

THE 1:1 DIET

by Cambridge Weight Plan®



Allergies, & Lifestyle Information

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified	Kosher
Meal Replacements				
Bars				
Bar Fruit & Nut	Product contains: Milk, Hazelnut and Soya . Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓	
Bar Birthday Cake Bar	Product contains: Milk and Soya . Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓	
Bar Apple & Cinnamon Oat	Product contains: Milk, Soya and Barley, Oats (Gluten) . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Chocolate Chewy	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Chocolate & Orange Fusion	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Lemon Yoghurt	Product contains: Gluten, Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Peanut Crispy	Product contains: Milk, Peanut and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Strawberry & Apple Yoghurt	Product contains: Milk, Soya and Sulphites . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bites				
Bites Blueberry	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bites Salted Caramel	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bites Orange & Ginger	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓	

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Porridge				
Porridge Apple & Cinnamon	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk , Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Porridge Mixed Berry	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk , Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Porridge Golden Syrup	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk , Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Porridge Original	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk , Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Savoury Meals				
Savoury Meal Thai Green style Curry with Noodles	Product contains: Wheat (Gluten), Milk and Soya. May also contain eggs. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Savoury Meal Chicken Tika Style Curry	Product contains: Milk, Soya and Celery. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Savoury Meal Spaghetti Bolognese	Product contains: Wheat (Gluten), Soya and Sulphites. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Savoury Meal Carbonara	Product contains: Wheat (Gluten), Soya, Milk, Sulphites Not suitable for people with nut or sesame seeds allergy.	✓	✗	
Savoury Meal Chilli Con Carne	Product contains: Soya and Sulphites. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Shakes				
Shake Banana	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Shake Chocolate	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Shake Chocolate Mint	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Shake LF Cappuccino	Product contains: Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓
Shake LF Chocolate	Product contains: Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓
Shake LF Vanilla	Product contains: Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓
Shake Strawberry	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Smoothies				
Smoothie Apple & Blackcurrant	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Smoothie Cherry & Strawberry	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Smoothie Strawberry & Banana with Oats	Product contains: Oats (Gluten), Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	

We advise you should always read the product label and not rely solely on the information on the website.

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Soups				
Soup LF Leek & Potato	Product contains: Soya and Celery . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seed allergy.	✓	✓	
Soup Oriental Chilli	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Soup Vegetable with Croutons	Product contains: Wheat (Gluten) , Milk and Soya . May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Soup Chicken Flavoured Noodle	Product contains: Soy , Wheat (Gluten) and Celery . May contain Milk, Egg & Gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Ready to Drinks (RTDs)				
RTD Shake n Go - Chocolate	Product contains: Milk	✗	✗	✗
RTD Shake n Go - Latte	Product contains: Milk	✗	✗	✗
RTD Shake n Go – Mixed Berry Yoghurt	Product contains: Milk	✗	✗	✗
Snacks				
Pop Squares BBQ	May contain traces of milk, soya and mustard.	✓	✗	
Pop Squares Salt & Vinegar	May contain traces of milk, soya and mustard.	✓	✗	
Water Flavourings & Tubs				
Water Flavouring Golden Vegetable	Product contains: Celery . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Water Flavouring Lemon & Lime	Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Water Flavouring Orange	Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓
Water Flavouring Pineapple	Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Water Flavouring Pink LEMONAIDE (LE)	Not suitable for people with nut or sesame seeds allergy.	✓		
Water Flavouring Raspberry & Elderflower	Product contains: Sulphites . Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Tub Mix-a-Mousse®	Not suitable for people with nut or sesame seeds allergy.	✗	✗	

*All Dairy products are Chalav Akum
Please refer to issuing authority for any queries and current product listing.
KLBD email: info@kosher.org.uk
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