Butter Beans in Tomato Sauce (280g can) - **6.5 Syns**  
Maribel Strawberry Jam, 50% Fruit Content 450g jar (1 level tsp) - **0.5 Syn**  
Newgate Beef Ravioli (400g can) - **2.5 Syns**  
Nixe Tuna Salad with Pasta, Mediterranean Style (220g can) - **5.5 Syns**

### **Low Syn Cheese From Lidl**

Crefee Soft Cheese with Red Pepper & Chilli (25g) - **3 Syns**  
Eridanous Feta Cheese Spread with Greek Yogurt (25g) - **2 Syns**  
Eridanous Feta Cheese Spread with Greek Yogurt & Herbs (25g) - **2 Syns**  
Goldessa Cream Cheese, Light (25g) - **1 Syn**  
Goldessa Cream Cheese with Herbs (25g) - **3 Syns**  
Linessa Processed Cheese Slices, Light 10 pack (20g slice) - **2 Syns**  
Milbona Cottage Cheese (200g pot) - **1 Syn**  
Milbona Light Cheese Mix 200g pack (25g) - **3.5 Syns**  
Milbona Cheese Triangles, Light 24 pack (16.7g each) - **1 Syn**  
Sofra Greek Style Salad Cheese (25g) - **3.5 Syns**  
Tenery Cheese Spread Triangles 24 pack (16.6g each) - **2 Syns**

Tenery Cheese Spread Triangles Light 24 pack (16.7g each) - **1 Syn**  
Valley Spire Cheese Dippers (30g pack) - **5.5 Syms**  
Valley Spire Lighter Mature Cheese (25g) - **4 Syms**  
Valley Spire Mild Cheese, Low Fat (25g) - **4 Syms**  
Valley Spire Peelable Cheese Twirlers (2 x 20g) - **6 Syms (or Healthy Extra A)**  
Valley Spire Pizza Cheese, Grated (25g) - **4 Syms**

### **Low Syn Frozen Food From Lidl**

Braemoor Chinese Chicken Thighs, frozen 1kg pack (per thigh) - **4.5 Syms**  
Braemoor Duck Breast Fillets with a Soy, Ginger & Plum Sauce, frozen (200g each) - **4 Syms**  
Braemoor Piri Piri Half Chicken in a Spicy Sauce, frozen 540g pack (195g serving) - **4.5 Syms**  
Chef Select Spicy Bean Quarter Pounders, frozen 4 pack (114g each) - **4 Syms**  
Chef Select Steam Meal, Salmon in Dill Sauce with Tagliatelle & Vegetables, frozen (400g pack) - **2.5 Syms**  
Deluxe Hog Roast with a Pork, Sage & Onion Stuffing, frozen 2.1kg pack (per 100g) - **6.5 Syms**  
Gelatelli Neapolitan Ice Cream Sandwiches 10 pack (48g each) - **5.5 Syms**  
Glenfield Premium Chicken Nuggets in Breadcrumbs, frozen (per 100g) - **4.5 Syms**  
Green Grocers Fragrant Golden Rice Steam Pouches, frozen 400g pack (200g pouch) - **1 Syn**  
Green Grocers Seasoned Mixed Vegetables, Oriental Style, frozen 750g pack (375g cooked) - **4.5 Syms**  
Harvest Basket French Fries, frozen 1kg bag (per 100g) - **2 Syms**  
Harvest Basket Potato Wedges, frozen 750g pack (per 100g) - **3 Syms**  
Harvest Basket Ready Baked Jacket Potatoes with Olive Oil, frozen 4 pack (200g each) - **0.5 Syn**  
Manor House Roast Turkey Dinner, Pork Sausages, Roast Potatoes, Vegetables & Stuffing, frozen - **7.5 Syms**  
Moordale Beef Burgers, frozen 12 pack (57g each) - **5 Syms**  
Moordale Lamb Grillsteaks, frozen 6 pack (85g each) - **6 Syms**  
Newgate Pork Dinner with Roast Potatoes, frozen (400g pack) - **5 Syms**  
Newgate Roast Lamb Dinner with Potatoes, frozen (400g pack) - **6.5 Syms**  
Newgate Steam Meal Chicken & Pasta with Vegetables in Tomato & Basil Sauce, frozen (400g pack) - **7 Syms**  
Ocean Trader Chunky Cod Fillets in Crispy Breadcrumbs, frozen 4 pack (125g each) - **6.5 Syms**  
Ocean Trader Cod Fillets in a Herb & Butter Sauce, frozen (each baked) - **1.5 Syms**  
Ocean Trader Haddock Fillets with a Wholesome Seed Dusting, frozen (95g each) - **4.5 Syms**  
Ocean Trader Light & Crispy Breaded Cod Fishcakes, frozen 4 pack (80g each) - **4 Syms**  
Ocean Trader Lightly Dusted Plaice Fillets & Roasted Garlic & Parsley Dusting,

