


# Product list



## Shakes

Banana  
Cappuccino  
Chocolate  
Chocolate Mint  
Lactose-Free Chocolate  
Lactose-Free Vanilla  
Strawberry  
Vanilla

## Soups

Chicken & Mushroom  
Leek & Potato  
Goulash  
Oriental Chilli  
Vegetable with Croutons

## Porridge

Apple & Cinnamon  
Original  
Mixed Berry

## Bars

Banoffee  
Cherry Bakewell  
Chocolate Chewy  
Chocolate Mint Crunch  
Chocolate & Orange Fusion  
Lemon Yoghurt  
Peanut Crispy  
Strawberry & Apple Yoghurt  
Toffee Chewy

## Bites

Choc Mint Bites  
Salted Caramel Bites

## Shake'n'Go

Chocolate

## Savoury Meals

Macaroni Cheese  
Spaghetti Bolognese  
Thai Green Style Curry with Noodles  
Chicken Tikka Style Curry  
Cottage Pie  
Green Pesto Flavour Pasta

## Smoothies

Apple & Blackcurrant  
Cherry & Strawberry  
Breakfast Smoothie with Oats

## Total Diet Replacement Shakes and Soups

Banana  
Chocolate  
Strawberry  
Vanilla  
Chicken and Mushroom

## Porridge

Original

## Bars

Lemon Yoghurt  
Peanut Crunch

## Water Flavourings

Golden Vegetable  
Lemon & Lime  
Orange  
Pineapple  
Raspberry & Elderflower

## Step Up® Meals

Beef Casserole  
Beef Kofta Curry & Rice  
Veggie Chilli with Potato Wedges  
Giant Couscous Salad  
Pearl Barley Risotto

## Snacks

Sour Cream & Chive Fava Beans  
Chilli & Lime Fava Beans

## Extras

Cambridge Fibre  
Mix-a-Mousse



THE 1:1 DIET

by Cambridge Weight Plan®