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### SHAKES

## Vanilla Flavour

200kcal  
845kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1565		845	
	kcal	370		200	
Fat	g	4.8		2.6	
Of which saturates	g	0.9		0.5	
Mono-unsaturates	g	0.6		0.3	
Polyunsaturates	g	2.3		1.2	
Carbohydrate	g	50.1		27.0	
Of which sugars	g	35.1		18.9	
Starch	g	14.7		7.9	
Fibre	g	5.2		2.8	
Protein	g	29.2		15.8	
Salt	g	1.2		0.6	
Vitamin A	µg	620.4	78	335.0	42
Vitamin D	µg	4.1	81	2.2	44
Vitamin E	mg	9.3	77	5.0	42
Vitamin K	µg	61.1	81	33.0	44
Vitamin C	mg	63.0	79	34.0	43
Thiamin	mg	0.7	67	0.4	36
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	12.6	79	6.8	43
Vitamin B6	mg	1.0	73	0.6	39
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.7	67	0.9	36
Biotin	µg	33.3	67	18.0	36
Pantothenic acid	mg	3.9	65	2.1	35
Potassium	mg	1518.1	76	819.8	41
Chloride	mg	1067.2	133	576.3	72
Calcium	mg	813.4	102	439.2	55
Phosphorus	mg	747.8	107	403.8	58
Magnesium	mg	241.0	64	130.1	35
Iron	mg	10.3	74	5.6	40
Zinc	mg	6.7	67	3.6	36
Copper	mg	0.6	63	0.3	34
Manganese	mg	1.4	69	0.7	37
Selenium	µg	43.9	80	23.7	43
Chromium	µg	24.6	62	13.3	33
Molybdenum	µg	31.5	63	17.0	34
Iodine	µg	122.1	81	65.9	44

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Vanilla flavour skimmed milk and soya shake mix.  
With sweeteners.

**Ingredients:** Skimmed **milk** powder, Maltodextrin, **Soya** flour, **Soya** protein isolate, Inulin, **Soya** lecithin, Flavouring, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Stabiliser: xanthan gum, Potassium chloride, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Magnesium oxide, Salt, Sweeteners (sucralose, acesulfame K).

**Allergen Advice:** For allergens, **see ingredients in bold**. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds **allergy**.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a **blender** or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan<sup>®</sup> Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM371612

### SHAKES

## Strawberry Flavour

**200kcal**  
**843kJ**

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1561		843	
	kcal	370		200	
Fat	g	5.8		3.2	
Of which saturates	g	1.1		0.6	
Mono-unsaturates	g	0.8		0.4	
Polyunsaturates	g	2.5		1.4	
Carbohydrate	g	38.0		20.5	
Of which sugars	g	35.1		19.0	
Starch	g	2.3		1.2	
Fibre	g	4.6		2.5	
Protein	g	38.9		21.0	
Salt	g	2.8		1.5	
Vitamin A	µg	493.9	62	266.7	33
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.7	68	0.9	37
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1435.2	72	775.0	39
Chloride	mg	904.2	113	488.3	61
Calcium	mg	865.7	108	467.5	58
Phosphorus	mg	889.8	127	480.5	69
Magnesium	mg	235.0	63	126.9	34
Iron	mg	9.3	66	5.0	36
Zinc	mg	6.3	63	3.4	34
Copper	mg	0.7	73	0.4	40
Manganese	mg	1.2	62	0.7	33
Selenium	µg	34.1	62	18.4	33
Chromium	µg	50.6	127	27.3	68
Molybdenum	µg	44.3	89	23.9	48
Iodine	µg	99.5	66	53.8	36

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Strawberry flavour skimmed milk and soya shake mix.  
With sweeteners.

**Ingredients:** Skimmed milk powder, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Powdered cellulose, Sodium citrate, Flavouring, Colour: beetroot powder, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Potassium chloride, Magnesium oxide, Sweeteners (acesulfame K, sucralose).

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM371412

### SHAKES

## Banana Flavour

200kcal  
844kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1563		844	
	kcal	370		200	
Fat	g	6.7		3.6	
Of which saturates	g	1.1		0.6	
Mono-unsaturates	g	0.7		0.4	
Polyunsaturates	g	3.1		1.7	
Carbohydrate	g	37.4		20.2	
Of which sugars	g	35.0		18.9	
Starch	g	2.0		1.1	
Fibre	g	4.6		2.5	
Protein	g	38.0		20.5	
Salt	g	2.8		1.5	
Vitamin A	µg	703.7	88	380.0	48
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.7	70	0.9	38
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1654.6	83	893.5	45
Chloride	mg	1103.1	138	595.7	74
Calcium	mg	866.9	108	468.1	59
Phosphorus	mg	873.1	125	471.5	67
Magnesium	mg	251.9	67	136.0	36
Iron	mg	9.3	66	5.0	36
Zinc	mg	6.3	63	3.4	34
Copper	mg	0.7	74	0.4	40
Manganese	mg	1.3	65	0.7	35
Selenium	µg	34.6	63	18.7	34
Chromium	µg	46.9	117	25.3	63
Molybdenum	µg	42.0	84	22.7	45
Iodine	µg	99.8	67	53.9	36

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Banana flavour skimmed milk and soya shake mix.  
With sweeteners.

