

# FARMFOODS SLIMMING WORLD SHOPPING LIST - FATGIRLSKINNY.NET

Farmfoods is not easy to find Syn values for.. so this is the best I can do for now :)

If you would like to use this list on your own website please ask me for permission before doing so.

**List Updates: 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](#).**

## Syn Free Foods From Farmfoods

Diet Coke - **Syn Free**

Farmfoods Back Bacon, Chilled - **Syn Free (With fat trimmed away)**

Farmfoods Blackberries, Frozen - **Syn Free**

Farmfoods Blueberries, Frozen - **Syn Free**

Farmfoods Broccoli Florets, Frozen - **Syn Free**

Farmfoods Casserole Mixed Vegetables, 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 Cauliflower, Frozen - **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 Finest Catch Cod Portions, Frozen - **Syn Free**

Farmfoods Finest Catch Cooked & Peeled Coldwater Prawns, Frozen - **Syn Free**

Farmfoods Finest Catch Salmon Portions, Frozen - **Syn Free**

Farmfoods Finest Catch Smoked Haddock, Frozen - **Syn Free**

Farmfoods Finest Catch White Fish, 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 LA Diner Barbecue Chicken Breast Fillets, frozen 800g pack (per 100g) - **Syn Free**

Farmfoods LA Diner Chinese Chicken Breast Fillets, frozen 800g pack (per

100g) - **Syn Free**

Farmfoods LA Diner Sliced Cooked Chicken Breast, frozen 340g pack (per 100g) - **Syn Free**

Farmfoods LA Diner Sliced Cooked Chicken Fajita Breast, frozen 340g pack (per 100g) - **Syn Free**

Farmfoods LA Diner Sliced Cooked Chicken Tikka Breast, frozen 340g pack (per 100g) - **Syn Free**

Farmfoods Lamb Chump Chops, Frozen - **Syn Free**

Farmfoods Mango, Frozen - **Syn Free**

Farmfoods Minted Lamb Chump Chops, Frozen - **Syn Free**

Farmfoods Mixed Peppers, Frozen - **Syn Free**

Farmfoods Mixed Vegetables, Frozen - **Syn Free**

Farmfoods Petits Pois, Frozen - **Syn Free**

Farmfoods Pineapple, Frozen - **Syn Free**

Farmfoods Pork Loin Steaks, Frozen - **Syn Free**

Farmfoods Raspberries, Frozen - **Syn Free**

Farmfoods Rice & Mixed Veg, Steam , frozen - **Syn Free**

Farmfoods Spinach, Frozen - **Syn Free**

Farmfoods Steamed Rice With Mixed Vegetables, Frozen - **Syn Free**

Farmfoods Strawberries, Frozen - **Syn Free**

Farmfoods Sugar Free CherryAde - **Syn Free**

Farmfoods Sugar Free Cola - **Syn Free**

Farmfoods Sugar Free Lemonade - **Syn Free**

Farmfoods Sugar Free Limeade - **Syn Free**

Farmfoods Sugar Free Orangeade - **Syn Free**

Farmfoods Summer Fruits, Frozen - **Syn Free**

Farmfoods Sweetcorn, Frozen - **Syn Free**

Farmfoods Tropical Juice Drink, No Added Sugar - **Syn Free**

Heinz Beanz, Canned - **Syn Free**

Heinz Spaghetti, Canned - **Syn Free**

Linda McCartney Red Onion and Rosemary Sausages, Frozen - **Syn Free**

Linda McCartney Vege Mince, Frozen - **Syn Free**

R Whites Premium Diet Lemonade - **Syn Free**

Pepsi Max - **Syn Free**

Princes Tuna in Spring Water Or Brine - **Syn Free**

Youngs King Prawns, Cooked & Peeled, frozen - **Syn Free**

Young's Pacific Pink Salmon Fillets - **Syn Free**

Youngs Rollmop Herrings Rolled with a Sweet Onion & Gherkin Marinade, chilled - **Syn Free**

Youngs Scottish Smoked Haddock Flaky Fillets, frozen - **Syn Free**

### **Low Syn Foods From Farmfoods**

Betty Smiths Baked Jacket Potatoes with Olive Oil, frozen 6 pack (each) - **0.5 Syns**

