

Product list

Shakes

Banana
Cappuccino
Chocolate
Chocolate Mint
Hazelnut & Chocolate
Lactose-Free Chocolate
Lactose-Free Vanilla
Strawberry
Strawberries & Cream
Vanilla

Soups

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

Porridge

Apple & Cinnamon
Golden Syrup
Mixed Berry
Original

Bars

Cherry Bakewell
Chocolate Chewy
Chocolate & Orange Fusion
Cookies & Cream
Dark Chocolate & Ginger
Lemon Yoghurt
Peanut Crispy
Strawberry & Apple Yoghurt
Toffee Chewy

Bites

Choc Mint Bites
Irish Cream Flavour Bites
Salted Caramel Bites

Savoury Meals

Chicken Tikka Style Curry
Green Pesto Flavour Pasta
Macaroni Cheese
Spaghetti Bolognese
Sweet & Sour Noodles
Thai Green Style Curry with Noodles

Shake'n'Go

Apple & Kiwi
Chocolate
Latte

Smoothies

Blackcurrant & Apple
Breakfast Smoothie with Oats
Cherry & Strawberry

Total Diet Replacement Shakes and Soups

Banana
Chicken and Mushroom
Chocolate
Strawberry
Vanilla

Porridge

Original

Bars

Lemon Yoghurt
Peanut Crunch

Water Flavourings

Coconut
Golden Vegetable
Lemon & Lime
Orange
Pineapple
Raspberry & Elderflower
Winter Spice

Step Up® Meals

Beef Casserole
Chicken Casserole
Chicken Curry
Veggie & Chickpea Ragù
Veggie Chilli with Potato Wedges

Snacks

Chilli & Lime Fava Beans
Sour Cream & Chive Fava Beans
BBQ Pop Squares
Cheese & Onion Pop Squares
Roast Chicken Pop Squares

Extras

Fibre
Mix-a-Mousse

Please note:
Products may go in and out of stock.
Please speak to your Consultant about availability

THE 1:1 DIET

by Cambridge Weight Plan®