**Ingredients:** Skimmed milk powder, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Powdered cellulose, Sodium citrate, Flavouring, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Potassium chloride, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Magnesium oxide, Maltodextrin, Sweeteners (sucralose, acesulfame K), Colour: beta-carotene.

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan<sup>®</sup> Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM370212



### SHAKES

## Chocolate Mint Flavour

202kcal  
854kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1582		854	
	kcal	375		202	
Fat	g	6.3		3.4	
Of which saturates	g	1.4		0.8	
Mono-unsaturates	g	1.0		0.5	
Polyunsaturates	g	2.4		1.3	
Carbohydrate	g	39.6		21.4	
Of which sugars	g	36.9		19.9	
Starch	g	2.2		1.2	
Fibre	g	5.1		2.7	
Protein	g	37.4		20.2	
Salt	g	1.7		0.9	
Vitamin A	µg	493.9	62	266.7	33
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.8	72	1.0	39
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1493.6	75	806.6	40
Chloride	mg	739.0	92	399.1	50
Calcium	mg	913.2	114	493.1	62
Phosphorus	mg	927.4	132	500.8	72
Magnesium	mg	242.1	65	130.7	35
Iron	mg	10.2	73	5.5	40
Zinc	mg	6.7	67	3.6	36
Copper	mg	0.9	93	0.5	50
Manganese	mg	1.2	61	0.7	33
Selenium	µg	34.6	63	18.7	34
Chromium	µg	36.0	90	19.4	49
Molybdenum	µg	34.5	69	18.6	37
Iodine	µg	94.9	63	51.3	34

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Chocolate mint flavour skimmed milk and soya shake mix.  
With sweeteners.

**Ingredients:** Skimmed milk powder, **Soya** protein, **Soya** flour, Reduced fat cocoa powder, **Soya** lecithin, Flavouring, Sodium citrate, Stabilisers (xanthan gum, carrageenan), Powdered cellulose, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Maltodextrin, Magnesium oxide, Sweeteners (acesulfame K, sucralose).

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM370712

### SHAKES

## Chocolate Flavour

202kcal  
852kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1577		852	
	kcal	373		202	
Fat	g	6.0		3.3	
Of which saturates	g	1.3		0.7	
Mono-unsaturates	g	0.9		0.5	
Polyunsaturates	g	2.4		1.3	
Carbohydrate	g	39.8		21.5	
Of which sugars	g	37.4		20.2	
Starch	g	1.8		1.0	
Fibre	g	5.3		2.8	
Protein	g	37.3		20.2	
Salt	g	1.7		0.9	
Vitamin A	g	493.9	62	266.7	33
Vitamin D	g	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	g	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	g	123.5	62	66.7	33
Vitamin B12	g	1.8	73	1.0	39
Biotin	g	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1450.9	73	783.5	39
Chloride	mg	749.0	94	404.4	51
Calcium	mg	924.3	116	499.1	62
Phosphorus	mg	922.4	132	498.1	71
Magnesium	mg	306.0	82	165.2	44
Iron	mg	9.7	69	5.3	38
Zinc	mg	6.6	66	3.6	36
Copper	mg	0.8	84	0.5	46
Manganese	mg	1.2	61	0.7	33
Selenium	g	34.7	63	18.7	34
Chromium	g	36.0	90	19.4	49
Molybdenum	g	34.5	69	18.6	37
Iodine	g	95.0	63	51.3	34

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Chocolate flavour skimmed milk and soya shake mix.  
With sweeteners.

**Ingredients:** Skimmed **milk** powder, **Soya** protein isolate, **Soya** flour, Reduced fat cocoa powder, **Soya** lecithin, Flavouring, Powdered cellulose, Stabilisers (xanthan gum, carrageenan), Sodium citrate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Magnesium oxide, Maltodextrin, Sweeteners (acesulfame K, sucralose).

