

# 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 Fusion  
Festive Bar\*  
Lemon Yoghurt  
Peanut Crispy  
Strawberry & Apple Yoghurt  
Toffee Chewy

## Bites

Choc Mint Bites  
Salted Caramel Bites

## Savoury Meals

Thai Green Curry with Noodles\*\*  
Cottage Pie\*  
Spicy Couscous\*  
Spaghetti Bolognese

## Snacks

Chilli & Lime Fava Beans  
Sour Cream & Chive Fava Beans  
Salt and Vinegar 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