frozen (115g each) - **6.5 Syns**

Ocean Trader Lightly Dusted River Cobbler Fillets, Chilli, Lime & Coriander, frozen (160g each) - **4.5 Syns**

Ocean Trader Lightly Dusted Yellow Fin Sole Fillets, frozen 250g twin pack (125g each) - **6 Syns**

Ocean Trader Premium Chunky Cod Fillets in Batter, frozen 4 pack (each baked) - **6 Syns**

Ocean Trader Premium Chunky Haddock Fillets in Breadcrumbs, frozen 4 pack (113g each) - **6.5 Syns**

Partytime Cheese & Onion Pastry Rolls, frozen 36 pack (15g each) - **4.5 Syns**

Partytime Garlic Bread Slices, frozen 10 pack (per slice) - **5 Syns**

Partytime Mini Duck Spring Rolls, frozen 12 pack (20g each) - **2.5 Syns**

Vitasia Sweet & Sour Chicken with Vegetables & Mie Noodles, frozen (400g pack) - **6 Syns**

Whats Cooking? Meat Free Lincolnshire Sausages, frozen 8 pack (42g each) - **1.5 Syns**

## **Low Syn Meat (Chilled) From Lidl**

### **Beef**

Birchwood Farm British Beef Meatballs, chilled 12 pack (each) - **1.5 Syns**

Birchwood Farm Chilli Beef Kebabs, chilled 4 pack (80g each) - **4.5 Syns**

Birchwood Farm Tomato & Red Chilli Beef Burgers, chilled 4 pack (114g each) - **6 Syns**

Birchwood Farm Vintage Cheddar Beef Burgers, chilled 4 pack (114g each) - **7.5 Syns**

Braemoor Pulled Beef with a Bourbon BBQ Sauce, chilled 380g pack (127g serving) - **0.5 Syn**

Chef Select Smoky BBQ Pulled Beef, chilled 400g pack (133g serving) - **2 Syns**

Moordale Peppered Grilled Beefsteaks, chilled 4 pack (85g each) - **5 Syns**

### **Chicken/Turkey/Duck**

Birchwood Farm Chicken Mini Fillet Skewers, Smoky BBQ, chilled 4 pack (58g each) - **1 Syn**

Birchwood Farm Sweet Chilli Chicken Skewers - **0.5 Syn**

Braemoor Basted Chicken Breast Joint with Stuffing, (Per 100g) - **2 Syns**

Braemoor Chinese Chicken Thighs, frozen 1kg pack (per thigh) - **4.5 Syns**

Braemoor Duck Breast Fillets with Soy Ginger & Plum Sauce, (Per Fillet) - **4 Syns**

Braemoor Garlic & Herb Chicken Steaks - **2 Syns Each**

Braemoor Piri Piri Skin-on Chicken Breast Fillets, chilled (200g each) - **1.5 Syns**

Warren & Sons BBQ Chicken Breast Slices, Ready to Eat, chilled (180g pack) - **3.5 Syns**

Warren & Sons Sweet Chilli Chicken Breast Slices - **2.5 Syns**

### **Fish/Seafood**

Braemoor Seafood Salmon Burgers, (Each) - **1 Syn**

Chef to Go Select Sushi Box Naniwa (190g Pack) - **2.5 Syns**

Chef to Go Select Sushi Box Joto (200g Pack) - **5 Syms**  
Chef to Go Select Sushi Box Ikuno (200g Pack) - **4 Syms**  
Ocean Trader Cod Fillets in Herb & Butter Sauce (Each) - **1.5 Syms**  
Ocean Trader Cod Fillets with Broccoli Mornay, Frozen, (Each) - **2 Syms**  
Ocean Trader Cod Provençale, (Each) - **2.5 Syms**  
Ocean Trader Haddock Fillets with A Wholesome Seed Dusting (Each) - **4 Syms**  
Reef Crest Haddock Fillets in Herb Butter, Frozen, Twin Pack, (Each) - **1 Syn**