**Allergen Advice:** For allergens, **see ingredients in bold**. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan<sup>®</sup> Drink Shaker for 45-60 seconds. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM370622

### SHAKES

## Cappuccino Flavour

200kcal  
838kJ

Suitable for  
Vegetarians

Lactose  
Free

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1552		838	
	kcal	367		200	
Fat	g	6.0		3.3	
Of which saturates	g	1.0		0.5	
Mono-unsaturates	g	0.7		0.4	
Polyunsaturates	g	2.8		1.5	
Carbohydrate	g	43.9		23.7	
Of which sugars	g	6.3		3.4	
Starch	g	37.6		20.3	
Fibre	g	4.4		2.4	
Protein	g	32.2		17.4	
Salt	g	1.4		0.7	
Vitamin A	µg	493.9	62	266.7	33
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.5	61	0.8	33
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1478.4	74	798.4	40
Chloride	mg	1091.4	136	589.4	74
Calcium	mg	515.8	64	278.5	35
Phosphorus	mg	527.6	75	284.9	41
Magnesium	mg	241.3	64	130.3	35
Iron	mg	9.5	68	5.1	36
Zinc	mg	6.2	62	3.4	34
Copper	mg	0.8	75	0.4	41
Manganese	mg	1.2	60	0.7	32
Selenium	µg	33.7	61	18.3	33
Chromium	µg	96.5	241	52.1	130
Molybdenum	µg	83.2	166	44.9	90
Iodine	µg	105.1	70	56.7	38

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Cappuccino flavour soya shake mix.  
With sweeteners.

**Ingredients:** Maltodextrin, **Soya** protein isolate, **Soya** flour, Decaffeinated coffee powder, **Soya** lecithin, Powdered cellulose, Potassium chloride, Flavouring, Calcium carbonate, Stabiliser: xanthan gum, Calcium phosphate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, nicotinamide, ferrous fumarate, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Magnesium oxide, Thickener: guar gum, Sweeteners (sucralose, acesulfame K), Salt.

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Lactose  
Free

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM373313

## Chocolate Orange Flavour

**200kcal**  
**843kJ**

Suitable for  
Vegetarians

Lactose  
Free

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1561		843	
	kcal	370		200	
Fat	g	6.6		3.6	
Of which saturates	g	1.3		0.7	
Mono-unsaturates	g	1.0		0.5	
Polyunsaturates	g	2.8		1.5	
Carbohydrate	g	43.9		23.7	
Of which sugars	g	5.8		3.2	
Starch	g	36.9		19.9	
Fibre	g	6.2		3.3	
Protein	g	30.6		16.5	
Salt	g	2.1		1.1	
Vitamin A	µg	493.8	62	266.7	33
Vitamin D	µg	3.4	69	1.9	37
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	50.0	63	27.0	34
Thiamin	mg	0.7	62	0.4	33
Riboflavin	mg	0.9	62	0.5	33
Niacin	mg	9.9	62	5.3	33
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.5	62	0.8	33
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1459.9	73	788.4	39
Chloride	mg	1092.6	137	590.0	74
Calcium	mg	519.2	65	280.4	35
Phosphorus	mg	648.1	93	350.0	50
Magnesium	mg	244.6	65	132.1	35
Iron	mg	10.6	76	5.7	41
Zinc	mg	6.9	69	3.7	37
Copper	mg	0.9	95	0.5	51
Manganese	mg	1.2	61	0.7	33
Selenium	µg	36.5	66	19.7	36
Chromium	µg	88.9	222	48.0	120
Molybdenum	µg	78.1	156	42.2	84
Iodine	µg	108.9	73	58.8	39

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Chocolate orange flavour soya shake mix.  
With sweeteners.

**Ingredients:** Maltodextrin, **Soya** protein isolate, **Soya** flour, Reduced fat cocoa powder, **Soya** lecithin, Powdered cellulose, Potassium chloride, Flavouring, Sodium citrate, Calcium phosphate, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, nicotinamide, ferrous fumarate, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Magnesium oxide, Salt, Sweeteners (acesulfame K, sucralose).

**Allergen Advice:** For allergens, **see ingredients in bold**. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Lactose  
Free

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

### SHAKES

## Key Lime Pie Flavour

201kcal  
851kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1577		851	
	kcal	373		201	
Fat	g	5.5		3.0	
Of which saturates	g	1.0		0.5	
Mono-unsaturates	g	0.7		0.4	
Polyunsaturates	g	2.4		1.3	
Carbohydrate	g	42.0		22.7	
Of which sugars	g	34.1		18.4	
Starch	g	7.9		4.3	
Fibre	g	4.6		2.5	
Protein	g	35.7		19.3	
Salt	g	1.6		0.8	
Vitamin A	µg	493.8	62	266.7	33
Vitamin D	µg	3.3	65	1.8	35
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	33
Riboflavin	mg	0.9	62	0.5	33
Niacin	mg	9.9	62	5.3	33
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.6	65	0.9	35
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1435.2	72	775.0	39
Chloride	mg	834.2	104	450.5	56
Calcium	mg	1016.4	127	548.9	69
Phosphorus	mg	1035.8	148	559.3	80
Magnesium	mg	231.5	62	125.0	33
Iron	mg	9.5	68	5.1	37
Zinc	mg	6.3	63	3.4	34
Copper	mg	0.7	71	0.4	39
Manganese	mg	1.3	64	0.7	34
Selenium	µg	36.2	66	19.6	36
Chromium	µg	44.0	110	23.8	59
Molybdenum	µg	59.9	120	32.4	65
Iodine	µg	105.0	70	56.7	38

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Key Lime Pie flavour skimmed milk and soya shake mix.  
With sweeteners.

