

ASDA SLIMMING WORLD LIST - FATGIRLSKINNY.NET

Hopefully this Asda Slimming World Shopping List will be of a great help to many of you. Obviously Asda sells 1000's of products but these are some great Slimming World friendly products to help you to compile a great shopping list.

List Updated: 2nd March 2018

Please note: I try to keep the Syn values up to date as often as I can. But I am not perfect, this is a free to use website and I am in no way associated with Slimming World. If you want to be 100% sure that the Syn values are correct please check the official [Slimming World website](#).

Baking/Cooking Essentials From Asda

Syn Free:

Asda Chosen by You Yeast Extract (per 100g) - **Syn Free**

Asda Extra Special Roast Beef Stock, Concentrated, chilled (250g pouch) - **Syn Free**

Asda Extra Special Roast Chicken Stock, Concentrated, chilled (250g pouch) - **Syn Free**

Asda Extra Special Vegetable Stock, Concentrated, chilled (250g pouch) - **Syn Free**

Asda Piri Piri Seasoning - **Syn Free**

Asda Stock Cubes, Beef - **Syn Free**

Asda Stock Cubes, Chicken - **Syn Free**

Asda Stock Cubes, Vegetable - **Syn Free**

Asda Stock Pots, Beef (24g pot) - **Syn Free**

Asda Stock Pots, Chicken (24g pot) - **Syn Free**

Asda Stock Pots, Vegetable (24g pot) - **Syn Free**

Frylight (All Varieties) - **Syn Free**

Low Syn:

Asda Bolognese Seasoning (1 level tbsp) - **2 Syns**

Asda Chosen by You Cajun Seasoning, dried (1 level tbsp) - **1 Syns**

Asda Chosen by You Jerk Seasoning, dried (1 level tsp) - **0.5 Syns**

Asda Chosen by You Mexican Style Fajita Seasoning Mix (30g sachet) - **4.5 Syns**

Asda Chosen by You Seasoning for Chips & Wedges, Spicy Tomato (1 level tbsp) - **1 Syns**

Asda Dukkah Crunchy Seasoning 50g tub (1 level tsp) - **1 Syns**

Asda Fiery Fajita Seasoning Mix (30g sachet) - **4.5 Syns**

Asda Olive Oil Spray (5 sprays) - **0.5 Syns**

Asda Roast Potato Seasoning (1 level tbsp) - **2 Syns**

Asda Taco Seasoning Mix, Mild (30g sachet) - **4.5 Syms**

Bread/Rolls/Wraps From Asda

Asda Bakers Selection Crumpets 6/9 pack (50g each) - **5.5 Syms**

Asda Bakers Selection Wholemeal Crumpets 6 pack (50g each) - **4.5 Syms**

Asda Extra Special Farmhouse White Sliced Bread 800g loaf (1 slice) - **5 Syms**

Asda Extra Special Malted Farmhouse Sliced Bread 800g loaf (1 slice) - **5.5 Syms**

Asda Extra Special Wholemeal & Rye Farmhouse Sliced Bread 800g loaf (1 slice) - **5 Syms**

Asda Free From Brown Bread 535g loaf (1 slice) - **4 Syms**

Asda Free From Multiseed Bread 400g loaf (1 slice) - **4 Syms**

Asda Free From Seeded White Bread 535g (1 slice) - **4.5 Syms**

Asda Free From White Bread 535g loaf (1 slice) - **4.5 Syms**

Asda Soft White Medium Sliced Bread 800g loaf (1 slice) - **5 Syms**

Asda Wheat & White Medium Sliced Bread 800g loaf (1 slice) - **4.5 Syms**

Asda White Sourdough Sliced Bread 450g loaf (1 slice) - **5 Syms**

Asda Wholemeal Medium Sliced Bread 800g loaf (1 slice) - **4.5 Syms**

Canned/Tinned/Cartons From Asda

Syn Free:

Asda Baked Beans in Tomato Sauce, canned (per 100g) - **Syn Free**

Asda Baked Beans in Tomato Sauce, Reduced Sugar & Salt, canned (per 100g) - **Syn Free**

Asda Broad Beans, canned (per 100g) - **Syn Free**

Asda Carrots, Sliced/Whole, canned (per 100g) - **Syn Free**

Asda Chilli Beans in Chilli Sauce, canned (per 100g) - **Syn Free**

Asda Chosen by You Mixed Vegetables, canned (per 100g) - **Syn Free**

Asda Chosen by You Mushy Peas, canned (per 100g) - **Syn Free**

Asda Chosen by You Peeled Plum Tomatoes, canned (per 100g) - **Syn Free**

Asda Chosen by You Red/Pink Pacific Salmon, canned (per 100g) - **Syn Free**

Asda Chosen by You Sardines in Brine, canned (per 100g) - **Syn Free**

Asda Chosen by You Sardines in Tomato Sauce, canned (per 100g) - **Syn Free**

Asda Chosen by You Whole Button Mushrooms, canned (per 100g) - **Syn Free**

Asda Garden Peas, canned (per 100g) - **Syn Free**

Asda Good & Balanced Borlotti Beans, canned (per 100g) - **Syn Free**

Asda Good & Balanced Butter Beans, canned (per 100g) - **Syn Free**

Asda Good & Balanced Cannellini Beans, canned (per 100g) - **Syn Free**

Asda Good & Balanced Green Lentils, canned (per 100g) - **Syn Free**

Asda Good & Balanced Mexican Style Bean Mix, canned (per 100g) - **Syn Free**

Asda Good & Balanced Pinto Beans, canned (per 100g) - **Syn Free**

Asda Haricot Beans, canned (per 100g) - **Syn Free**

Asda Mackerel Fillets in Barbecue Sauce, canned (per 100g) - **Syn Free**

Asda Mackerel Fillets in Teriyaki Sauce, canned (per 100g) - **Syn Free**

Asda Mackerel Fillets in Tomato Sauce, canned (per 100g) - **Syn Free**

Asda Mixed Bean Salad, canned (per 100g) - **Syn Free**

Asda Mixed Beans in Tomato Sauce, canned (per 100g) - **Syn Free**
Asda Naturally Sweet Sweetcorn, canned (per 100g) - **Syn Free**
Asda New Potatoes, canned (per 100g) - **Syn Free**
Asda Organic Red Kidney Beans, canned (per 100g) - **Syn Free**
Asda Petits Pois, canned (per 100g) - **Syn Free**
Asda Premium Lean Ham, canned (per 100g) - **Syn Free**
Asda Red/Pink Salmon, Skinless & Boneless, canned (per 100g) - **Syn Free**
Asda Scottish Mackerel Fillets in Brine, canned (per 100g) - **Syn Free**
Asda Skipjack Tuna Chunks in Brine, canned (per 100g) - **Syn Free**
Asda Smart Price Baked Beans in Tomato Sauce, canned (per 100g) - **Syn Free**
Asda Smart Price Chopped Tomatoes, canned (per 100g) - **Syn Free**
Asda Smart Price Garden Peas, canned (per 100g) - **Syn Free**
Asda Smart Price Marrowfat Peas, canned (per 100g) - **Syn Free**
Asda Smart Price Mushy Peas, canned (per 100g) - **Syn Free**
Asda Smart Price New Potatoes, canned (per 100g) - **Syn Free**
Asda Smart Price Plum Tomatoes, canned (per 100g) - **Syn Free**
Asda Smart Price Red Kidney Beans, canned (per 100g) - **Syn Free**
Asda Smart Price Sliced Carrots, canned (per 100g) - **Syn Free**
Asda Smart Price Sliced Mushrooms, canned (per 100g) - **Syn Free**
Asda Smart Price Spaghetti Loops in Tomato Sauce, canned (per 100g) - **Syn Free**
Asda Smart Price Sweetcorn in Water, canned (per 100g) - **Syn Free**
Asda Smart Price Tuna Chunks in Brine, canned (per 100g) - **Syn Free**
Asda Spaghetti in Tomato Sauce, canned (per 100g) - **Syn Free**
Asda Stir Fry Veg, canned (per 100g) - **Syn Free**
Asda Tuna Chunks in Spring Water, canned (per 100g) - **Syn Free**
Asda Vegetable Chilli, canned (400g can) - **Syn Free**

Low Syn:

Asda Chosen by You Apple Slices, canned (per 100g) - **2 Syns**
Asda Chosen by You Blackberries in Fruit Juice, canned (per 100g) - **1.5 Syns**
Asda Chosen by You Corned Beef, canned 340g can (85g serving) - **3 Syns**
Asda Chosen by You Evaporated Milk, canned (1 level tbsp) - **1 Syns**
Asda Chosen by You Grapefruit Salad in Grapefruit Juice, canned (per 100g) - **1.5 Syns**
Asda Chosen by You Grapefruit Segments in Grapefruit Juice, canned (per 100g) - **1.5 Syns**
Asda Chosen by You Mandarin Segments in Orange Juice, canned (per 100g) - **1.5 Syns**
Asda Chosen by You Mixed Berries in Light Syrup, canned (per 100g) - **3.5 Syns**
Asda Chosen by You Peach Halves in Fruit Juice, canned (per 100g) - **2.5 Syns**
Asda Chosen by You Pear Halves in Fruit Juice, canned (per 100g) - **2.5 Syns**
Asda Chosen by You Pitted Black Olives in Brine, canned (25g) - **1.5 Syns**
Asda Chosen by You Raspberries in Light Syrup, canned (per 100g) - **2.5 Syns**
Asda Chosen by You Rhubarb in Light Syrup, canned (per 100g) - **2.5 Syns**

