

Download Slimming World Syns List

Slimming World Syns For Savoury Snacks (by type) Snack a Jacks Salt & Vinegar Jumbo 2 syns each; Snack a Jacks Sweet Chilli (22g bag) 4.5 syns each; Walkers Sensations Poppadoms Lime & Coriander Chutney 3 syns; Download the printable version here: [Slimming World Syns List](#). Knowing what treats I can have will help me stay on track with Slimming World. Burgers Slimming World Syns List. Below is a list of Syn values for branded and supermarket purchased burgers. The healthier and syn free option is to create your own burger using 5% Lean beef mince. But sometimes let's admit it we are too busy to cook from scratch. So there are some other alternatives.. some healthier than others. Nando's Slimming World Syns List. This comprehensive Nando's Slimming World Syns List includes as much as possible from the restaurant itself, as well as the syns in Nando's sauces and seasonings that you can buy to use at home! Slimming World have just made losing weight a lot harder as they reveal 'free' foods which should now be classed as syns. The Slimming World diet has helped thousands shed the pounds and is the ...