**Ingredients:** Skimmed milk powder, **Soya** protein isolate, **Soya** flour, Maltodextrin, **Soya** lecithin, Powdered cellulose, Flavouring, Acid: citric acid, Potassium phosphate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Stabiliser: xanthan gum, Calcium phosphate, Salt, Magnesium oxide, Sweeteners (acesulfame K, sucralose), Potassium chloride.

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink shaker for 45–60 seconds. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM373511

### SHAKES

## Fruits of the Forest Flavour

200kcal  
843kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1561		843	
	kcal	370		200	
Fat	g	5.8		3.1	
Of which saturates	g	1.1		0.6	
Mono-unsaturates	g	0.8		0.4	
Polyunsaturates	g	2.5		1.4	
Carbohydrate	g	37.1		20.0	
Of which sugars	g	34.5		18.6	
Starch	g	1.6		0.9	
Fibre	g	4.6		2.5	
Protein	g	39.9		21.6	
Salt	g	2.5		1.4	
Vitamin A	µg	493.9	62	266.7	33
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.7	67	0.9	36
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1435.2	72	775.0	39
Chloride	mg	688.2	86	371.6	46
Calcium	mg	1042.3	130	562.9	70
Phosphorus	mg	1085.6	155	586.2	84
Magnesium	mg	231.5	62	125.0	33
Iron	mg	9.5	68	5.2	37
Zinc	mg	6.3	63	3.4	34
Copper	mg	0.8	76	0.4	41
Manganese	mg	1.3	63	0.7	34
Selenium	µg	33.9	62	18.3	33
Chromium	µg	56.1	140	30.3	76
Molybdenum	µg	66.9	134	36.1	72
Iodine	µg	101.4	68	54.8	37

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Fruits of the Forest flavour skimmed milk and soya shake mix. With sweeteners.

**Ingredients:** Skimmed **milk powder**, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Powdered **cellulose**, Sodium citrate, Colour: beetroot powder, Flavouring, Potassium phosphate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Stabiliser: xanthan gum, Calcium phosphate, Magnesium oxide, Colour: anthocyanin, Sweeteners (acesulfame K, sucralose).

**Allergen Advice:** For allergens, **see ingredients in bold**. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM370912

### SHAKES

## Toffee & Walnut Flavour

**200kcal**  
**844kJ**

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1564		844	
	kcal	370		200	
Fat	g	5.9		3.2	
Of which saturates	g	1.1		0.6	
Mono-unsaturates	g	0.8		0.5	
Polyunsaturates	g	2.5		1.4	
Carbohydrate	g	36.4		19.6	
Of which sugars	g	34.4		18.6	
Starch	g	2.0		1.1	
Fibre	g	4.6		2.5	
Protein	g	40.6		21.9	
Salt	g	2.8		1.5	
Vitamin A	µg	493.8	62	266.7	33
Vitamin D	µg	3.1	62	1.7	33
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	33
Riboflavin	mg	0.9	62	0.5	33
Niacin	mg	9.9	62	5.3	33
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.7	67	0.9	36
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1436.3	72	775.6	39
Chloride	mg	909.5	114	491.1	61
Calcium	mg	857.3	107	463.0	58
Phosphorus	mg	896.1	128	483.9	69
Magnesium	mg	311.0	83	168.0	45
Iron	mg	9.6	69	5.2	37
Zinc	mg	6.4	64	3.4	34
Copper	mg	0.8	77	0.4	41
Manganese	mg	1.3	63	0.7	34
Selenium	µg	34.0	62	18.3	33
Chromium	µg	57.9	145	31.2	78
Molybdenum	µg	68.0	136	36.7	73
Iodine	µg	101.9	68	55.0	37

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Toffee and walnut flavour skimmed milk and soya shake mix.  
With sweeteners.

**Ingredients:** Skimmed **milk** powder, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Powdered **cellulose**, Sodium citrate, Flavouring, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Potassium chloride, Magnesium oxide, Sweeteners (sucralose, acesulfame K).

