

McDonald's

Slimming World

Syns List

Basement Bakehouse
THE MUMBLES & MUSINGS OF A SLIMMING FOODIE

- McDonald's Dessert Strawberry Sundae (each) - 14½
- McDonald's Dessert Chocolate Muffin (each) - 26
- McDonald's Drinks Cappuccino (1 large) - 6
- McDonald's Drinks Latte (1 large) - 9½
- McDonald's Dessert Blueberry Muffin (each) - 20
- McDonald's Main Menu Cheeseburger (each) - 15
- McDonald's Main Menu Hamburger (each) - 12½
- McDonald's Dessert Toffee Sundae (each)- 17
- McDonald's Drinks Cappuccino (1 medium) - 4½
- McDonald's Dessert Sugar Donut (each) - 9
- McDonald's Drinks Latte (1 medium) - 7
- McDonald's Drinks Oasis (1 small) - 2
- McDonald's Drinks Oasis (1 medium) - 3½
- McDonald's Drinks Oasis (1 large) - 4
- McDonald's Dip BBQ (per portion) - 2½
- McDonald's Dressing Balsamic (30g sachet) - 1½
- McDonald's Dessert Oreo McFlurry (each) - 13½
- McDonald's Red Leicester Melts (5 melts) - 12
- McDonald's Main Menu Double Cheeseburger (each) - 22½
- McDonald's Dessert Cadbury Crunchie McFlurry (each) - 14

McDonald's Dessert Ice Cream Cone (each) - 7½

McDonald's Drinks Banana Milkshake (1 small) - 10

McDonald's Drinks Chocolate Milkshake (1 small) - 10½

McDonald's Drinks Fanta Orange (1 medium) - 8½

McDonald's Drinks Chocolate Milkshake (1 large) - 24½

McDonald's Drinks Strawberry Milkshake (1 medium) - 19

McDonald's Dip Smokey BBQ (50g pot) - 4

McDonald's Main Menu Chicken McNuggets (each) - 1½

McDonald's Breakfast Menu Breakfast Wrap with Ketchup
(each) - 30½

McDonald's Main Menu Big Mac (each) - 25½

McDonald's Dip Tomato Ketchup (per portion) - 1

McDonald's Main Menu McChicken Sandwich (each) - 19½

McDonald's Drinks Vanilla Milkshake (1 small) - 10½

McDonald's Drinks Fanta Orange (1 small) - 5½

McDonald's Drinks Strawberry Milkshake (1 small) - 10

McDonald's Main Menu Mayo Chicken (each) - 16

McDonald's Drinks Strawberry Milkshake (1 large) - 24½

McDonald's Drinks Vanilla Milkshake (1 medium) - 19

McDonald's Dip Sweet Chilli Dip (50g pot) - 5½

McDonald's Drinks Banana Milkshake (1 medium) - 19½

McDonald's Drinks Vanilla Milkshake (1 large) - 24

McDonald's Drinks Chocolate Milkshake (1 medium) - 19

McDonald's Dessert Baked Apple Pie (each) - 12½

McDonald's Drinks Banana Milkshake (1 large) - 25

McDonald's Drinks Fanta Orange (1 large) - 10½

McDonald's Drinks Coca Cola (1 medium) - 8½

McDonald's Breakfast Menu Hash Browns (each) - 4½

McDonald's Dip Sweet Curry (per portion)- 2½

McDonald's Dip Sweet & Sour (per portion) - 2½

- McDonald's Drinks Hot Chocolate (1 medium) - 8½
- McDonald's Drinks Coca Cola (1 large)- 10½
- McDonald's Drinks Coca Cola (1 small) - 5½
- McDonald's Dessert Triple Chocolate Cookie (each) - 18½
- McDonald's Main Menu Fish Fingers (each) - 2
- McDonald's Dressing Fajita Style (30g sachet) - 1
- McDonald's Drinks Hot Chocolate (1 large) - 11
- McDonald's Main Menu Chicken Selects (each) - 4
- McDonald's Dessert Chocolatey Banoffee Pie (each) - 17½
- McDonald's Spicy Chicken Winter Melt (each) - 26½
- McDonald's Main Menu Big Tasty (each) - 40
- McDonald's Main Menu Vegetable Deluxe (each) - 19½
- McDonald's Drinks Toffee Latte (1 medium) - 9
- McDonald's Drinks Toffee Latte (1 large) - 11½
- McDonald's Dessert Cadbury Caramel McFlurry (each) - 20
- McDonald's Drinks Flat White (1 medium) - 4½
- McDonald's Drinks Millionaires Latte (1 regular) - 10
- McDonald's Drinks Millionaires Latte (1 large) - 12
- McDonald's Spicy Nacho Cheese Wedges (5 wedges) - 11½
- McDonald's Drinks Chocolate Chip Frappe (1 large) - 25½
- McDonald's Drinks Chocolate Chip Frappe (1 regular) - 21
- McDonald's Drinks Mocha Iced Frappe (1 large) - 24
- McDonald's Drinks Caramel Iced Frappe (1 regular) - 19½
- McDonald's Drinks Caramel Iced Frappe (1 large) - 24½
- McDonald's Drinks Mocha Iced Frappe (1 regular) - 20
- McDonald's Main Menu BBQ Chicken BLC (each) - 20
- McDonald's Dessert Cadbury Creme Egg McFlurry (each) - 20
- McDonald's Main Menu Filet-o-Fish (each) - 16½
- McDonald's Breakfast Menu Pancakes & Syrup (per portion) -