### **Lamb**

Braemoor Lamb Shank in a Rich Red Wine & Rosemary Gravy, chilled (450g pack) - **5 Syms**  
Braemoor Lamb Shank Slow Cooked in a Rich Mint Gravy, chilled (450g pack) - **2.5 Syms**  
Chef Select Lamb Shank with Mint Gravy, chilled (450g pack) - **2.5 Syms**  
Eridanous Lamb Souvlaki Shish Kebabs 4 pack (80g each) - **4 Syms**

### **Pork/Ham/Gammon/Bacon**

Deluxe Caramelised Onion Pork Sausages, chilled 6 pack (50g each) - **3.5 Syms**  
Deluxe Pork Chipolatas, chilled 10 pack (37.5g each) - **2.5 Syms**  
Deluxe Pork Sausages, chilled 6 pack (67g each) - **4.5 Syms**  
Deluxe Smoked Honey Cured Streaky Bacon Rashers, chilled 12 pack (per rasher) - **1 Syn**  
Deluxe Smoked Maple Cured Back Bacon Rashers, chilled 6 pack (per rasher) - **1.5 Syms**  
Deluxe Sweet Chilli Pork Sausages, chilled 6 pack (67g each) - **4 Syms**  
España Original Jamon Serrano Ham Slices (per 100g) - **3 Syms**  
Hazelmead Farm Pork Sausages, chilled 8 pack (57g each) - **4.5 Syms**  
Just Free Pork Sausages, Gluten Free, chilled 8 pack (29g each) - **3.5 Syms**  
Milton Gate Cumberland Sausages, chilled 6 pack (67g each) - **6.5 Syms**  
Milton Gate Mixed Pepper Pork Loin, chilled 500g pack (per 100g) - **1 Syn**  
Milton Gate Pork & Bramley Apple Sausages, chilled 6 pack (67g each) - **6.5 Syms**  
Milton Gate Pork Chipolata Sausages, chilled 10 pack (37.5g each) - **4 Syms**

### **Low Syn Pasta/Rice From Lidl**

Newgate Snack Shot Pasta, Creamy Cheese, made up as directed - **3.5 Syms**  
Newgate Snack Shot Pasta, Roast Chicken, made up as directed - **2.5 Syms**  
Newgate Snack Shot Noodles, Spicy Sweet & Sour - **1.5 Syms**

### **Low Syn Ready/Micro Meals From Lidl**

Chef Select Sauteed Potatoes with Smoked Bacon & Onion, (250g Serving) - **3 Syms**  
Chef Select Steam Meal, Salmon in Dill Sauce & Tagliatelle - **2.5 Syms**  
Lidl Chef Select Sweet & Sour Chicken with Egg Fried Rice, chilled (450g pack) - **8 Syms**

Golden Sun Long Grain Rice, Microwaveable (250g pouch) - **2.5 Syns**

Newgate Lamb Dinner with Potatoes, Frozen Pack - **6.5 Syns**

Newgate Pork Dinner with Roast Potatoes, Frozen Pack - **5 Syns**

### **Low Syn Sandwich Fillers From Lidl**

Lidl Meadow Fresh Cheese & Onion Sandwich Filler, chilled (1 level tbsp) - **2.5 Syns**

**2.5 Syns**

Lidl Meadow Fresh Egg Mayonnaise Sandwich Filler, chilled (1 level tbsp) - **1.5 Syns**

**1.5 Syns**

### **Low Syn Sauces From Lidl**

Batts Chilli Mayonnaise, Squeezy (1 level tbsp) - **2 Syns**

Batts Deluxe Caesar Dressing (1 level tbsp) - **2 Syns**

Batts Mayonnaise, Lighter Than Light (1 level tbsp) - **0.5 Syn**

Batts Salad Cream, Light (1 level tbsp) - **1.5 Syns**

Batts Tomato Ketchup (1 level tbsp) - **0.5 Syn**

Oak Lane Extra Light Mayonnaise (1 level tbsp) - **1 Syn**

### **Low Syn Vegetables From Lidl**

Chef Select Roast Mediterranean Veg with Basil & Pesto, (170g Serving) - **2 Syns**