**Allergen Advice:** For allergens, **see ingredients in bold**. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink shaker for 45–60 seconds. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM375212

### SHAKES

## Lactose Free Chocolate Flavour

**200kcal**  
**844kJ**

Suitable for  
Vegetarians

Lactose  
Free

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1562		844	
	kcal	370		200	
Fat	g	7.2		3.9	
Of which saturates	g	1.4		0.8	
Mono-unsaturates	g	1.0		0.6	
Polyunsaturates	g	3.0		1.6	
Carbohydrate	g	41.3		22.3	
Of which sugars	g	5.5		3.0	
Starch	g	35.2		19.0	
Fibre	g	4.8		2.6	
Protein	g	32.6		17.6	
Salt	g	2.2		1.2	
Vitamin A	µg	493.8	62	266.7	33
Vitamin D	µg	3.4	69	1.9	37
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	50.0	63	27.0	34
Thiamin	mg	0.7	62	0.4	33
Riboflavin	mg	0.9	62	0.5	33
Niacin	mg	9.9	62	5.4	33
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.5	62	0.8	33
Biotin	µg	31.1	62	16.8	34
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1998.1	100	1079.0	54
Chloride	mg	1556.7	195	840.6	105
Calcium	mg	691.6	86	373.4	47
Phosphorus	mg	769.5	110	415.5	59
Magnesium	mg	249.3	66	134.6	36
Iron	mg	11.1	79	6.0	43
Zinc	mg	7.1	71	3.8	38
Copper	mg	1.0	100	0.5	54
Manganese	mg	1.2	62	0.7	33
Selenium	µg	36.5	66	19.7	36
Chromium	µg	95.3	238	51.5	129
Molybdenum	µg	82.4	165	44.5	89
Iodine	µg	111.0	74	59.9	40

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Lactose Free Chocolate flavour soya shake mix. With sweeteners.

**Ingredients:** Maltodextrin, **Soya** protein isolate, **Soya** flour, Reduced fat cocoa powder, **Soya** lecithin, Potassium chloride, Flavouring, Calcium phosphate, Sodium citrate, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, nicotinamide, ferrous fumarate, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Magnesium oxide, Salt, Sweeteners (acesulfame K, sucralose).

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

**How to make your tasty shake:** Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Lactose  
Free

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM370012



### SHAKES

## Lactose Free Vanilla Flavour

200kcal  
846kJ

Suitable for  
Vegetarians

Lactose  
Free

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1566		846	
	kcal	371		200	
Fat	g	6.3		3.4	
Of which saturates	g	1.0		0.5	
Mono-unsaturates	g	0.8		0.4	
Polyunsaturates	g	2.9		1.5	
Carbohydrate	g	43.9		23.7	
Of which sugars	g	5.9		3.2	
Starch	g	38.0		20.5	
Fibre	g	5.1		2.8	
Protein	g	32.2		17.4	
Salt	g	2.3		1.3	
Vitamin A	µg	493.8	62	266.7	33
Vitamin D	µg	3.6	71	1.9	39
Vitamin E	mg	7.8	65	4.2	35
Vitamin K	µg	49.4	66	26.7	36
Vitamin C	mg	55.0	69	29.7	37
Thiamin	mg	0.7	62	0.4	33
Riboflavin	mg	0.9	62	0.5	33
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	63	0.5	34
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.5	62	0.8	33
Biotin	µg	33.5	67	18.1	36
Pantothenic acid	mg	3.8	64	2.1	35
Potassium	mg	1443.7	72	779.6	39
Chloride	mg	1142.1	143	616.7	77
Calcium	mg	501.4	63	270.8	34
Phosphorus	mg	531.1	76	286.8	41
Magnesium	mg	234.1	62	126.4	34
Iron	mg	10.1	72	5.5	39
Zinc	mg	7.2	72	3.9	39
Copper	mg	0.8	76	0.4	41
Manganese	mg	1.3	66	0.7	35
Selenium	µg	40.0	73	21.6	39
Chromium	µg	98.5	246	53.2	133
Molybdenum	µg	84.5	169	45.6	91
Iodine	µg	119.9	80	64.7	43

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Lactose Free Vanilla flavour soya shake mix. With sweeteners.

**Ingredients:** Maltodextrin, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Powdered cellulose, Potassium chloride, Sodium citrate, Flavouring, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, nicotinamide, ferrous fumarate, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Calcium phosphate, Calcium carbonate, Magnesium oxide, Sweeteners (sucralose, acesulfame K).

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your tasty shake:

Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan<sup>®</sup> Drink Shaker for 45–60 seconds. Consume within 15 minutes.