- McDonald's Dessert Cadbury Dairy Milk McFlurry (each) - 14½
- McDonald's Breakfast Menu Bacon & Egg McMuffin (each) - 17½
- McDonald's Breakfast Menu Sausage & Egg McMuffin (each)
- 21½
- McDonald's Main Menu Fish Fingers (per portion) - 6
- McDonald's Main Menu Chicken McNuggets (box of 4) - 5½
- McDonald's Main Menu French Fries (1 large) - 17
- McDonald's Main Menu French Fries (1 small) - 8½
- McDonald's Main Menu French Fries (1 medium) - 12
- McDonald's Main Menu Chicken Selects (3 pieces) - 11½
- McDonald's Main Menu Chicken Selects (5 pieces) - 19
- McDonald's Dip Sour Cream & Chive (50g pot) - 8
- McDonald's Drinks Tea with Milk, No Sugar (1 medium) - ½
- McDonald's Dessert Ice Cream Cone with Flake (each) - 9½
- McDonald's Main Menu Chicken McNuggets (box of 6) - 8½
- McDonald's Main Menu Chicken McNuggets (box of 9) - 12½
- McDonald's Main Menu Quarter Pounder with Cheese (each) - 26
- McDonald's Drinks Frozen Strawberry Lemonade (1 large) - 13
- McDonald's Drinks Frozen Strawberry Lemonade (1 regular)
- 10½
- McDonald's Main Menu Mozzarella Dippers (per portion) - 13½
- McDonald's Drinks Spiced Cookie Latte (1 large) - 11
- McDonald's Drinks Spiced Cookie Latte (1 medium) - 8½
- McDonald's Main Menu Spicy Vegetable Deluxe (each) - 20½
- McDonald's Breakfast Menu Egg & Cheese McMuffin (each) - 15
- McDonald's Breakfast Menu Cheesy Bacon Flatbread (each) - 15
- McDonald's Breakfast Menu Pancakes & Sausage with Syrup (per
portion) - 33
- McDonald's Breakfast Menu Double Sausage & Egg McMuffin
(each) - 28½
- McDonald's Breakfast Menu Oats So Simple (per pot) - 9½

- McDonald's Breakfast Menu Oats So Simple (per pot) - 9½
- McDonald's Breakfast Menu Bacon Roll with Brown Sauce (each)
- 16
- McDonald's Breakfast Menu Bacon, Egg & Cheese Bagel (each)
- 24
- McDonald's Breakfast Menu Bacon Roll with Tomato Ketchup
(each) - 16
- McDonald's Main Menu Chicken Legend with Cool Mayo (each)
- 26½
- McDonald's Breakfast Menu Sausage, Egg & Cheese Bagel
(each) - 28
- McDonald's Breakfast Menu Double Bacon & Egg McMuffin
(each) - 20
- McDonald's Breakfast Menu Toasted Bagel, excluding topping
(each) - 10½
- McDonald's Main Menu The Original BBQ Smokehouse Burger
(each) - 31½
- McDonald's Little Tasters Peri Peri Chicken Snack Wrap (each)
- 15
- McDonald's Main Menu Signature Collection, The Spicy Burger
(each) - 32
- McDonald's Main Menu The Signature Collection, The Classic
Burger (each) - 35
- McDonald's Main Menu Signature Collection, The BBQ Burger
(each) - 39
- McDonald's Main Menu Chicken Legend with BBQ Sauce (each)
- 24
- McDonald's Little Tasters Snack Wrap, Spicy Chicken (each) - 16
- McDonald's Main Menu The Chicken BBQ Smokehouse Burger
(each) - 31½