Asda Chosen by You Sweetened Condensed Milk, canned (1 level tbsp) - **2.5**

Syns

Asda Coconut Milk, canned (1 level tbsp) - **1 Syns**

Asda Coconut Milk, Reduced Fat, canned (100ml) - **3 Syns**

Asda Good for You Evaporated Semi-skimmed Milk, canned (1 level tbsp) - **1**

Syns

Asda Peach Slices in Fruit Juice, canned (per 100g) - **2 Syns**

Asda Pear Quarters in Fruit Juice, canned (per 100g) - **2.5 Syns**

Asda Smart Price Corned Beef, canned 340g can (85g serving) - **3 Syns**

Asda Smart Price Grapefruit Pieces in Light Syrup, canned (per 100g) - **3.5**

Syns

Asda Smart Price Mandarin Pieces in Light Syrup, canned (per 100g) - **3 Syns**

Asda Smart Price Peach Slices in Light Syrup, canned (per 100g) - **3.5 Syns**

Asda Strawberries in Light Syrup, canned (per 100g) - **3.5 Syns**

Asda Summer Fruits in Light Syrup, canned (per 100g) - **3 Syns**

Cheese From Asda

Syn Free:

Arla Quark Cooking Cheese, Plain (per 100g) - **Syn Free**

Asda 70% Less Fat Cottage Cheese, Natural (per 100g) - **Syn Free**

Asda Cottage Cheese with Cracked Black Pepper, Fat Free (per 100g) - **Syn Free**

Asda Cottage Cheese with Onion & Chives, Fat Free (per 100g) - **Syn Free**

Asda Cottage Cheese with Sweet Chilli & Grilled Pepper, Fat Free (per 100g) - **Syn Free**

Asda Natural Cottage Cheese, Fat Free (per 100g) - **Syn Free**

Asda Smart Price Natural Cottage Cheese (per 100g) - **Syn Free**

Asda Quark, Fat Free (per 100g) - **Syn Free**

Low Syn:

Asda Austrian Smoked Flavoured Processed Cheese (25g) - **4 Syns**

Asda British Cheddar Cheese Slices, all varieties 10 pack (25g slice) - **5 Syns**

Asda British Cheddar Cheese, Block/Grated, all varieties (25g) - **5 Syns**

Asda British Cheese Slices, 30% Less Fat 10 pack (20g slice) - **3.5 Syns**

Asda British Cheese Slices, 50% Less Fat, all varieties 8 pack (2 x 20g) - **5.5 Syns**

Asda British Cheese Slices, 50% Less Fat, all varieties 8 pack (20g slice) - **3 Syns**

Asda British Cheese, 30% Less Fat, all varieties (25g) - **4 Syns**

Asda British Cheese, 50% Less Fat, all varieties (25g) - **3.5 Syns**

Asda Caerphilly Cheese (25g) - **5 Syns**

Asda Cheddar & Mozzarella Cheese Blend, Grated (25g) - **4.5 Syns**

Asda Cheese Singles 10/20 pack (2 x 20g) - **5.5 Syns**

Asda Cheese Singles 10/20 pack (20g slice) - **3 Syns**

Asda Cheese Singles, Light 10/20 pack (20g slice) - **2 Syns**

Asda Chosen by You Salad Cheese, chilled 200g pack (25g) - **2.5 Syns**

Asda Cottage Cheese with Pineapple, Fat Free (per 100g) - **0.5 Syns**

Asda Edam Cheese Slices 10/16 pack (1 x 25g) - **4 Syms**
Asda Edam Cheese Slices 10/16 pack (25g slice) - **4 Syms**
Asda Extra Special Blue Stilton Cheese (25g) - **5 Syms**
Asda Extra Special Butlers Mature Farmhouse Taste Lancashire Cheese (25g)
- **5 Syms**
Asda Extra Special Roquefort Cheese (25g) - **4.5 Syms**
Asda Fiery Cheese Blend, Grated (25g) - **4 Syms**
Asda Four Cheese Blend, Grated (25g) - **4 Syms**
Asda Goats Cheese (25g) - **3.5 Syms**
Asda Gouda Cheese (30g) - **5.5 Syms**
Asda Gouda Cheese Slices 10/16 pack (20g slice) - **3.5 Syms**
Asda Grana Padano Cheese, Block/Grated (25g) - **5 Syms**
Asda Gruyere Cheese (25g) - **5 Syms**
Asda Hard Goats Cheese (25g) - **5 Syms**
Asda Iberico Cheese (25g) - **5.5 Syms**
Asda Lancashire Cheese (25g) - **5 Syms**
Asda Mascarpone Cheese (25g) - **5 Syms**
Asda Mascarpone Cheese, Light (25g) - **3.5 Syms**
Asda Natural Cottage Cheese (per 100g) - **1.5 Syms**
Asda Parmesan Cheese, Block/Grated/Shaved (25g) - **5 Syms**
Asda Pecorino Romano Cheese, Block/Grated (25g) - **5 Syms**
Asda Red British Cheese Slices, 30% Less Fat 10 pack (1 x 25g) - **4 Syms**
Asda Red British Cheese, 30% Less Fat (25g) - **4 Syms**
Asda Red Leicester Cheese Slices 10 pack (25g slice) - **5 Syms**
Asda Red Leicester Cheese, Block/Grated (25g) - **5 Syms**
Asda Ricotta Cheese (25g) - **1.5 Syms**
Asda Ripening Goats Cheese (25g) - **3.5 Syms**
Asda Roule Soft Cheese, Garlic & Herb (25g) - **4 Syms**
Asda Smart Price Cheddar Cheese, Block/Grated, all varieties (25g) - **5 Syms**
Asda Smart Price Cheese Singles 10 pack (17g slice) - **2.5 Syms**
Asda Smart Price Cheesy Spread (25g) - **2 Syms**
Asda Smart Price French Blue Cheese (25g) - **4 Syms**
Asda Smart Price Greek Style Salad Cheese (25g) - **3.5 Syms**
Asda Smart Price Hard Cheese, Wedge/Grated (25g) - **5 Syms**
Asda Smart Price Mozzarella Cheese (25g) - **3 Syms**
Asda Smart Price Mozzarella Cheese (45g) - **5.5 Syms**
Asda Smart Price Red Leicester Cheese (25g) - **5 Syms**
Asda Smart Price Soft Cheese (25g) - **2.5 Syms**
Asda Smoked Cheese (25g) - **4 Syms**
Asda Soft Cheese, Light 50% Less Fat, Original (25g) - **2 Syms**
Asda Soft Cheese, Light 75% Less Fat, Original (25g) - **1.5 Syms**
Asda Soft Cheese, Light, Garlic & Herb (25g) - **2 Syms**
Asda Soft Cheese, Light, Onion & Chives (25g) - **2 Syms**
Asda Soft Cheese, Light, Pineapple (25g) - **2.5 Syms**
Asda Soft Cheese, Light, Sweet Chilli (25g) - **2 Syms**
Asda Soft Cheese, Original (25g) - **3 Syms**

Asda Soft Goats Cheese (25g) - **4 Syns**

Asda Spreadable Goats Cheese (25g) - **2.5 Syns**

Asda Squeezy Soft Cheese, Garlic & Herb, 50% Less Fat (25g) - **2 Syns**

Asda Squeezy Soft Cheese, Original, 50% Less Fat (25g) - **2 Syns**

Asda Taste of America Crispy Cheese Sticks, chilled 12 pack (20g each) - **3.5 Syns**

Asda Wensleydale Cheese (25g) - **5 Syns**

Asda Wensleydale Cheese with Cranberries (25g) - **4.5 Syns**

Asda White Cheshire Cheese (25g) - **5 Syns**



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Drinks From Asda

Syn Free:

Asda Chosen by You Bitter Cranberry, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Bitter Lemon, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Blue Charge Stimulation Drink, Diet, all varieties (per 100ml) - **Syn Free**

Asda Chosen by You Cherryade, No Added Sugar (per 100ml) - **Syn Free**

Asda Chosen by You Cloudy Lemonade, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Cola, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Cream Soda, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Dandelion & Burdock, Diet (per 100ml) - **Syn Free**
Asda Chosen by You Fizzy Lemon & Lime, No Added Sugar (per 100ml) - **Syn Free**

Asda Chosen by You Fruit & Barley Squash, No Added Sugar, all varieties (per 100ml) - **Syn Free**