Lactose  
Free

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM372212

### SOUPS

## Chicken & Mushroom Flavour

200kcal  
840kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1555		840	
	kcal	370		200	
Fat	g	6.6		3.6	
Of which saturates	g	1.1		0.6	
Mono-unsaturates	g	0.9		0.5	
Polyunsaturates	g	3.0		1.6	
Carbohydrate	g	43.9		23.7	
Of which sugars	g	17.5		9.5	
Starch	g	24.3		13.1	
Fibre	g	4.9		2.7	
Protein	g	30.8		16.6	
Salt	g	3.1		1.7	
Vitamin A	µg	493.9	62	266.7	33
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	1.0	71	0.5	39
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	2.0	80	1.1	43
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1674.9	84	904.4	45
Chloride	mg	1493.2	187	806.3	101
Calcium	mg	601.1	75	324.6	41
Phosphorus	mg	800.0	114	432.0	62
Magnesium	mg	296.8	79	160.3	43
Iron	mg	9.2	66	5.0	35
Zinc	mg	6.9	69	3.7	37
Copper	mg	0.6	55	0.3	30
Manganese	mg	1.2	60	0.7	33
Selenium	µg	37.3	68	20.1	37
Chromium	µg	52.9	132	28.6	71
Molybdenum	µg	65.6	131	35.4	71
Iodine	µg	102.8	69	55.5	37

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Chicken and mushroom flavour skimmed milk and soya soup mix.

**Ingredients:** Maltodextrin, Skimmed milk powder, **Soya** protein isolate, **Soya** flour, Flavouring (**wheat**), **Soya** lecithin, Powdered cellulose, **Milk** protein, Potassium chloride, Calcium phosphate, Refined **soya** oil, Hydrolysed maize protein, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, chromic chloride, D-biotin, sodium molybdate, vitamin D3, vitamin B12), Magnesium oxide, Onion powder, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Parsley, Dried mushrooms, Colour: plain caramel, Black pepper.

**Allergen Advice:** For allergens, including cereals containing gluten, see ingredients in bold. May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your savoury soup:

Pour 227ml of hot water into a container and add sachet contents. Using a blender or whisk, mix until smooth. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM370511

### SOUPS

## Leek & Potato Flavour

200kcal  
844kJ

Suitable for  
Vegetarians

Lactose  
Free

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1563		844	
	kcal	370		200	
Fat	g	6.2		3.4	
Of which saturates	g	0.9		0.5	
Mono-unsaturates	g	0.7		0.4	
Polyunsaturates	g	2.7		1.5	
Carbohydrate	g	50.7		27.4	
Of which sugars	g	7.2		3.9	
Starch	g	39.8		21.5	
Fibre	g	4.7		2.5	
Protein	g	25.5		13.7	
Salt	g	3.3		1.8	
Vitamin A	µg	550.0	69	297.0	37
Vitamin D	µg	4.3	85	2.3	46
Vitamin E	mg	9.2	76	5.0	41
Vitamin K	µg	58.3	78	31.5	42
Vitamin C	mg	65.2	81	35.2	44
Thiamin	mg	0.8	71	0.4	38
Riboflavin	mg	1.0	71	0.5	39
Niacin	mg	11.4	71	6.1	38
Vitamin B6	mg	1.0	74	0.6	40
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.8	70	1.0	38
Biotin	µg	35.7	71	19.3	39
Pantothenic acid	mg	4.5	75	2.4	40
Potassium	mg	1435.3	72	775.1	39
Chloride	mg	1733.2	217	935.9	117
Calcium	mg	495.9	62	267.8	33
Phosphorus	mg	719.2	103	388.4	55
Magnesium	mg	236.9	63	127.9	34
Iron	mg	9.8	70	5.3	38
Zinc	mg	7.8	78	4.2	42
Copper	mg	0.6	62	0.3	33
Manganese	mg	1.3	65	0.7	35
Selenium	µg	47.2	86	25.5	46
Chromium	µg	72.0	180	38.9	97
Molybdenum	µg	48.0	96	25.9	52
Iodine	µg	127.0	85	68.6	46

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

### Leek and potato flavour soya soup mix.

**Ingredients:** Maltodextrin, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Vegetable powder (white leek, onion, broccoli), Flavouring, Bouillon (sea salt, potato starch, yeast extract, palm fat, vegetable powder (parsnip, onion, parsley), maltodextrin, sugar, spices (**celery**)), Potassium phosphate, Powdered cellulose, Calcium carbonate, Dried green and white leek, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, nicotinamide, ferrous fumarate, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Potassium chloride, Stabiliser: xanthan gum, Magnesium oxide, Black pepper.

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your savoury soup:

Pour 227ml of hot water into a container and add sachet contents. Using a blender or whisk, mix until smooth. Consume within 15 minutes.