Betty Smiths Baked Jacket Potatoes with Sunflower Oil, frozen 4 pack (each) -

### **0.5 Syns**

Betty Smiths Home Cook Liver & Bacon in Onion Gravy, frozen (400g pack) -

### **2.5 Syns**

Betty Smiths Mixed Roasting Vegetables, frozen 640g pack (per 100g) - **2**

### **Syns**

Betty Smiths Sliced Roast Beef in a Rich Gravy, frozen (250g serving) - **3 Syns**

Betty Smiths Stuffed Chicken Breast Joint with Sage & Onion Stuffing, frozen 550g pack (per 100g) - **3 Syns**

Birds Eye Breaded Chicken Dippers, frozen (18g each) - **1.5 Syns**

Birds Eye Chicken Chargrills, Original, frozen (91g each) - **3.5 Syns**

Birds Eye Chicken Curry with Rice, frozen (400g pack) - **7.5 Syns**

Birds Eye Chocolate Arctic Roll 5 portion (per portion) - **6 Syns**

Birds Eye Cod Cakes in Crisp Crunch Crumb, frozen 4 pack (50g each) - **3**

### **Syns**

Birds Eye Fish Fingers in Breadcrumbs, 100% Cod Fillet, frozen (28g each) - **2**

### **Syns**

Birds Eye Inspirations Cod Fillets with a Lime, Chilli & Coriander Sauce, frozen (each baked) - **4 Syns**

Birds Eye Inspirations Cod Fillets with a Rosemary & Tomato Sauce, frozen (each baked) - **4.5 Syns**

Birds Eye Inspirations Cod Fish Fingers with a Sea Salt & Black Pepper Panko Crumb, (60g each) - **4 Syns**

Birds Eye Lightly Dusted Cod Fillets in a Lemon & Black Pepper Crumb, frozen (113g each) - **7.5 Syns**

Birds Eye Original Beef Burgers with Onion, frozen (57g each) - **5.5 Syns**

Birds Eye Original Raspberry Arctic Roll 5 portion (per portion) - **5.5 Syns**

Birds Eye Premium Beef Burgers, frozen (57g each) - **6.5 Syns**

Farmfoods Chicken Satay Skewers, frozen (2 skewers) - **0.5 Syns**

Farmfoods Easy Cook Oriental Stir Fry Vegetables, frozen 750g pack (150g serving) - **1.5 Syns**

Farmfoods Extra Crispy Southern Dried Chips, frozen 2.5kg pack (per 100g) -

### **3.5 Syns**

LA Diner American Style Beef Grills, frozen 4 pack (85g each) - **6 Syns**

LA Diner American Style Lamb Grills, frozen 4 pack (85g each) - **6 Syns**

LA Diner BBQ Style Chicken Breast Fillets, frozen 800g pack (per 100g) - **1.5**

### **Syns**

LA Diner Chicken Fillets Topped with Bacon & Cheese with a Mushroom Sauce, frozen (206g each) - **5.5 Syns**

LA Diner Chinese Style Chicken Breast Fillets, frozen 800g pack (per 100g) -

### **0.5 Syns**

LA Diner Crispy Chicken Breast Goujons, frozen 20 pack (24g each) - **1.5 Syns**

LA Diner Curly Fries, frozen 600g pack (100g cooked) - **7 Syns**

LA Diner Hot & Spicy Chicken Breast Fillets, frozen 800g pack (per 100g) - **0.5**

### **Syns**

LA Diner Hot & Spicy Chicken Steaks, frozen (95g each) - **6.5 Syns**

LA Diner Lime & Coriander Chicken Breast Fillets, frozen 800g pack (per 100g)

**- 1 Syns**

LA Diner Mozzarella Cheese Sticks, frozen 30 pack (17g each) - **2.5 Syns**

LA Diner Part Baked Garlic Slices, frozen 10 pack (21g each) - **3.5 Syns**

LA Diner Pork Loin Steaks Topped with Cheese with an Apple & Cider Sauce, frozen (200g each) - **2.5 Syns**

LA Diner Southern Fried Chicken Goujons, frozen 480g pack (21g each) - **1 Syns**

LA Diner Southern Fried Chicken Steaks, frozen (95g each) - **6.5 Syns**

LA Diner Southern Fried Chicken Tenders, frozen 467g pack (33g each) - **4 Syns**