Asda Chosen by You Ginger Ale, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Ginger Beer, Diet (per 100ml) - **Syn Free**

Asda Chosen by You High Juice Squash, No Added Sugar, all varieties (per 100ml) - **Syn Free**

Asda Chosen by You Indian Tonic Water with a Twist of Lemon, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Indian Tonic Water with a Twist of Lime, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Indian Tonic Water, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Iron Brew, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Lemonade, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Mango Crush, No Added Sugar (per 100ml) - **Syn Free**

Asda Chosen by You Mixed Berry Crush, No Added Sugar (per 100ml) - **Syn Free**

Asda Chosen by You Orange Crush, No Added Sugar (per 100ml) - **Syn Free**

Asda Chosen by You Orangeade, No Added Sugar (per 100ml) - **Syn Free**

Asda Chosen by You Pink Lemonade, Diet (per 100ml) - **Syn Free**

Asda Chosen by You Sparkling Flavoured Water, No Added Sugar, all varieties (per 100ml) - **Syn Free**

Asda Chosen by You Squeezy Squash, No Added Sugar, all varieties (per 100ml) - **Syn Free**

Asda Chosen by You Still Flavoured Water, No Added Sugar, all varieties (per 100ml) - **Syn Free**

Asda Chosen by You Tropical Crush, No Added Sugar (per 100ml) - **Syn Free**

Asda Cola, Diet, Caffeine Free (per 100ml) - **Syn Free**

Asda Double Strength Squash, No Added Sugar, all varieties (per 100ml) - **Syn Free**

Asda Smart Price Double Concentrate Squash, No Added Sugar, all varieties (per 100ml) - **Syn Free**

Low Syn:

Asda Apple & Blackberry Juice Drink, chilled (250ml) - **5 Syms**

Asda Apple & Mango Juice Drink, chilled (250ml) - **5 Syms**

Asda Apple Juice from Concentrate, chilled (per 100ml) - **2.5 Syms**

Asda Blueberry Juice Drink, chilled (250ml) - **5 Syms**

Asda Chosen by You 50% Fruit High Juice Squash, Blackcurrant, diluted as directed (250ml) - **4 Syms**

Asda Chosen by You 50% Fruit High Juice Squash, Orange & Mango, diluted as directed (250ml) - **3.5 Syms**

Asda Chosen by You 50% Fruit High Juice Squash, Orange, diluted as directed (250ml) - **3.5 Syms**

Asda Chosen by You 50% Fruit High Juice Squash, Summer Fruits, diluted as

directed (250ml) - **3.5 Syms**

Asda Chosen by You 50% Fruit High Juice Squash, White Grape Peach, diluted as directed (250ml) - **3.5 Syms**

Asda Chosen by You Cloudy Lemonade (250ml) - **2 Syms**

Asda Chosen by You Cola (250ml) - **4 Syms**

Asda Chosen by You Cola (330ml can) - **5 Syms**

Asda Chosen by You Cranberry Juice Drink, No Added Sugar (250ml) - **1 Syms**

Asda Chosen by You Lager Shandy, Diet (250ml) - **1 Syms**

Asda Chosen by You Lager Shandy, Diet (330ml can) - **1.5 Syms**

Asda Chosen by You Lemon & Lime Juice Drink, chilled (250ml) - **5.5 Syms**

Asda Chosen by You Lemonade (250ml) - **1.5 Syms**

Asda Chosen by You Lemonade (330ml can) - **2 Syms**

Asda Chosen by You Mango Juice Drink (250ml) - **5 Syms**

Asda Chosen by You Orange, Peach & Passion Fruit Juice Drink (250ml carton) - **4.5 Syms**

Asda Chosen by You Pineapple, Mango & Coconut Water Juice Drink (250ml) - **1 Syms**

Asda Chosen by You Pomegranate Juice Drink, chilled (250ml) - **5.5 Syms**

Asda Chosen by You Pure Grapefruit Juice from Concentrate (per 100ml) - **2 Syms**

Asda Chosen by You Pure Orange & Pineapple Juice from Concentrate (per 100ml) - **2.5 Syms**

Asda Chosen by You Tomato Juice from Concentrate (per 100ml) - **1 Syms**

Asda Chosen by You Water Extracted Prune Juice (per 100ml) - **4 Syms**

Asda Cranberry Juice Drink, chilled (250ml) - **5.5 Syms**

Asda Exotic Juice Drink, chilled (250ml) - **5 Syms**

Asda Extra Special Freshly Squeezed Alphonso Mango Juice, chilled (100ml) - **2.5 Syms**

Asda Extra Special Freshly Squeezed Orange & Alphonso Mango Juice, chilled (per 100ml) - **2.5 Syms**

Asda Extra Special Freshly Squeezed Orange Juice, Smooth/with Bits, chilled (100ml) - **2.5 Syms**

Asda Extra Special Pressed Pink Lady Apple Juice, chilled (per 100ml) - **2.5 Syms**

Asda Forest Fruits Juice Drink, chilled (250ml) - **5 Syms**

Asda Ginger Ale (250ml) - **2 Syms**

Asda Good & Balanced Apple, Beetroot & Blackcurrant Juice, chilled (100ml) - **2.5 Syms**

Asda Good & Balanced Apple, Lime & Asparagus Juice, chilled (100ml) - **2.5 Syms**

Asda Good & Balanced Apple, Pumpkin, Grape & Peach Juice, chilled (100ml) - **2.5 Syms**

Asda Good & Balanced Orange & Carrot Juice, chilled (100ml) - **2 Syms**

Asda Good & Balanced Tomato Juice, chilled (100ml) - **1 Syms**

Asda Grape, Apple & Raspberry Juice Drink, chilled (250ml) - **5 Syms**

Asda Grape, Pomegranate & Raspberry Juice Drink, chilled (250ml) - **5.5 Syms**

Asda Ice Lollies, Orange Juice Flavour (73ml each) - **3 Syms**
Asda Juice Infusion, Coconut Water with Watermelon, chilled (250ml) - **4 Syms**
Asda Orange Juice From Concentrate, Smooth/with Bits, chilled (per 100ml) - **2.5 Syms**
Asda Pineapple Juice from Concentrate, chilled (per 100ml) - **2.5 Syms**
Asda Pressed Apple & Mango Juice, chilled (per 100ml) - **2.5 Syms**
Asda Pressed Apple Juice, chilled (per 100ml) - **2 Syms**
Asda Pure Pressed Pineapple Juice, chilled (per 100ml) - **2.5 Syms**
Asda Pure Pressed Red Grape Juice, chilled (per 100ml) - **3.5 Syms**
Asda Pure Pressed Red Grape, Strawberry & Kiwi Juice, chilled (per 100ml) - **2.5 Syms**
Asda Pure Squeezed & Pressed Orange, Mango & Passion Fruit Juice, chilled (per 100ml) - **2.5 Syms**
Asda Pure Squeezed & Pressed Tropical Fruits Juice, chilled (per 100ml) - **2.5 Syms**
Asda Pure Squeezed Clementine Juice, chilled (per 100ml) - **2.5 Syms**
Asda Pure Squeezed Florida Style Orange Juice, chilled (per 100ml) - **2.5 Syms**
Asda Pure Squeezed Orange Juice, Smooth/with Bits, chilled (per 100ml) - **2.5 Syms**
Asda Pure Squeezed Pink Grapefruit Juice, chilled (per 100ml) - **2.5 Syms**
Asda Raspberry, Apple & Cranberry Juice Drink, chilled (250ml) - **5.5 Syms**
Asda Smart Price Orange Juice (per 100ml) - **2.5 Syms**
Asda Summer Fruits Juice Drink , chilled (250ml) - **5.5 Syms**

Frozen Savoury Foods From Asda

Syn Free:

Asda Broccoli & Courgette Rice, frozen (200g bag) - **Syn Free**
Asda Chicken Breast Fillets, frozen (per 100g) - **Syn Free**
Asda Chicken Breast, Diced, frozen (per 100g) - **Syn Free**
Asda Chosen by You Meat Free Chicken Style Pieces, frozen 300g pack (100g serving) - **Syn Free**
Asda Cooked Chicken Breast Strips, Hot & Spicy, frozen 350g pack (per 100g) - **Syn Free**
Asda Fishmongers Selection Prepared Whole Squid Rings, frozen (per 100g) - **Syn Free**
Asda Fishmongers Selection Scallops, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Berry Medley, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Black Forest Fruits, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Blueberries, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness British Garden Peas, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Broad Beans, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Mango Chunks, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Morello Cherries, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Pineapple Chunks, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Raspberries, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness Summer Fruits, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Baby Carrots, frozen (per 100g) - **Syn Free**
Asda Frozen for Freshness, Broccoli & Cauliflower Florets, frozen (per 100g) -

Syn Free

Asda Frozen for Freshness, Broccoli Florets, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Broccoli, Cauliflower & Sliced Carrots, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Brussels Sprouts, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Carrot & Swede, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Cauliflower Florets, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Mini Corn Cobs, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Mixed Vegetables, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Shredded Mixed Cabbage, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Sliced Green Beans, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Sweetcorn, frozen (per 100g) - **Syn Free**