Lactose  
Free

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>TM</sup> programme. Use as directed by your Cambridge Weight Plan<sup>TM</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM371912

### SOUPS

## Mushroom Flavour

200kcal  
843kJ

Suitable for  
Vegetarians

Lactose  
Free

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1560		843	
	kcal	370		200	
Fat	g	6.4		3.4	
Of which saturates	g	1.1		0.6	
Mono-unsaturates	g	0.8		0.4	
Polyunsaturates	g	2.9		1.6	
Carbohydrate	g	39.8		21.5	
Of which sugars	g	6.0		3.2	
Starch	g	33.7		18.2	
Fibre	g	5.4		2.9	
Protein	g	35.6		19.2	
Salt	g	2.9		1.6	
Vitamin A	µg	493.9	62	266.7	33
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	50.2	63	27.1	34
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.5	61	0.8	33
Biotin	µg	32.0	64	17.3	35
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1555.8	78	840.1	42
Chloride	mg	2150.2	269	1161.1	145
Calcium	mg	647.5	81	349.6	44
Phosphorus	mg	590.3	84	318.8	46
Magnesium	mg	310.5	83	167.7	45
Iron	mg	10.2	73	5.5	39
Zinc	mg	6.8	68	3.7	37
Copper	mg	0.8	80	0.4	43
Manganese	mg	1.3	65	0.7	35
Selenium	µg	36.5	66	19.7	36
Chromium	µg	106.0	265	57.2	143
Molybdenum	µg	89.5	179	48.3	97
Iodine	µg	114.6	76	61.9	41

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

### Mushroom flavour soya soup mix.

**Ingredients:** Maltodextrin, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Flavouring (**wheat, soya**), Powdered cellulose, Potassium chloride, Dried mushrooms, Calcium carbonate, Potassium phosphate, Onion powder, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, nicotinamide, ferrous fumarate, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Salt, Magnesium oxide, Black pepper.

**Allergen Advice:** For allergens, including cereals containing gluten, **see ingredients in bold**. May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your savoury soup:

Pour 227ml of hot water into a container and add sachet contents. Using a blender or whisk, mix until smooth. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM371011

### SOUPS

## Oriental Chilli Flavour

**200kcal**  
**844kJ**

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1563		844	
	kcal	370		200	
Fat	g	6.6		3.6	
Of which saturates	g	1.0		0.5	
Mono-unsaturates	g	0.7		0.4	
Polyunsaturates	g	3.1		1.7	
Carbohydrate	g	43.8		23.7	
Of which sugars	g	13.3		7.2	
Starch	g	28.3		15.3	
Fibre	g	4.9		2.6	
Protein	g	31.4		17.0	
Salt	g	2.9		1.6	
Vitamin A	µg	870.4	109	470.0	59
Vitamin D	µg	3.1	62	1.7	33
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	33
Riboflavin	mg	0.9	62	0.5	33
Niacin	mg	9.9	62	5.3	33
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.7	68	0.9	37
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1438.0	72	776.5	39
Chloride	mg	1819.1	227	982.3	123
Calcium	mg	498.0	62	268.9	34
Phosphorus	mg	532.7	76	287.7	41
Magnesium	mg	241.7	64	130.5	35
Iron	mg	9.0	64	4.9	35
Zinc	mg	6.4	64	3.4	34
Copper	mg	0.5	53	0.3	29
Manganese	mg	1.3	64	0.7	34
Selenium	µg	35.9	65	19.4	35
Chromium	µg	42.5	106	23.0	57
Molybdenum	µg	58.7	117	31.7	63
Iodine	µg	98.7	66	53.3	36

\*RI=Reference intake of an average adult (8400 kJ/2000 kcal).

Oriental chilli flavour soya and skimmed milk soup mix.

**Ingredients:** Maltodextrin, **Soya** protein isolate, Skimmed milk powder, **Milk** protein, **Soya** flour, Flavouring, **Soya** lecithin, Textured **soya** protein, Hydrolysed maize protein, Powdered cellulose, Potassium chloride, Dried red peppers, Dried mushrooms, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Calcium phosphate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, chromic chloride, D-biotin, sodium molybdate, vitamin D3, vitamin B12), Onion powder, Garlic powder, Magnesium oxide, Stabiliser: xanthan gum, Salt, Black pepper, Coriander flakes, Colour: beta-carotene.

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your savoury soup:

Pour 227ml of hot (not boiling) water into a container and add sachet contents. Using a blender or whisk, mix until smooth. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM375412