### **Low Syn Yogurt From Lidl**

Linessa Light 0.1% Fat Fruit Yogurt, (125g Pot) - **2 Syns**

Milbona Fat Free Lemon Cheesecake Yogurt, (175g Pot) - **1 Syn**

Milbona Fat Free Natural Yoghurt (Per 100g) - **1.5 Syns**

Milbona Fat Free Mint & Chocolate Sprinkles Yogurt, (Per Pot) - **0.5 Syn**

Milbona Light Fruit Yogurts, Low Fat, all varieties 8 pack (125g pot) - **2.5 Syns**

### **Low Syn Snacks/Crisps/Treats From Lidl**

Amanie Finest Toffee Selection (each) - **1.5 Syns**

Amanie Gala Fruit Sweets, (Each) - **1 Syn**

Choco Softies Chocolate Coated Soft Marshmallows (25g each) - **4 Syns**

Crownfield Chocolate Muesli Bar, No Added Sugar 8 pack (25g bar) - **5 Syns**

Crownfield White Chocolate Muesli Bar, No Added Sugar 8 pack (25g bar) - **4.5 Syns**

Deluxe Dark Chocolate & Mint Coated Shortbread Rounds (each) - **3.5 Syns**

Deluxe Hand Cooked Crisps, Mature Cheddar & Red Onion (25g) - **6 Syns**

Deluxe Hand Cooked Crisps, Spanish Chorizo, Cheese & Chilli (25g) - **6 Syns**

Deluxe Hand Cooked Crisps, Sweet Chilli & Sour Cream (25g) - **6 Syns**

Deluxe Ice Cream Fancies, Quark & Raspberry (10ml each) - **1 Syn**

Deluxe Turkish Delight, Coated in Milk Chocolate (25g) - **5 Syns**

Favorina Coconut Macaroons with Dark Chocolate 200g pack (12g each) - **3 Syns**

Favorina Stollen with a Marzipan & Hazelnut Filling 500g pack (25g) - **5.5 Syns**

Gelatelli Choc-Cherry Ice Cream Sandwiches 10 pack (49g each) - **5 Syms**  
Gelatelli Mini-Mix Chocolate Ice Cream Lollies, All Varieties (50ml Each) - **6 Syms**  
Gelatelli Neapolitan Ice Cream Sandwiches 10 Pack (48g Each) - **5.5 Syms**  
Gelatelli Space Runners Ice Lollies 10 pack (60g each) - **2 Syms**  
Gelatelli Vanilla & Chocolate Mini Ice Cream Cones 12 Pack (28ml Each) - **3 Syms**  
J. D. Gross Amazonas Finest Dark Chocolate, 60% Cocoa 125g bar (per square) - **3.5 Syms**  
J. D. Gross Dark Chocolate with Arriba Cocoa Beans 125g bar (per square) - **3.5 Syms**  
J. D. Gross Ecuador Finest Dark Chocolate with Raspberry, 70% Cocoa 125g Bar (Per Square) - **3.5 Syms**  
Knights Bacon Rashers Snacks (20g bag) - **4.5 Syms**  
McEnnedy Chocolate Chunk Cookies (each) - **4.5 Syms**  
Mister Choc Bellona, Hazelnut (21.5g bar) - **6 Syms**  
Mister Choc Candy Minis 20 pack (17.5g bar) - **4 Syms**  
Mister Choc Choco & Caramel Chocolate Bars 8 pack (45g bar) - **10.5 Syms**  
Mister Choc Choco & Caramel Minis (22g bar) - **5 Syms**  
Mister Choc Choco Chips, Crispy Mint (per thin) - **1 Syms**  
Mister Choc Choco Chips, Crispy Orange (per thin) - **1 Syms**  
Mister Choc Choco Sticks, Milk Creme (each) - **1 Syms**  
Mister Choc Choco Thins, Crispy Mint (each) - **1 Syms**  
Mister Choc Chocolate Mini Bars with Milk Creme Filling 11 pack (18.2g bar) - **5 Syms**  
Mister Choc Chocolate Mini Bars with Strawberry Yogurt Filling 11 pack (18.2g bar) - **5 Syms**  
Mister Choc Cocos & Choco Mini Chocolate Bar 350g pack (25g bar) - **6 Syms**  
Mister Choc Milk Chocolate Raisins (25g) - **5.5 Syms**  
Mister Choc Nougat & Choco Minis (17g bar) - **4 Syms**  
Noblissima Macarons, Frozen, (Each) - **2 Syms**  
Northwood Chocolate Cheesecake Mini Bites 12 Pack (20g Each) - **5.5 Syms**  
Northwood Stem Ginger & Dark Chocolate Mini Bites 12 pack (23g each) - **5.5 Syms**  
Simply Soft Scoop Ice Cream, Vanilla (per 100ml) - **3 Syms**  
Snaktastic Cheese Curls (12g bag) - **3.5 Syms**  
Snaktastic Cheese Puffs (17g bag) - **4.5 Syms**  
Snaktastic Crunchy Fries, Ready Salted (15g bag) - **3.5 Syms**  
Snaktastic Lentil Curls, Sour Cream & Onion (20g bag) - **4.5 Syms**  
Snaktastic Lights Crinkle Cut Crisps, Cheese & Onion (25g bag) - **6 Syms**  
Snaktastic Lights Crinkle Cut Crisps, Ready Salted (25g bag) - **6 Syms**  
Snaktastic Lights Crinkle Cut Crisps, Salt & Vinegar (25g bag) - **6 Syms**  
Snaktastic Microwave Popcorn, Sweet, cooked as directed (50g serving) - **10 Syms**  
Snaktastic Monster Claws, all varieties (18g bag) - **4.5 Syms**  
Snaktastic Multigrain Snacks, Sour Cream & Black Pepper Crispy Bites (25g

