

Free Foods <sup>2/3</sup>	Superfree Foods	Healthy Extras	Syns
2 muller lights egg baked beans bacon fry light <del>beef</del> potatoes <del>beef</del>	diet ribena diet lemonade beef stock rosemary	mushrooms tinned tomatoes turnips melon garlic onions carrots	1 reduced fat cream cracker 1 1/2 syns  Total <del>8</del> syns 1 1/2
diet ribena, diet lemonade egg, fry light, baked beans, bacon, muller light, boiled rice, sprite zero	mushrooms lettuce cucumber tomato melon	a 42g half fat cheddar  b 2 slices ww wholemeal bread (toasted)	1/4 chapati - 2.5 syns chicken tikka rogan josh - 6.5 syns 1 onion bhaji - 8 syns Total 17 <del>8</del> syns
egg, ham, chicken, sweetcorn, rice, soy sauce, muller light, diet pepsi	tomatoes, raspberries, strawberries, mushrooms, onions, peas, blueberries	a 42g half fat cheddar  b 2 slices ww wholemeal bread	medium battered haddock - 13 average chips - 17.5 slush - 2 syns Total 22.5 syns
2 muller lights, egg, bacon, baked beans, fry light, diet ribena, diet lemonade, extra lean minced beef, spaghetti, worcestershire sauce, artificial sweetener, <del>tomato</del> salt, pepper,	tinned tomatoes mushrooms garlic shallots raspberries blueberries	a 42g half fat cheddar  b 2 slices ww wholemeal bread	Total 0 syns