

Free Foods

TESCO BALSAMIC VINEGAR OF MODENA

TESCO MIXED BEAN SALAD

TESCO TAKEAWAY STICKY JASMINE RICE

TESCO BBQ CHICKEN TIKKA STEAKS, CHILLED

TESCO BBQ PORK & PEPPER KEBABS, CHILLED

TESCO EVERYDAY VALUE TIKKA SLICED CHICKEN, CHILLED

TESCO AROMATIC TIKKA CHICKEN CHUNKS, CHILLED

TESCO COUSCOUS, DRIED

TESCO FREE FROM MAIZE COUSCOUS

TESCO CAULIFLOWER COUSCOUS, DRIED

BRITISH LEMON & PARSLEY MINI CHICKEN FILLETS, CHILLED

FINEST ABERDEEN ANGUS ROAST TOPSIDE OF BEEF CHILLED

FINEST APPLEWOOD SMOKED WAFER THIN HAM, CHILLED

FINEST JAPANESE STIR FRY, FROZEN

FINEST NATURAL GREEK YOGURT

FRESH & EASY BEEFJOINT IN A RICH RED WINE GRAVY, CHILLED

HEALTHY LIVING BASA FILLETS, FROZEN

HEALTHY LIVING COTTAGE CHEESE WITH CRACKED BLACK PEPPER / CUCUMBER & MINT /
ONION & CHIVES / SWEET CHILLI

HEALTHY LIVING EXTRA LEAN STEAK MINCE

HEALTHY LIVING HADDOCK FILLETS, FROZEN

HEALTHY LIVING NATURAL FROMAGE FRAIS

HEALTHY LIVING ROAST CHICKEN & STUFFING SLICES

LESS THAN 5% FAT PORK MINCE, CHILLED

RED THAI MINI CHICKEN BREAST FILLETS, CHILLED

ROAST CHICKEN BREAST SLICES, CHILLED

SALMON FILLETS WITH CRACKED BLACK PEPPER, CHILLED

SEAFOOD RISOTTO MIX, FROZEN

SIMPLY HEAT CHICKEN BREASTS IN A RED WINE & MUSHROOM SAUCE, CHILLED

SIMPLY HEAT TENDER BEEF BRISKET IN ALE GRAVY, FROZEN

SKINLESS & BONELESS COD FILLETS, FROZEN

SLOW COOKED PULLED BEEF, CHILLED

SMOKED SALMON PIECES WITH LEMON & MIXED PEPPERCORNS, CHILLED

SUMMER FRUITS, FROZEN

SWEET CHILLI CHUNKY CHICKEN PIECES, CHILLED

VALUE CHUNKY CHICKEN, CHILLED

VALUE COOKED & PEELED PRAWNS, FROZEN

VALUE COTTAGE CHEESE WITH ONION & CHIVES

VALUE LOW FAT NATURAL YOGURT

VALUE SEAFOOD STICKS, CHILLED

VALUE SEAFOOD STICKS, FROZEN

MALLONS GLUTEN FREE GARLIC AND HERB SAUSAGE

MALLON'S GLUTEN FREE LEEK AND PEPPER SAUSAGE

MALLON'S LOW FAT GLUTEN FREE SAUSAGES

TESCO BEEF LEAN STEAK MINCE 5% FAT

ACTIVIA 0% FAT YOGHURTS

B FREE MULTIGRAIN WRAP 6 PACK – HEB CHOICE FOR 1 (CAN BE USED AS A PIZZA BASE TOO!)

MULLER LIGHTS (MAINLY FREE, SEE [THIS POST](#) FOR FULL DETAILS!)

TESCO MEAT FREE CHICKEN STYLE BURGERS

LINDA McCARTNEY VEGETARIAN SAUSAGES RED ONION AND ROSEMARY

TESCO SIMPLY COOK RANGE GAMMON ROAST WITH HONEY

TESCO ROASTED ROOT VEGETABLE CHIPS

Low Syn Foods:

TESCO HEALTHY LIVING LOW-FAT PORK SAUSAGES – 1 SYN EACH
TESCO STEAK CUT CHIPS, FROZEN 100G BAKED 2.5 SYNS
TESCO SWEET AND STICKY BBQ CHICKEN SKEWERS, FROZEN, 0.5 SYNS EACH
TESCO IRISH STEW, CANNED 400G CAN 3.5 SYNS
TESCO CHEESE RAVIOLI IN TOMATO SAUCE, 410G CAN – 3½ SYNS
TESCO MEAT FREE LINCOLNSHIRE SAUSAGES – 0.5 SYNS
TESCO RICH TEA FINGERS – 1 SYN PER BISCUIT
OPTIONS HOT CHOCOLATE: 2 SYNS FOR A SACHET / 11G
TESCO LIGHT CHOICES FAT FREE VINAIGRETTE – 1/2 SYN PER TBSP
PINK AND WHITE WAFERS – 2.5 SYNS EACH
TESCO MERINGUE NESTS – 3 SYNS EACH
TESCO LIGHT CHOICES, CHICKEN IN WHITE SAUCE, CANNED 400G CAN – 1 SYN
TESCO RICE CAKES, BBQ – 2.5 SYNS EACH
TESCO MAPLE BBQ PULLED PORK, CHILLED PACK – 5 SYNS
TESCO SMOKY BBQ CHICKEN CHUNKS – 100G, 0.5 SYNS
TESCO [VENISON SAUSAGES](#), CHILLED 6 PACK, 1 SYN EACH
TESCO MEAT FREE LINCOLNSHIRE STYLE SAUSAGES, FROZEN 1 SYN EACH
TESCO HEALTHY LIVING CUMBERLAND PORK SAUSAGES, CHILLED 8 PACK 1 SYNS EACH
[TESCO SMOKY BBQ PULLED BEEF](#), CHILLED 320G PACK 2.5 SYNS
TESCO BBQ BEEF KEBABS, CHILLED 1.5 EACH
TESCO KOFTA KEBABS, FROZEN 3.5 SYNS EACH
TESCO FETA PASTA SALAD, 5.5 SYNS PER PACK
TESCO LIGHTER SALAD CHEESE, 2.5 SYNS FOR 25G
TESCO SPICY CHICKEN PASTA SALAD, 275G POT 2 SYNS
TESCO [THREE BEAN AND MINT DELI SALAD](#), 250G PACK 4 SYNS
TESCO [ASIAN SLAW DELI SALAD](#), 250G PACK 2.5 SYNS
TESCO FINEST BROCCOLLI AND PEANUT SALAD, ½ POT 5 SYNS
TESCO FINEST CHARGRILLED VEGETABLE COUSCOUS SALAD, 250G 4 SYNS
TESCO FINEST EDAMAME AND PEA SALAD, PER POT 4 SYNS
TESCO FINEST SMOKY ANCHO CHILLI FOUR BEAN SALAD
TESCO HEALTHY LIVING ROASTED VEG COUSCOUS SALAD WITH TZATZIKI DRESSING, 260G
PACK 1.5 SYNS
[TESCO SWEET POTATO CHIPS WITH ROSEMARY AND THYME](#), CHILLED, 150G SERVING 2
SYNS
TESCO FINEST LEMON AND THYME ROAST POTATOES, CHILLED, 200G 4 SYNS

Healthy Extra A

PHILADELPHIA LIGHT CHEESE – 70G

KERRY LOW LOW DELIGHTFULLY CREAMY MATURE CHEESE SLICES – 2 SLICES

KERRY LOW LOW DELIGHTFULLY CREAMY PEPPERELLA PESTO CHEESE SLICES – – 2 SLICES

LAUGHING COW LIGHT TRIANGLES ORIGINAL / BLUE CHEESE / EMMENTAL – 4

THE LAUGHING COW EXTRA LIGHT TRIANGLES – 6

TESCO FINEST GRUYERE CHEESE, 30G

TESCO FINEST HALLOUMI CHEESE, 35G

Healthy Extra B

ALPEN LIGHT BARS (ALL VARIETIES) – 2

QUAKER OATS – OATS SO SIMPLE MULTIGRAIN (ORIGINAL 27G, HONEY 32G OR FRUIT MUESLI 34G)

TESCO HEALTHY LIVING CHOCOLATE & CARAMEL CEREAL BAR – 1 FOR HeB

TESCO HEALTHY LIVING APPLE & STRAWBERRY CEREAL BAR – 2 FOR HeB

WEETABIX OATY BAR – TOFFEE DAZZLER OR RAINBOW SMASHEMS OR MILK CHOCOLATE OR STRAWBERRY CRUSHER FLAVOUR – 1 FOR HeB

DARK OR MILK CHOCOLATE SPECIAL K CHEWY DELIGHT BAR – 1 FOR HeB

TESCO FINEST FRUIT AND FIBRE – 35G

TESCO EVERYDAY VALUE BRAN FLAKES 35G

TESCO EVERYDAY VALUE PORRIDGE OATS 35G

TESCO PEA AND HAM SOUP, 200G

TESCO PEA AND ASPARAGUS SOUP, 300G