

THE 1:1 DIET

by Cambridge Weight Plan®

Product list

Shakes

Banana
Cappuccino (LF)
Chocolate
Chocolate Mint
Chocolate (LF)
Vanilla (LF)
Strawberry

Smoothies

Apple & Blackcurrant
Breakfast Smoothie with Oats
Cherry & Strawberry

Ready-To-Drink

Shake n Go – Chocolate
Shake n Go – Latte
Shake n Go – Mixed Berry Yoghurt

Porridge

Apple & Cinnamon
Golden Syrup
Mixed Berry
Original

Soups

Oriental Chilli
Leek & Potato (LF) **
Vegetable with Croutons
Chicken Flavoured Noodle

Bars

40th Birthday Cake Bar (Limited Edition) **
Fruit & Nut
Cookies & Cream
Chocolate Chewy
Chocolate Orange Fusion
Lemon Yoghurt
Peanut Crispy
Strawberry & Apple Yoghurt
Apple & Cinnamon Oat

Bites

Blueberry *
Choc Orange & Ginger **
Salted Caramel Bites

Savoury Meals

Thai Green Curry with Noodles
Spaghetti Bolognese
Chicken Tika Style Curry
Pasta Carbonara **
Chilli Con Carne **

Snacks

BBQ Pop Squares
Salt & Vinegar Pop Squares

Water Flavourings & Tubs

Golden Vegetable
Raspberry & Elderflower
Orange
Pineapple
Mix a Mousse
Pink Lemonade



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