bag) - **5.5 Syms**

Snaktastic Multigrain Snacks, Sweet Chilli Crispy Bites (25g bag) - **5.5 Syms**

Snaktastic Pea Snacks, Chilli with a Twist of Lime (21g bag) - **4 Syms**

Snaktastic Pea Snacks, Malaysian Spicy Curry (21g bag) - **4 Syms**

Snaktastic Popcorn, Salted (15g bag) - **3.5 Syms**

Snaktastic Popcorn, Sweet (15g bag) - **3.5 Syms**

Snaktastic Popcorn, Sweet & Salted (15g bag) - **3.5 Syms**

Snaktastic Popd, Barbecue (25g) - **5.5 Syms**

Snaktastic Popd, Sour Cream & Onion (25g) - **5.5 Syms**

Snaktastic Potato Crisps, Cheese & Onion (25g bag) - **7 Syms**

Snaktastic Potato Crisps, Prawn Cocktail (25g bag) - **6.5 Syms**

Snaktastic Potato Crisps, Ready Salted (25g bag) - **7 Syms**

Snaktastic Potato Crisps, Roast Chicken (25g bag) - **6.5 Syms**

Snaktastic Potato Crisps, Salt & Vinegar (25g bag) - **6.5 Syms**

Snaktastic Potato Crisps, Smoky Bacon (25g bag) - **7 Syms**

Snaktastic Potato Crisps, Steak & Onion (25g bag) - **6.5 Syms**

Snaktastic Potato Hoops, Ready Salted (25g bag) - **6 Syms**

Snaktastic Potato Sticks, Salt & Vinegar 125g bag (25g) - **6.5 Syms**

Snaktastic Potato Sticks, Sour Cream & Onion 125g bag (25g) - **7 Syms**

Snaktastic Prawn Crackers (25g) - **6.5 Syms**

Snaktastic Ridge Cut Potato Crisps, Cheese & Onion (30g bag) - **7.5 Syms**

Snaktastic Ridge Cut Potato Crisps, Ready Salted (30g bag) - **8 Syms**

Snaktastic Ridge Cut Potato Crisps, Salt & Malt Vinegar (30g bag) - **7.5 Syms**

Snaktastic Salt Your Own Crisps (25g bag) - **6.5 Syms**

Snaktastic Tortilla Chips, Cool Original (25g) - **6 Syms**

Snaktastic Tortilla Chips, Nacho Cheese (25g) - **6 Syms**

Sondey Biscino, Milk Chocolate Butter Biscuits 125g pack (each) - **3.5 Syms**

Sondey Dark Chocolate Butter Biscuits 125g pack (each) - **3.5 Syms**

Sondey Rice Cakes with Dark Chocolate Coating (each) - **4 Syms**

Tower Gate All Butter Shortbread Fingers (each) - **4.5 Syms**

Tower Gate All Butter Shortbread Rounds, Chocolate Chip (each) - **4.5 Syms**

Tower Gate Bourbon Creams (each) - **3.5 Syms**

Tower Gate Breakout, Milk Chocolate Digestive Bars (19g bar) - **4.5 Syms**

Tower Gate Canyon Caramel Chunky Biscuits Bars (21g bar) - **5 Syms**

Tower Gate Canyon Milk Chocolate Chunky Biscuit Bar (21g bar) - **5.5 Syms**

Tower Gate Caramel Wafer Bars (28g bar) - **6.5 Syms**

Tower Gate Choc Attack, Milk Chocolate Wafer Bars (21.5g bar) - **5.5 Syms**

Tower Gate Choc Chip Cookies (each) - **2.5 Syms**

Tower Gate Chocolate Wafer Bars (19g bar) - **5 Syms**

Tower Gate Custard Creams (each) - **3 Syms**