LA Diner Tomato & Basil Sauce Sachets 8 pack (113g sachet) - **3.5 Syns**

Mccains Baked Potato, Frozen - **1 Syn Each**

Oriental Express Stir Fry Chinese Chicken & Rice, excluding oil, frozen 510g pack (225g serving) - **3.5 Syns**

Oriental Express Stir Fry Egg Fried Rice, cooked as directed, frozen (100g cooked) - **2 Syns**

Pot noodles all varieties (1 standard pot made up) - **5 Syns**

R Whites Premium Lemonade Ice Lollies (75ml each) - **3 Syns**

Richmond Irish Recipe Thick Pork Sausages, frozen 16 pack (45g each) - **4 Syns**

Rowntrees Randoms Mini Ice Lollies, all varieties 12 pack (30ml each) - **2 Syns**

Veggie Kitchen Meat Free Meatballs, frozen 24 pack (3 meatballs) - **0.5 Syns**

Vimto Mixed Fruit Ice Lollies (45ml each) - **2 Syns**

Walls Cornetto Miniatures, Classico/Chocolate 12 pack (28ml each) - **4.5 Syns**

Weight Watchers Beef Hotpot, frozen (320g pack) - **7 Syns**

Weight Watchers Chicken Curry with Rice, frozen (320g pack) - **4.5 Syns**

Weight Watchers Chicken Hotpot, frozen (320g pack) - **6.5 Syns**

Weight Watchers Chicken Pasta with Tomato & Basil, frozen (310g pack) - **4 Syns**

Weight Watchers Classic Range Beef & Vegetable Hotpot, frozen (310g pack) - **6.5 Syns**

Weight Watchers Classic Range Mexican Chilli with Crunchy Potato Wedges, frozen (320g pack) - **5 Syns**

Weight Watchers Cottage Pie, frozen (320g pack) - **5.5 Syns**

Weight Watchers Signature Recipe Thai Green Chicken Curry with White Rice, frozen (320g pack) - **5.5 Syns**

Whitby Seafoods Salmon Fish Cakes with Lemon & Dill, frozen 4 pack (80g each) - **3 Syns**

Whitby Seafoods Salmon Goujons in Golden Breadcrumbs, chilled 200g pack (100g serving) - **4.5 Syns**

Youngs Chip Shop Chicken Breast Fillet Bites in Crisp Bubbly Batter, frozen 20 pack (20g each) - **1.5 Syns**

Youngs Chip Shop Chicken Breast Fillet Strips in Crisp Bubbly Batter, frozen 8 pack (25g each) - **2 Syns**

Youngs Chip Shop Crispy Chicken Breast Strips, frozen 8 pack (36g each) - **3 Syns**

Youngs Chip Shop Fish Cakes in Bubbly Batter, frozen 6 pack (50g each) - **4 Syms**

Youngs Chip Shop Fish Fingers in Bubbly Batter, frozen 8 pack (25g each) - **2.5 Syms**

Youngs Cod Steaks in Butter Sauce, frozen 4 pack (140g each) - **2 Syms**

Youngs Fish Cakes, Pollock & Salmon in Golden Breadcrumbs, frozen 12 pack (50g each) - **3.5 Syms**

Youngs Fish Steaks in Butter Sauce, frozen 4 pack (140g each) - **1.5 Syms**

Youngs Fish Steaks in Parsley Sauce, frozen 4 pack (140g each) - **2 Syms**

Youngs Gastro Chunky Basa Fillets with a Rocket, Basil & Parmesan Sauce, frozen (135g each) - **1 Syms**

Youngs Gastro Chunky Basa Fillets with a Spicy Tomato & Chorizo Sauce, frozen (135g each) - **0.5 Syms**

Youngs Gastro Prime Cod Loins with a Tomato & Garlic Sauce, frozen (135g each) - **1.5 Syms**

Youngs Wild Caught Scallops with a Lemon & Pink Peppercorn Butter, frozen (100g serving) - **3 Syms**

### **Healthy Extra A Options From Farmfoods**

175ml whole milk

250ml semi-skimmed milk

350ml skimmed milk

2 Dairylea Light Cheese Slices

2 The Laughing Cow Original Triangles

4 Dairylea Light Triangles

30g Cheddar / Double Gloucester / Red Leicester / Lactofree Mature Cheddar

### **Healthy Extra B Options From Farmfoods**

2 x Weetabix

45g Kelloggs All-Bran Bran Flakes