Asda Frozen for Freshness, Whole Green Beans, frozen (per 100g) - **Syn Free**

Asda Haddock Fillets, frozen (per 100g) - **Syn Free**

Asda Lean Beef Mince, Less Than 5% Fat, frozen (per 100g) - **Syn Free**

Asda Meat Free Mince, frozen (per 100g) - **Syn Free**

Asda Petits Pois, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Butternut Squash Chunks, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Casserole Root Veg Mix, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Chopped Chilli, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Chopped Coriander, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Chopped Garlic, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Chopped Ginger, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Diced Onions, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Mushrooms, Sliced, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Sliced Mixed Peppers, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Sliced Red Onions, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Stir-Fry Vegetable Mix, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Sweet Potato Chunks, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Vegetable Base Mix, frozen (per 100g) - **Syn Free**

Asda Scratch Cook Whole Leaf Spinach, frozen (per 100g) - **Syn Free**

Asda Smart Price Broccoli, frozen (per 100g) - **Syn Free**

Asda Smart Price Sweetcorn, frozen (per 100g) - **Syn Free**

Asda Smoked Haddock Fillets, frozen (per 100g) - **Syn Free**

Asda Tuna Steaks, frozen (per 100g) - **Syn Free**

Asda Wholegrain Rice Steam Bags, frozen 4 pack (per 100g) - **Syn Free**

Low Syn:

Asda Beef Burgers, frozen 8/16 pack (57g each) - **3 Syns**

Asda Beef Slices in Gravy, frozen (210g pack) - **0.5 Syns**

Asda Boneless Chicken Thighs, frozen 500g pack (125g serving) - **4 Syns**

Asda Breaded Chicken Breast Fillets, frozen 4 pack (100g each) - **5 Syns**

Asda Butchers Selection Breaded Golden Chicken Burgers, frozen 10 pack (57g each) - **5 Syns**

Asda Butchers Selection Diced Beef, frozen 454g pack (per 100g) - **3 Syms**
Asda Cheese Omelettes, frozen (100g each) - **4.5 Syms**
Asda Chicken Drumsticks, frozen 900g pack (per 100g) - **3 Syms**
Asda Chicken Supreme & Rice, frozen (400g pack) - **5 Syms**
Asda Chinese Chicken Curry, frozen (350g pack) - **5 Syms**
Asda Chinese Chicken Thighs, frozen 800g pack (per 100g) - **4 Syms**
Asda Chosen by You Mini Chicken Kiev's, frozen 15 pack (28g each) - **1.5 Syms**
Asda Cooked Tikka Chicken Breast Strips, frozen 350g pack (per 100g) - **0.5 Syms**
Asda Cumberland Sausages, frozen 12 pack (50g each) - **4 Syms**
Asda Good & Counted Chicken, Tomato & Basil Pasta, frozen (350g pack) - **5 Syms**
Asda Good & Counted Chinese Chicken Curry & Rice, frozen (350g pack) - **4.5 Syms**
Asda Good & Counted Cottage Pie, frozen (350g pack) - **2.5 Syms**
Asda Good & Counted Tuna Pasta Bake, frozen (350g pack) - **4.5 Syms**
Asda High Protein Low Fat, Lemon Chicken Risotto, frozen (400g pack) - **5.5 Syms**
Asda Hot & Spicy Chicken Breast Strips in Breadcrumbs, frozen 12 pack (29g each) - **2 Syms**
Asda Hot & Spicy Chicken Skewers, frozen 4 pack (75g each) - **1.5 Syms**
Asda Irish Recipe Pork Sausages, frozen 20 pack (50g each) - **3.5 Syms**
Asda Lincolnshire Sausages, frozen 12 pack (50g each) - **4 Syms**
Asda Marinated Chicken Breast Fillets, BBQ, frozen 4 pack (75g each) - **0.5 Syms**
Asda Marinated Chicken Breast Fillets, Hot & Spicy, frozen 4 pack (75g each) - **0.5 Syms**
Asda Meat Free Beef Style Quarter Pounders, frozen (114g each) - **2.5 Syms**
Asda Meat Free Burgers, frozen 8 pack (57g each) - **2 Syms**
Asda Meat Free Lincolnshire Sausages, frozen 6 pack (2 sausages) - **0.5 Syms**
Asda Mediterranean Style Chicken Sausages, frozen 8 pack (50g each) - **1 Syms**
Asda Minted Lamb Quarter Pounders, frozen 4 pack (114g each) - **5.5 Syms**
Asda Party Assorted Chicken Skewers, frozen 14 pack (2 skewers) - **0.5 Syms**
Asda Pea Risotto Steam Bags, frozen 4 pack (200g bag) - **4.5 Syms**
Asda Pork Sausages, Reduced Fat, frozen 8 pack (50g each) - **1 Syms**
Asda Smart Price Breaded Chicken Burgers, frozen 8 pack (57g each) - **4 Syms**
Asda Smart Price British Beef Burgers, frozen 8 pack (50g each) - **3 Syms**
Asda Smart Price Chicken Curry & Rice, frozen (300g pack) - **4 Syms**
Asda Smart Price Fish Fingers, frozen 10 pack (25g each) - **1.5 Syms**
Asda Smart Price Pork Sausages, frozen 20 pack (45g each) - **3 Syms**
Asda Southern Fried Chicken Breast Steaks, frozen 4 pack (95g each) - **5 Syms**
Asda Sweet & Sour Chicken with Rice, frozen (400g pack) - **5.5 Syms**
Asda Thick Pork Sausages, frozen 20 pack (50g each) - **3.5 Syms**
Asda Traditional Roast Beef Dinner, frozen (375g pack) - **5.5 Syms**

Asda Vegetarian Glamorgan Sausages, frozen 6 pack (50g each) - **4.5 Syns**
Asda Vegetarian Spicy Bean & Nacho Burgers, frozen 4 pack (114g each) - **4.5 Syns**
Asda Vegetarian Vegetable Sausages, frozen 6 pack (50g each) - **2.5 Syns**
Asda Yorkshire Puddings with Beef Dripping, frozen 4 pack (40g each) - **5 Syns**

Meat (chilled) From Asda

Beef

Syn Free:

Asda Butchers Selection Beef Mince, Typically Less Than 5% Fat, chilled (per 100g) - **Syn Free**
Asda Butchers Selection British Beef Thin Cut Sizzle Steaks, Brazilian BBQ, chilled (105g each) - **Syn Free**
Asda Butchers Selection Irish Beef Medallion Steaks Peppercorn Crusts, chilled 4 pack (per 100g) - **Syn Free**
Asda Butchers Selection Stir-Fry Beef, chilled (per 100g) - **Syn Free**
Asda Butchers Selection Thin Cut Beef Steaks, Salt & Pepper, chilled (103g each) - **Syn Free**
Asda Deli Silverside of Beef Slices, chilled (130g pack) - **Syn Free**
Asda Extra Special British Peppered Salt Beef, chilled (100g pack) - **Syn Free**
Asda Peppered Steak Slices, chilled (150g pack) - **Syn Free**
Asda Peppered Topside of Beef, Thickly Sliced, chilled (100g pack) - **Syn Free**
Asda Sweet Chilli Pulled Beef, chilled (200g pack) - **Syn Free**
Asda Topside of Beef, Thick/Finely Sliced, chilled (100g pack) - **Syn Free**
Asda Wafer Thin Cooked Beef, chilled (per 100g) - **Syn Free**

Low Syn:

Asda Beef & Pork Mince, chilled (per 100g) - **5.5 Syns**
Asda Butchers Selection BBQ Beef Burgers, chilled 4 pack (114g each) - **4.5 Syns**
Asda Butchers Selection BBQ Beef Kofta Kebabs, chilled 4 pack (95g each) - **3.5 Syns**
Asda Butchers Selection Beef Joint in Onion Gravy, chilled 500g pack (per 100g) - **0.5 Syns**
Asda Butchers Selection Beef Mince, Typically Less Than 12% Fat, chilled (per 100g) - **2 Syns**
Asda Butchers Selection Beef Mince, Typically Less Than 20% Fat, chilled (per 100g) - **4.5 Syns**
Asda Butchers Selection Beef Quarter Pounder Burgers, chilled 4 pack (114g each) - **5.5 Syns**
Asda Butchers Selection Bourbon Beef Brisket, chilled 400g pack (200g serving) - **4 Syns**
Asda Butchers Selection British Beef Thin Cut Sizzle Steaks, Garlic & Herb, chilled (105g each) - **0.5 Syns**
Asda Butchers Selection British Beef Topside Steaks with Garlic & Herb, chilled (190g each) - **5 Syns**

Asda Butchers Selection Hot & Spicy Beef Kofta Kebabs, chilled 4 pack (95g each) - **3 Syns**

Asda Butchers Selection Salt & Pepper Beef Kofta Kebabs, chilled 4 pack (95g each) - **4.5 Syns**