Tower Gate Digestive Biscuits (each) - **4 Syms**

Tower Gate Digestive Biscuits, Dark Chocolate (each) - **4.5 Syms**

Tower Gate Digestive Biscuits, Milk Chocolate (each) - **4.5 Syms**

Tower Gate Fig Rolls (each) - **3.5 Syms**

Tower Gate Fruit Shortcake Biscuits (each) - **2 Syms**

Tower Gate Ginger Nuts Biscuits (each) - **2.5 Syms**

Tower Gate Golden Crunchy Creams (each) - **4 Syns**  
Tower Gate Half Coated Cookies, Chocolate Chunk (each) - **6.5 Syns**  
Tower Gate Half Coated Cookies, Fruit & Nut (each) - **6 Syns**  
Tower Gate Jam & Cream Biscuits (each) - **3.5 Syns**  
Tower Gate Jammy Wheels (each) - **4 Syns**  
Tower Gate Malted Milk Biscuits (each) - **2 Syns**  
Tower Gate Malted Milk Mini Biscuits (25g bag) - **6 Syns**  
Tower Gate Milk Chocolate Animal Biscuits (22g bag) - **5.5 Syns**  
Tower Gate Milk Chocolate Arctic Biscuit Bars (25.3g bar) - **6.5 Syns**  
Tower Gate Mini Cookies, Chocolate Chip (25g bag) - **6 Syns**  
Tower Gate Mini Iced Ring Biscuits (25g bag) - **5.5 Syns**  
Tower Gate Mint Arctic Bars (25.3g bar) - **7 Syns**  
Tower Gate Mint Chocolate Rounds (each) - **3.5 Syns**  
Tower Gate Oaties with Milk Chocolate (each) - **4.5 Syns**  
Tower Gate Oven Baked Cheese Thins (each) - **1 Syns**

### **Healthy Extra A Options From Lidl**

Soywell soya alternative to milk, unsweetened (**350ml**)  
Milbona Semi Skimmed Milk, UHT (**250ml**)  
Valley Spire Lighter Mature Cheese (**40g**)  
Valley Spire Peelable Cheese Twirlers (**2 x 20g**)

### **Healthy Extra B Options From Lidl**

Chef Select Tomato & Basil Soup (**300g**)  
Connell Bakery Wholemeal Soda Bread (**1 Slice**)  
Rowan Hill Bakery Wholemeal Farmhouse Bread (**1 Thick Slice**)  
Lidl Just Free Multigrain Slices Pan, Gluten Free (**1 Slice**)  
Lidl Maitre Jean Pierre Rye Bread with Sunflower Seeds (**1 Slice**)  
Connell Bakery Wholemeal Soda Bread (**1 Slice**)  
Rowan Hill Bakery Seeded Wholemeal Farmhouse Bread (**1 Slice**)  
Rivercote Sesame Wholegrain Rye Crispbread (**4**)  
Crownfield Bixies Wholewheat Biscuits (**2**)  
Grafschafter Milky Crispbread (**2**)  
Grafschafter Sesame Crispbread (**3**)  
Crownfield Mini Wheats (**45g**)  
Crownfield Malt Wheats (**40g**)  
Crownfield Apricot Wheats (**45g**)  
Crownfield Red Cherry Wheats (**45g**)  
Crownfield Fruit & Fibre Cereal (**40g**)  
Crownfield Bran Flakes (**45g**)  
Crownfield Blueberry Wheats 500g Pack (**45g**)  
Simply Sumptuous Muesli, Really Nutty (**40g**)  
Oatilicious Scottish Porridge Oats, Dried (**40g**)