### SOUPS

## Tomato & Basil Flavour

**200kcal**  
**841kJ**

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1558		841	
	kcal	370		200	
Fat	g	9.1		4.9	
Of which saturates	g	1.5		0.8	
Mono-unsaturates	g	1.3		0.7	
Polyunsaturates	g	4.1		2.2	
Carbohydrate	g	35.7		19.3	
Of which sugars	g	10.1		5.5	
Starch	g	24.5		13.2	
Fibre	g	4.6		2.5	
Protein	g	33.2		17.9	
Salt	g	2.9		1.6	
Vitamin A	µg	857.4	107	463.0	58
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.4	62	4.0	33
Vitamin K	µg	46.3	62	25.0	33
Vitamin C	mg	49.4	62	26.7	33
Thiamin	mg	0.7	62	0.4	34
Riboflavin	mg	0.9	63	0.5	34
Niacin	mg	10.0	63	5.4	34
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.5	61	0.8	33
Biotin	µg	30.9	62	16.7	33
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1435.2	72	775.0	39
Chloride	mg	2207.7	276	1192.2	149
Calcium	mg	494.4	62	267.0	33
Phosphorus	mg	585.7	81	305.5	44
Magnesium	mg	301.6	80	162.8	43
Iron	mg	10.9	78	5.9	42
Zinc	mg	6.2	62	3.3	33
Copper	mg	0.6	64	0.3	35
Manganese	mg	1.3	66	0.7	35
Selenium	µg	35.1	64	18.9	34
Chromium	µg	75.4	189	40.7	102
Molybdenum	µg	81.3	163	43.9	88
Iodine	µg	111.1	74	60.0	40

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Tomato and basil flavour soya and milk protein soup mix.  
With sweetener.

**Ingredients:** Maltodextrin, **Soya** protein isolate, Tomato powder, **Soya** flour, **Milk** protein, **Soya** lecithin, Hydrolysed maize protein, Powdered cellulose, Potassium chloride, Refined **soya** oil, Seasoning (**wheat** flour, tomato powder, sugar, spices (paprika, black pepper, chilli), yeast extract, salt, herbs (basil, oregano), onion powder, garlic powder), Modified maize starch, Flavouring (**wheat**), Acid: citric acid, Calcium phosphate, Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, chromic chloride, D-biotin, sodium molybdate, vitamin D3, vitamin B12), Magnesium oxide, Salt, Stabiliser: xanthan gum, Colours: beetroot powder, beta-carotene, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Paprika extract, Parsley, Sweetener: sucralose.

**Allergen Advice:** For allergens, including cereals containing gluten, see ingredients in bold. May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your savoury soup:

Pour 227ml of hot (not boiling) water into a container and add sachet contents. Using a blender or whisk, mix until smooth. Consume within 15 minutes.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM375312

### SOUPS

## Vegetable Flavour

200kcal  
844kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

### Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1563		844	
	kcal	370		200	
Fat	g	7.2		3.9	
Of which saturates	g	1.1		0.6	
Mono-unsaturates	g	0.9		0.5	
Polyunsaturates	g	3.3		1.8	
Carbohydrate	g	44.0		23.8	
Of which sugars	g	8.2		4.4	
Starch	g	34.2		18.5	
Fibre	g	5.0		2.7	
Protein	g	29.9		16.1	
Salt	g	2.9		1.6	
Vitamin A	µg	953.7	119	515.0	64
Vitamin D	µg	3.4	69	1.9	37
Vitamin E	mg	7.8	65	4.2	35
Vitamin K	µg	48.1	64	26.0	35
Vitamin C	mg	57.0	71	30.8	39
Thiamin	mg	0.7	66	0.4	35
Riboflavin	mg	0.9	62	0.5	33
Niacin	mg	10.5	65	5.7	35
Vitamin B6	mg	0.9	62	0.5	33
Folic acid	µg	123.5	62	66.7	33
Vitamin B12	µg	1.6	65	0.9	35
Biotin	µg	33.7	67	18.2	36
Pantothenic acid	mg	3.7	62	2.0	33
Potassium	mg	1440.0	72	777.6	39
Chloride	mg	1528.9	191	825.6	103
Calcium	mg	532.1	67	287.3	36
Phosphorus	mg	571.8	82	308.8	44
Magnesium	mg	238.2	64	128.6	34
Iron	mg	11.5	82	6.2	44
Zinc	mg	7.0	70	3.8	38
Copper	mg	0.6	63	0.3	34
Manganese	mg	1.4	72	0.8	39
Selenium	µg	40.9	74	22.1	40
Chromium	µg	72.9	182	39.4	98
Molybdenum	µg	81.7	163	44.1	88
Iodine	µg	124.8	83	67.4	45

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

### Vegetable flavour soya and milk protein soup mix.

**Ingredients:** Maltodextrin, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, **Milk** protein, Powdered cellulose, Flavouring (**wheat**), Hydrolysed maize protein, Dried red peppers, Onion powder, Potassium chloride, Dried carrots, Potassium phosphate, Calcium carbonate, Refined **soya** oil, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, chromic chloride, D-biotin, sodium molybdate, vitamin D3, vitamin B12), Stabiliser: xanthan gum, Magnesium oxide, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Black pepper, Parsley, Colour: beta-carotene.

**Allergen Advice:** For allergens, including cereals containing gluten, see ingredients in bold. May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.

### How to make your savoury soup:

Pour 227ml of hot water into a container and add sachet contents. Using a blender or whisk, mix until smooth. Consume within 15 minutes

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

LAM371711