Asda Butchers Selection Simply Cook Beef Casserole, chilled 800g pack (267g serving) - **2 Syns**

Asda Butchers Selection Thin Cut Beef Steaks, Hickory BBQ, chilled (105g each) - **0.5 Syns**

Asda Deli Corned Beef Slices, chilled (180g pack) - **3.5 Syns**

Asda Extra Special Aberdeen Angus Beef Burgers, chilled 4 pack (114g each) - **4.5 Syns**

Asda Extra Special Aberdeen Angus Minced Beef, chilled (per 100g) - **1 Syns**

Asda Extra Special Rump Steak Beef Burgers, chilled (170g each) - **2.5 Syns**

Asda Extra Special Sea Salt & Black Pepper Beef Burgers, chilled 4 pack (114g each) - **5 Syns**

Asda Extra Special Seasoned Beef Burgers, chilled 4 pack (114g each) - **5 Syns**

Asda Oak Smoked Beef Burnt Ends with Bourbon Sauce, chilled 330g pack (165g serving) - **1 Syns**

Asda Smart Price Corned Beef, chilled 400g pack (50g serving) - **1.5 Syns**

Chicken/Turkey/Duck

Syn Free:

Asda Butchers Selection Turkey Breast Mince, Less Than 3% Fat, chilled (per 100g) - **Syn Free**

Asda Butchers Selection Turkey Breast Steaks, chilled (per 100g) - **Syn Free**

Asda Butter Roast Turkey Slices, chilled (140g pack) - **Syn Free**

Asda Carved Chicken Breast Slices, chilled (200g pack) - **Syn Free**

Asda Chicken Breast Fillets, Smoky BBQ, Ready to Eat, chilled (100g each) - **Syn Free**

Asda Chicken Breast Fillets, Sweet Chilli, Ready to Eat, chilled (100g each) - **Syn Free**

Asda Chicken Breast Mini Fillets, Flame Grilled, Ready to Eat, chilled (200g pack) - **Syn Free**

Asda Chicken Breast Mini Fillets, Tandoori, Ready to Eat, chilled (200g pack) - **Syn Free**

Asda Chicken Breast Slices, Chargrill Style, Thick/Finely Sliced, chilled (150g pack) - **Syn Free**

Asda Chicken Breast Slices, Chinese Style, Ready to Eat, chilled (200g pack) - **Syn Free**

Asda Chicken Breast Slices, Hot & Spicy, Ready to Eat, chilled (per 100g) - **Syn Free**

Asda Chicken Breast Slices, Mexican Style, Ready to Eat, chilled (200g pack) - **Syn Free**

Asda Chicken Breast Slices, Piri Piri, Ready to Eat, chilled (200g pack) - **Syn Free**

Asda Chicken Breast Slices, Smoky BBQ, Ready to Eat, chilled (200g pack) -

Syn Free

Asda Chicken Breast Slices, Sweet Chilli, Ready to Eat, chilled (200g pack) -

Syn Free

Asda Chicken Breast Slices, Tikka, Ready to Eat, chilled (140g pack) - **Syn**

Free

Asda Chicken Breast Slices, Tikka, Ready to Eat, chilled (200g pack) - **Syn**

Free

Asda Cooked Chicken Breast Strips, chilled 350g pack (per 100g) - **Syn Free**

Asda Cooked Chicken Breast Strips, chilled 350g pack (per 100g) - **Syn Free**

Asda Extra Special Butter Roasted British Chicken Breast Slices, chilled (120g pack) - **Syn Free**

Asda Extra Special Butter Roasted Turkey Breast Slices, chilled (120g pack) -

Syn Free

Asda Protein Pot, Garlic & Herb Turkey Breast, chilled (80g pot) - **Syn Free**

Asda Smart Price Chunky Chicken Breast, chilled (per 100g) - **Syn Free**

Asda Turkey Breast Slices, Oven Baked, chilled (150g pack) - **Syn Free**

Asda Turkey Breast Slices, Thickly Carved, chilled (150g pack) - **Syn Free**

Asda Wafer Thin Cooked Chicken, chilled (per 100g) - **Syn Free**

Asda Wafer Thin Honey Roast Turkey, chilled (per 100g) - **Syn Free**

Low Syn:

Asda Butchers Selection Boneless Turkey Breast Joint, Simply Roast, chilled 700g pack (per 100g) - **2.5 Syns**

Asda Butchers Selection British Turkey Boneless Breast Joint, chilled 975g pack (per 100g) - **1.5 Syns**

Asda Butchers Selection Chicken Breast Fillets with Bacon, Cheese & Leek Sauce, chilled (190g each) - **4 Syns**

Asda Butchers Selection Chicken Breast Steaks, Cajun, chilled (127g each) - **1 Syns**

Asda Butchers Selection Chicken Breast Steaks, Tikka, chilled (127g each) - **0.5 Syns**

Asda Butchers Selection Simply Cook Chicken Breast Fillets Pesto & Mozzarella, chilled (166g each) - **2 Syns**

Asda Butchers Selection Simply Cook Chilli & Cheese Chicken Breast Fillets, chilled (167g each) - **2 Syns**

Asda Butchers Selection Turkey Burgers, chilled 4 pack (113g each) - **0.5 Syns**

Asda Butchers Selection Turkey Meatballs, chilled 12 pack (33g each) - **1 Syns**

Asda Chicken Breast Chunks, Sweet Chilli, chilled (200g pack) - **1 Syns**

Asda Chicken Breast with Stuffing, Thick Slices, chilled (120g pack) - **1 Syns**

Asda Mini Chicken Breast Skewers, Ready to Eat, chilled 10 pack (120g pack) - **1 Syns**

Fish/Seafood

Syn Free:

Asda Chosen by You King Prawns, Cooked & Peeled, frozen (per 100g) - **Syn Free**

Asda Chosen by You King Prawns, Cooked & Peeled, frozen (per 100g) - **Syn Free**

Asda Extra Special Cod Loin, chilled (per 100g) - **Syn Free**
Asda Extra Special Hand Carved Golden Roast Scottish Salmon Slices, chilled (200g pack) - **Syn Free**
Asda Extra Special Hand Carved Peppered Golden Roast Scottish Salmon Slices, chilled (200g) - **Syn Free**
Asda Extra Special Lightly Smoked Salmon Fillets, chilled (120g each) - **Syn Free**
Asda Extra Special Scottish Smoked Salmon Slices, chilled (per 100g) - **Syn Free**
Asda Extra Special Scottish Smoked Salmon with Speyburn Whisky, chilled (120g pack) - **Syn Free**
Asda Extra Special Tiger Prawns, Cooked & Peeled, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Cod Fillets, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Haddock Fillets, Skin on/Skinless, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Kiln Roast Salmon Flakes , chilled (120g pack) - **Syn Free**
Asda Fishmongers Selection Kiln Roasted Salmon Fillets with Lemon & Parsley, chilled (90g each) - **Syn Free**
Asda Fishmongers Selection Plaice Fillets, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Prawns, Cooked & Peeled, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Smoked Cod Fillets, Skin On/Skinless, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Smoked Haddock Fillets, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Smoked Salmon, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Trout, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Whole Salmon, chilled (per 100g) - **Syn Free**
Asda Fishmongers Selection Wild Keta Salmon Fillets, chilled (per 100g) - **Syn Free**
Asda Growers Selection Salmon Fillets, chilled (per 100g) - **Syn Free**
Asda Haddock Fillets, frozen (per 100g) - **Syn Free**
Asda Smart Price Prawns, Cooked & Peeled, frozen (per 100g) - **Syn Free**
Asda Smoked Salmon Trimmings, chilled (120g pack) - **Syn Free**

Low Syn:

Asda Chosen by You Fish Sushi Selection, chilled (153g pack) - **2 Syns**
Asda Chosen by You Sushi Snack, chilled (per pack) - **1 Syns**
Asda Fishmongers Selection Cod Fillets in a Mediterranean Style Dressing, chilled (150g each) - **1 Syns**
Asda Fishmongers Selection Smoked Cod Fillets in a Garlic & Herb Dressing, chilled (138g each) - **0.5 Syns**

Lamb

Syn Free:

Asda Butchers Selection Lamb Heart, chilled (per 100g) - **Syn Free**

Asda Butchers Selection Lamb Rump Steaks, chilled (per 100g) - **Syn Free**

Asda Lambs Liver, chilled (per 100g) - **Syn Free**

Low Syn:

Asda Butchers Selection Lamb Casserole, chilled 750g pack (250g serving) - **1.5 Syns**

Asda Butchers Selection Lamb Chump Steaks , chilled (per 100g) - **3 Syns**

Asda Butchers Selection Lamb Leg Chops, chilled (per 100g) - **2.5 Syns**

Asda Butchers Selection Lamb Meatballs, chilled 12 pack (3 meatballs) - **0.5 Syns**

Asda Butchers Selection Minted Lamb Burgers, chilled 4 pack (85g each) - **2 Syns**

