

Product list



Shakes

Banana
Cappuccino
Chocolate
Chocolate Caramel Biscuit
Chocolate Mint
Fruits of the Forest
Lactose-Free Chocolate
Lactose-Free Vanilla
Strawberry
Vanilla

Soups

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

Porridge

Apple & Cinnamon
Original
Mixed Berry

Bars

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

Bites

Choc Mint Bites
Salted Caramel Bites

Ready-to-drink

Strawberry Silk
Chocolate Velvet

Savoury Meals

Macaroni Cheese
Spaghetti Bolognese
Thai Green Style Curry with Noodles
Chicken Tikka Style Curry
Spicy Couscous
Cottage Pie
Green Pesto Flavour Pasta

Smoothies

Apple & Blackcurrant
Cherry & Strawberry
Breakfast Smoothie with Oats

Total Diet Replacement Shakes and Soups

Banana
Chocolate
Strawberry
Vanilla
Chicken and Mushroom

Porridge

Original

Bars

Lemon Yoghurt
Peanut Crunch

Water Flavourings

Golden Vegetable
Lemon & Lime
Orange
Pineapple
Raspberry & Elderflower
Watermelon

Step Up® Meals

Beef Casserole
Beef Kofta Curry & Rice
Chicken Tagine with Chickpeas
Chicken in Spicy Tomato Sauce with Rice
Chicken, Chorizo & Cannellini Beans
Pearl Barley Risotto
Smoky 3 Bean & Lentil Casserole
Veggie Chilli with Potato Wedges
Giant Couscous Salad

Snacks

Original Fava Beans
Sour Cream & Chive Fava Beans
Chilli & Lime Fava Beans

Extras

Cambridge Fibre
Mix-a-Mousse

THE 1:1 DIET

by Cambridge Weight Plan®

