

# 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 Chocolate

Chocolate

### Porridge

Apple & Cinnamon  
Golden Syrup  
Mixed Berry  
Original

### Soups

Chicken & Mushroom  
Leek & Potato  
Oriental Chilli  
Vegetable with Croutons  
Chicken Flavoured Noodle

### Step up Meals

Veg Chilli with Potato Wedges  
Veggie & Chickpea Ragu

### Bars

Fruit & Nut \*\*  
Chocolate Chewy  
Chocolate Orange Fusion  
Lemon Yoghurt  
Peanut Crispy  
Strawberry & Apple Yoghurt  
Cherry Bakewell \*  
Toffee Chewy \*

### Bites

Choc Mint Bites  
Salted Caramel Bites

### Savoury Meals

Thai Green Curry with Noodles  
Spaghetti Bolognese  
Chicken Tika Style Curry

### Snacks

BBQ Pop Squares  
Cheese & Onion Pop Square  
Roast Chicken Pop Squares \*

### Water Flavourings & Tubs

Golden Vegetable  
Lemon & Lime \*  
Orange  
Pink Lemonade (LE) \*\*  
Pineapple  
Raspberry & Elderflower  
Cambridge Fibre  
Mix a Mousse



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