Asda Butchers Selection Minted Lamb Chops, chilled (230g each) - **4.5 Syns**

Asda Butchers Selection Minted Lamb Kebabs, chilled 6 pack (60g each) - **2 Syns**

Asda Extra Special Slow Cooked Lamb Shanks with Mint Sauce, chilled (852g pack) - **3 Syns**

Asda High in Protein, Lamb & Spinach Cassoulet, chilled (400g pack) - **1.5 Syns**

Asda Lamb Shank with Minted Gravy, chilled (400g pack) - **2.5 Syns**

Asda Lamb Shank with Red Wine Gravy, chilled (860g pack) - **1.5 Syns**

Pork/Ham/Gammon/Bacon

Syn Free:

Asda Bavarian Ham Slices, chilled (140g pack) - **Syn Free**

Asda Butchers Selection Gammon Steaks, Smoked/Unsmoked, chilled (per 100g) - **Syn Free**

Asda Butchers Selection Pork Fillet, chilled (per 100g) - **Syn Free**

Asda Butchers Selection Pork Liver, chilled (per 100g) - **Syn Free**

Asda Butchers Selection Smoked Lean Diced Bacon, chilled (155g pack) - **Syn Free**

Asda Dry Cured Blossom Honey Ham Slices, chilled (100g pack) - **Syn Free**

Asda Dry Cured Breaded Gammon, chilled (per 100g) - **Syn Free**

Asda Dry Cured Breaded Ham, Thick/Finely Sliced, chilled (per 100g) - **Syn Free**

Asda Dry Cured German Style Smoked Ham Slices, chilled (100g pack) - **Syn Free**

Asda Dry Cured Ham Slices, Peppered, chilled (per 100g) - **Syn Free**

Asda Dry Cured Ham, Honey Roast, Thick/Finely Sliced, chilled (per 100g) - **Syn Free**

Asda Dry Cured Ham, Oak Smoked, Thick/Finely Sliced, chilled (per 100g) - **Syn Free**

Asda Dry Cured Ham, Oven Baked, Thick/Finely Sliced, chilled (per 100g) - **Syn Free**

Asda Dry Cured Peppered Ham Slices, chilled (100g pack) - **Syn Free**

Asda Extra Special Applewood Smoked Wiltshire Ham, chilled (130g pack) - **Syn Free**

Asda Extra Special Breaded Wiltshire Ham, chilled (130g pack) - **Syn Free**

Asda Extra Special Cured Wiltshire Ham Slices, chilled (130g pack) - **Syn Free**

Asda Extra Special Honey Roast Ham, Thickly Carved, chilled (130g pack) -

Syn Free

Asda Extra Special Roast Ham, Thickly Carved, chilled (per 100g) - **Syn Free**

Asda Extra Special Slow Cured Yorkshire Ham Slices, chilled (130g pack) - **Syn**

Free

Asda Gammon Slices, Thickly Carved, chilled (160g pack) - **Syn Free**

Asda Honey Roast Pulled Ham, chilled (200g pack) - **Syn Free**

Asda Pork Loin, Thick Slices, chilled (150g pack) - **Syn Free**

Asda Smart Price Cooked Ham Slices, chilled (per 100g) - **Syn Free**

Asda Smoked Ham Slices, chilled (per 100g) - **Syn Free**

Asda Wafer Thin Cooked Ham, chilled (per 100g) - **Syn Free**

Asda Wafer Thin Honey Roast Ham, chilled (per 100g) - **Syn Free**

Asda Wafer Thin Smoked Ham, chilled (per 100g) - **Syn Free**

Asda Yorkshire Ham Slices, chilled (133g pack) - **Syn Free**

Low Syn:

Asda Beef & Pork Mince, chilled (per 100g) - **5.5 Syns**

Asda Butchers Selection Gammon Joint, Smoked/Unsmoked, chilled 1.1kg pack (per 100g) - **1 Syns**

Asda Butchers Selection Gammon Steaks with Four Cheese Butter, chilled (200g each) - **2 Syns**

Asda Butchers Selection Gammon Steaks with Peppercorn Butter, chilled (200g each) - **2.5 Syns**

Asda Butchers Selection Gammon Steaks with Roast Garlic & Herb Butter, chilled (200g each) - **2 Syns**

Asda Deli Pork & Stuffing Slices, chilled (160g pack) - **1.5 Syns**

Asda Extra Special Parma Ham, chilled (90g pack) - **5.5 Syns**

Asda Pork & Egg Roll, Sliced, chilled 227g pack (15g slice) - **1 Syns**

Asda Ready to Cook Gammon & Pineapple, chilled (380g pack) - **4 Syns**

Asda Ready to Roast, Gammon Joint with a Honey Glaze, frozen 800g pack (200g serving) - **4.5 Syns**

Sausages

Asda Butchers Selection British Lincolnshire Pork Sausages, chilled 8 pack (57g each) - **3 Syns**

Asda Butchers Selection British Pork Sausages, chilled 8/12 pack (57g each) - **3 Syns**

Asda Butchers Selection British Pork Sausages, Reduced Fat, chilled 8 pack (50g each) - **2.5 Syns**

Asda Butchers Selection Caramelised Onion Turkey Sausages, chilled 8 pack (57g each) - **2 Syns**

Asda Butchers Selection Classic Chicken Sausages, chilled 8 pack (57g each) - **2 Syns**

Asda Butchers Selection Cumberland Pork Sausages, chilled 8/12 pack (57g each) - **4 Syns**

Asda Butchers Selection Cumberland Pork Sausages, Reduced Fat, chilled 8 pack (50g each) - **2.5 Syns**

Asda Butchers Selection Piri Piri Chicken Sausages, chilled 8 pack (57g each) - **2 Syns**

Asda Butchers Selection Pork & Apple Sausages, chilled 8 pack (57g each) - **4 Syns**

Asda Butchers Selection Pork & Tomato Sausages, chilled 8 pack (57g each) - **3 Syns**

Asda Butchers Selection Pork Chipolata Sausages, chilled 12 pack (28g each) - **1.5 Syns**

Asda Butchers Selection Sweet Chilli Turkey Sausages, chilled 8 pack (57g each) - **1.5 Syns**

Asda Butchers Selection Thick Pork Sausages, chilled 20 pack (50g each) - **3.5 Syns**

Asda Butchers Selection Turkey Sausages, chilled 8 pack (57g each) - **1.5 Syns**

Asda Extra Special Bacon & Maple Syrup Pork Sausages, chilled 6 pack (67g each) - **5 Syns**

Asda Extra Special Chicken Chipolata Sausages, chilled 10 pack (34g each) - **1.5 Syns**

Asda Extra Special Classic Pork Chipolata Sausages, chilled 24 pack (29g each) - **2.5 Syns**

Asda Extra Special Classic Pork Sausages, chilled 6 pack (67g each) - **5.5 Syns**

Asda Extra Special Cumberland Sausages, chilled 6 pack (67g each) - **4.5 Syns**

Asda Extra Special Italian Inspired Pork Sausages, chilled 6 pack (67g each) - **5 Syns**

Asda Extra Special Leek & Black Pepper Pork Sausages, chilled 6 pack (67g each) - **5 Syns**

Asda Extra Special Light & Lean Pork Sausages, chilled 6 pack (67g each) - **0.5 Syns**

Asda Extra Special Lincolnshire Pork Sausages, chilled 6 pack (67g each) - **4.5 Syns**

Asda Extra Special Pork & Armagh Bramley Apple Sausages, chilled 6 pack (67g each) - **5 Syns**

Asda Extra Special Pork & Caramelised Red Onion Sausages, chilled 6 pack (67g each) - **5.5 Syns**

Asda Extra Special Pork & Sweet Chilli Sausages, chilled 6 pack (67g each) - **5 Syns**

Asda Extra Special Pork Chipolata Sausages, Reduced Fat, chilled 12 pack (31g each) - **1 Syns**

Asda Extra Special Pork, Welsh Cheddar & Spring Onion Sausages, chilled 6 pack (67g each) - **4.5 Syns**

Asda Extra Special Reduced Fat Pork & Red Onion Sausages, chilled 6 pack (67g each) - **3 Syns**

Asda Extra Special Tomato & Provencal Pepper Pork Sausages, chilled 6 pack (67g each) - **5 Syns**

Asda Hot & Spicy Cocktail Sausages, chilled 410g pack (12g each) - **1.5 Syns**
Asda Sharing BBQ Pork Cocktail Sausages, chilled 35 pack (7g each) - **1 Syns**

Pasta/Rice From Asda

Syn Free:

Asda Boil in the Bag Basmati White Rice, dried 4 pack (125g bag) - **Syn Free**

Asda Boil in the Bag Long Grain Quick Cook White Rice, dried 4 pack (125g bag) - **Syn Free**

