

THE 1:1 DIET

by Cambridge Weight Plan®

Product list

Shakes

Banana
Cappuccino (LF)
Chocolate
Chocolate Mint
Chocolate Caramel Biscuit Shake ** *
Fruits of the Forest
Chocolate (LF)
Vanilla (LF)
Strawberry

Smoothies

Apple & Blackcurrant
Breakfast Smoothie with Oats
Cherry & Strawberry

Ready-to-drink Chocolate

Chocolate **

Porridge

Apple & Cinnamon
Maple & Pecan
Mixed Berry**
Original

Soups

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

Step up Meals

Pearl Barley Risotto
Veg Chilli with Potato Wedges

Bars

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

Bites

Choc Mint Bites
Salted Caramel Bites

Savoury Meals

Chicken Tikka Style Curry
Cottage Pie**
Spicy Couscous
Spaghetti Bolognese

Snacks

Chilli & Lime Fava Beans
Sour Cream & Chive Fava Beans

Water Flavourings & Tubs

Golden Vegetable
Lemon & Lime
Orange
Pineapple
Raspberry & Elderflower
Watermelon
Cambridge Fibre
Mix a Mousse



* limited Edition
** coming soon
(LF) lactose-free