Asda Good & Balanced Cauliflower Rice 400g pack (per 100g) - **Syn Free**

Asda Long Grain White Rice Steam Bags, frozen 4 pack (200g bag) - **Syn Free**

Asda Oodles of Egg Noodles, dried (per 100g) - **Syn Free**

Asda Pasta (Dried) All Varieties - **Syn Free**

Asda Wholegrain Rice Steam Bags, frozen 4 pack (per 100g) - **Syn Free**

Low Syn:

Asda Pasta Snack Pot, Chicken & Mushroom, made up as directed (61g pot) - **2.5 Syns**

Asda Free From Chow Mein Rice Noodle Pot (75g pot) - **1.5 Syns**

Asda Free From Fiery Chilli Rice Noodle Pot (75g pot) - **1.5 Syns**

Asda Free From Singapore Curry Rice Noodle Pot (75g pot) - **2 Syns**

Salads From Asda

Syn Free:

Asda Beetroot Salad, chilled (per 100g) - **Syn Free**

Asda Good & Balanced Ham & Free Range Egg Salad Bowl (no salad cream sachet) (265g pack) - **Syn Free**

Asda Growers Selection Bistro Salad, Shredded Beetroot & Mixed Leaves (per 100g) - **Syn Free**

Asda Growers Selection Garden Side Salad (per 100g) - **Syn Free**

Asda Growers Selection Sweet Leaf & Carrot Salad (per 100g) - **Syn Free**

Asda Growers Selection Sweet Mediterranean Style Side Salad (per 100g) - **Syn Free**

Asda Growers Selection Tangy Beetroot & Tomato Salad (per 100g) - **Syn Free**

Asda Sweet & Crunchy Fine Cut Salad (230g pack) - **Syn Free**

Low Syn:

Asda Chicken & Bacon Caesar Salad, with Caesar Salad Dressing (285g pack) - **2 Syns**

Asda Chosen by You Salad Cheese, chilled 200g pack (25g) - **2.5 Syns**

Asda Falafel Salad (220g pack) - **4 Syns**

Asda Good & Balanced Beetroot & Mixed Grain Salad, chilled (280g pack) - **3 Syns**

Asda Good & Balanced Courgetti & Noodle Chicken Salad (250g bowl) - **5 Syns**

Asda Good & Balanced Spiced Chicken & Mango Salad (225g pack) - **2.5 Syns**

Asda Smart Price Greek Style Salad Cheese (25g) - **3.5 Syns**

Sandwich Fillers From Asda

Asda Sandwich Filler Deli Style, Chicken & Smoked Bacon, chilled (1 level tbsp) - **1.5 Syms**

Asda Sandwich Filler Deli Style, Tuna Crunch, chilled (1 level tbsp) - **1.5 Syms**

Asda Sandwich Filler, Chicken & Sweetcorn, chilled (1 level tbsp) - **1.5 Syms**

Asda Sandwich Filler, Chicken Tikka, 50% Less Fat, chilled (1 level tbsp) - **1 Syms**

Asda Sandwich Filler, Coronation Chicken (1 level tbsp) - **1.5 Syms**

Asda Sandwich Filler, Egg Mayonnaise, 30% Less Fat, chilled (1 level tbsp) - **1 Syms**

Asda Sandwich Filler, Egg Mayonnaise, chilled (1 level tbsp) - **1.5 Syms**

Asda Sandwich Filler, Seafood Cocktail, chilled (1 level tbsp) - **1.5 Syms**

Asda Sandwich Filler, Tuna & Sweetcorn, 30% Less Fat, chilled (1 level tbsp) - **1 Syms**

Sauces From Asda

Asda Bramley Apple Sauce (1 level tbsp) - **0.5 Syms**

Asda Brown Sauce (1 level tbsp) - **1 Syms**

Asda Caesar Dressing, Light (1 level tbsp) - **0.5 Syms**

Asda Chilli Mayonnaise (1 level tbsp) - **2 Syms**

Asda Chosen by You Maple Bacon Ketchup (1 level tbsp) - **0.5 Syms**

Asda Chosen by You Squeezy Burger Ketchup (1 level tbsp) - **1.5 Syms**

Asda Chosen by You Squeezy Burger Ketchup (1 level tbsp) - **1.5 Syms**

Asda Classic Burger Sauce (1 level tbsp) - **1.5 Syms**

Asda Cranberry Sauce (1 level tbsp) - **1.5 Syms**

Asda Creamy Caesar Dressing (1 level tbsp) - **2 Syms**

Asda Creamy Thousand Island Dressing (1 level tbsp) - **1.5 Syms**

Asda Extra Special Mint Sauce (1 level tbsp) - **0.5 Syms**

Asda Fiery Jerk BBQ Sauce (1 level tbsp) - **1 Syms**

Asda Free From Tomato Ketchup (1 level tbsp) - **0.5 Syms**

Asda Garlic Mayonnaise (1 level tbsp) - **2 Syms**

Asda Light Mayonnaise (1 level tbsp) - **2 Syms**

Asda Lighter Mayonnaise, 80% Reduced Fat (1 level tbsp) - **1 Syms**

Asda Mayonnaise, Light (1 level tbsp) - **2 Syms**

Asda Mint Sauce (1 level tbsp) - **1 Syms**

Asda Mint Sauce, Squeezy (1 level tbsp) - **0.5 Syms**

Asda Rich Bourbon BBQ Sauce (1 level tbsp) - **1 Syms**

Asda Salad Cream (1 level tbsp) - **2.5 Syms**

Asda Salad Cream, Light (1 level tbsp) - **1 Syms**

Asda Sandwich Filler, Egg Mayonnaise, chilled (1 level tbsp) - **1.5 Syms**

Asda Scorching BBQ Sauce (1 level tbsp) - **1 Syms**

Asda Smart Price Mint Sauce (1 level tbsp) - **0.5 Syms**

Asda Smart Price Salad Cream (1 level tbsp) - **1 Syms**

Asda Smart Price Tomato Ketchup (1 level tbsp) - **1 Syms**

Asda Tangy Burger Relish (1 level tbsp) - **1 Syms**

Sweet Treats

Biscuits

- Asda Breakfast Biscuits, Forest Fruits (each) - **2.5 Syms**
- Asda Chocolate Malted Milk Biscuits (each) - **3 Syms**
- Asda Chosen by You Mint Chocolate Puffin Biscuit Bar (25g each) - **6.5 Syms**
- Asda Chosen by You Shortcake Biscuits (each) - **3.5 Syms**
- Asda Coconut Ring Biscuits (each) - **2 Syms**
- Asda Digestive Biscuits (each) - **3 Syms**
- Asda Digestive Biscuits, Dark Chocolate (each) - **4 Syms**
- Asda Digestive Biscuits, Milk Chocolate (each) - **4 Syms**
- Asda Free From Digestive Biscuits (each) - **2.5 Syms**
- Asda Fruit Shortcake Biscuits (each) - **2 Syms**
- Asda Garibaldi Biscuits (each) - **2 Syms**
- Asda Ginger Nuts Biscuits (each) - **2 Syms**
- Asda Jam & Cream Biscuits (each) - **3.5 Syms**
- Asda Malted Milk Biscuits (each) - **2 Syms**
- Asda Mini Moonrock Biscuits (each) - **3 Syms**
- Asda Nice Biscuits (each) - **2 Syms**
- Asda Rich Tea Biscuits (each) - **1.5 Syms**

Chocolate

- Asda Caramel Chew Bars (18g treat size) - **4 Syms**
- Asda Caramel Chew Bars (38g snack size) - **8.5 Syms**
- Asda Chocolate Brownie Mini Bites 26 pack (13g each) - **3 Syms**
- Asda Chocolate Chip Muffins, Mini 16 pack (26g each) - **5.5 Syms**
- Asda Chocolate Mousse, chilled 6 pack (60g pot) - **5 Syms**
- Asda Chocolate Wafer Snaps (21g bar) - **5.5 Syms**
- Asda Coconut Bars, Treat Size (25g bar) - **6 Syms**
- Asda Dark Chocolate 200g bar (25g) - **6.5 Syms**
- Asda Dark Chocolate Mint Thins (each) - **2.5 Syms**
- Asda Drinking Chocolate , made up as directed, dried (per 100ml) - **4 Syms**
- Asda Free From Belgian Chocolate Twin Wafer Bars (20g bar) - **5.5 Syms**
- Asda Free From Rice Cakes, Milk Chocolate (each) - **4 Syms**
- Asda Instant Hot Chocolate, Light (11g sachet) - **2 Syms**
- Asda Milk Chocolate 200g bar (25g) - **6.5 Syms**
- Asda Rainbow White Chocolate 100g bar (25g) - **6.5 Syms**
- Asda Smart Price Chocolate Mousse, chilled 6 pack (60g pot) - **4 Syms**
- Asda Smart Price Dark Chocolate 100g bar (25g serving) - **6 Syms**
- Asda Smart Price Instant Hot Chocolate, dried (28g serving) - **5.5 Syms**
- Asda Tiffin Milk Chocolate 200g bar (25g) - **6 Syms**
- Asda Whirly Bars (16g treat size) - **3.5 Syms**
- Asda Whirly Bars (22g snack size) - **5 Syms**
- Asda White Chocolate 200g bar (25g) - **7 Syms**
- Asda White Chocolate Bubblicies, Treat Size 15 pack (10g bar) - **3 Syms**
- Asda Wholenut Milk Chocolate 200g bar (25g) - **7 Syms**

Frozen Treats

Asda Chosen by You Bourbon Ice Creams 6 pack (36g each) - **5.5 Syms**
 Asda Chosen by You Jaffa Cake Ice Creams (24g each) - **4.5 Syms**
 Asda Chosen by You Really Creamy Raspberry Pavlova Ice Cream 900ml tub (per 100ml) - **5.5 Syms**
 Asda Chosen by You Soft Scoop Banoffee Neapolitan Ice Cream, 2 Litre Tub (per 100ml) - **3.5 Syms**
 Asda Chosen by You Soft Scoop Cornish Vanilla Ice Cream, 2 litre tub (per 100ml) - **5.5 Syms**
 Asda Chosen by You Soft Scoop Mint Choc Chip Neapolitan Ice Cream, 2 litre tub (per 100ml) - **4 Syms**
 Asda Chosen by You Soft Scoop Raspberry Ripple Ice Cream, 2 litre tub (per 100ml) - **4 Syms**
 Asda Chosen by You Soft Scoop Vanilla Ice Cream, 2 litre tub (per 100ml) - **3.5 Syms**
 Asda Custard Cream Ice Creams (37g each) - **6 Syms**
 Asda Fruity Moments, Tropical Ice Cream Lollies (90ml each) - **4.5 Syms**
 Asda Ice Cream Roll 6 portion (per portion) - **4.5 Syms**
 Asda Ice Lollies, Apple & Blackcurrant 8 pack (35ml each) - **2 Syms**
 Asda Ice Lollies, Cider Flavour (73ml each) - **3 Syms**
 Asda Ice Lollies, Orange Juice Flavour (73ml each) - **3 Syms**
 Asda Mini Fruity Moments, Assorted Ice Cream Lollies, all varieties (50ml each) - **2.5 Syms**
 Asda Mini Fruity Moments, Assorted Ice Cream Lollies, all varieties (50ml each) - **2.5 Syms**
 Asda Moments, Mini Ice Cream Lollies, all varieties (50ml each) - **5.5 Syms**
 Asda Rocket Ice Lollies (58ml each) - **2.5 Syms**
 Asda Vanilla Ice Cream, 1 litre block (per 100ml) - **4 Syms**

Yogurt From Asda

Syn Free:

Asda Fat Free Natural Fromage Frais (per 100g) - **Syn Free**
 Asda Fat Free Yogurt, Natural (per 100g) - **Syn Free**
 Asda Fat Free Yogurt, Red Cherry (per 100g) - **Syn Free**
 Asda Fat Free Yogurt, Rhubarb & Vanilla (125g pot) - **Syn Free**
 Asda Greek Style Natural Yogurt, Fat Free (per 100g) - **Syn Free**

Low Syn:

Asda Cholesterol Lowering Yogurt Drink, Blueberry (100g bottle) - **2.5 Syms**
 Asda Cholesterol Lowering Yogurt Drink, Strawberry (100g bottle) - **2.5 Syms**
 Asda Greek Style Yogurt with Honey, Fat Free (120g pot) - **0.5 Syms**
 Asda Greek Style Yogurt with Honey, Fat Free (450g pot) - **1.5 Syms**
 Asda Greek Style Yogurt with Honey, Full Fat (100g pot) - **5 Syms**
 Asda High Protein Low Fat Yogurt, Strawberry (100g pot) - **0.5 Syms**
 Asda Lactose Free Greek Style Yogurt, 2% Fat (450g pot) - **2.5 Syms**
 Asda Low Fat Yogurt, Hazelnut (125g pot) - **2.5 Syms**
 Asda Low Fat Yogurt, Natural (200g pot) - **2 Syms**
 Asda Low Fat Yogurt, Prune (400g pot) - **3 Syms**

Asda Low Fat Yogurt, Strawberry (125g pot) - **2.5 Syms**
Asda Low Fat Yogurt, Toffee 4 pack (125g pot) - **3.5 Syms**
Asda Low Fat Yogurts with Added Grains, Banana & Honey (125g pot) - **0.5 Syms**
Asda Low Fat Yogurts, Chocolate Orange (125g pot) - **2.5 Syms**
Asda Low Fat Yogurts, Mango, Carrot & Orange (125g pot) - **0.5 Syms**
Asda Low Fat Yogurts, Rhubarb & Apple (125g pot) - **2 Syms**
Asda Smart Price Low Fat Natural Yogurt (500g pot) - **2 Syms**
Asda Smart Price Low Fat Strawberry Yogurt (125g pot) - **2 Syms**
Asda Sweet Treat Yogurts, Low Fat, all varieties 6 pack (125g pot) - **3.5 Syms**
Asda Vitamin Boosting Yogurt Drink, Raspberry & Cranberry (100g bottle) - **3.5 Syms**
Asda Vitamin Boosting Yogurt Drink, Strawberry (100g bottle) - **3.5 Syms**
Asda Whipped Greek Style Yogurts, Honey (78g pot) - **3.5 Syms**

Healthy Extra A Choices

Asda Banana Flavoured Milk, chilled (**175ml**)
Asda British Cheddar Cheese, Block/Grated, all varieties (**30g**)
Asda British Cheese Slices, 50% Less Fat, all varieties 8 pack (**2 x 20g**)
Asda British Cheese, 30% Less Fat, all varieties (**35g**)
Asda British Cheese, 50% Less Fat, all varieties (**40g**)
Asda British Skimmed Milk (**350ml**)
Asda Cheese Singles 10/20 pack (**2 x 20g**)
Asda Cheese Singles, Light 10/20 pack (**3 x 20g**)
Asda Chosen by You Salad Cheese, chilled 200g pack (**65g**)
Asda Edam Cheese Slices 10/16 pack (**1 x 25g**)
Asda Fiery Cheese Blend, Grated (**35g**)
Asda Free From Almond Milk Alternative, Sweetened, chilled (**425ml**)
Asda Free From Almond Milk Alternative, Unsweetened, chilled (**675ml**)
Asda Free From Coconut Milk Alternative, chilled (**625ml**)
Asda Fresh Milk, 1% Fat (**300ml**)
Asda Gouda Cheese (**30g**)
Asda Grana Padano Cheese, Block/Grated (**30g**)
Asda Gruyere Cheese (**30g**)
Asda Parmesan Cheese, Block/Grated/Shaved (**30g**)
Asda Red British Cheese Slices, 30% Less Fat 10 pack (**1 x 25g**)
Asda Red British Cheese, 30% Less Fat (**35g**)
Asda Red Leicester Cheese, Block/Grated (**30g**)
Asda Ricotta Cheese (**90g**)
Asda Semi-skimmed Milk (**250ml**)
Asda Smart Price Cheddar Cheese, Block/Grated, all varieties (**30g**)
Asda Smart Price Mozzarella Cheese (**45g**)
Asda Smart Price Red Leicester Cheese (**30g**)
Asda Soya Milk, Calcium Enriched, Sweetened, chilled (**300ml**)
Asda Soya Milk, Calcium Enriched, Unsweetened, chilled (**500ml**)
Asda Whole Milk (**175ml**)

Healthy Extra B Choices

- Asda Bakers Selection Finger Rolls, Wholemeal 6 pack **(1 x 49g)**
- Asda Bakers Selection Wholemeal Tin Loaf, Unsliced 400g loaf **(50g serving)**
- Asda Bran Flakes **(45g)**
- Asda Carrot & Coriander Soup, chilled **(300g serving)**
- Asda Chocolate Wheat Bisks **(2)**
- Asda Chosen by You High Bran Cereal **(50g)**
- Asda Chosen by You Malted Wheaties Cereal **(40g)**
- Asda Chosen by You Simply Scottish Porridge Oats, Original, dried **(40g)**
- Asda Free From Porridge Oats, dried **(40g)**
- Asda Good & Balanced Dried Apricots, dried **(50g)**
- Asda Good & Balanced Soft Pitted Prunes, dried **(65g)**
- Asda Good & Balanced Stoned Prunes, dried **(80g)**
- Asda Granola, Raisin & Almond **(40g)**
- Asda Lentil Dahl Soup **(200g serving)**
- Asda Oatbran & Wheatbran Porridge Oats, dried **(40g)**
- Asda Smart Price Bran Flakes **(45g)**
- Asda Smart Price Muesli **(45g)**
- Asda Smart Price Porridge Oats, dried **(40g)**
- Asda Smart Price Wheat Bisks 24 pack **(2)**
- Asda Spicy Bean & Chipotle Chilli Soup **(200g serving)**
- Asda Swiss Style Muesli, No Added Sugar, No Added Sugar **(40g)**
- Asda Wheat Bisks **(2)**
- Asda Wholegrain Scottish Porridge Oats, dried **(40g)**