

ALLERGIES/INTOLERANCES/CHOICES INFORMATION:

Shakes, Lactose Free, Ready-made, Porridge, Soups, Bars, Water flavourings, Eat Easy and other products.

	Gluten intolerance	Crustacean allergy	Egg allergy	Fish allergy	Milk allergy	Lactose intolerance	Sesame seeds allergy	Tree nuts allergy	Peanut allergy	Celery allergy	Mustard allergy	Soy allergy	Sulphite allergy	Lupin allergy	Molluscs allergy	Yeast allergy	Aspartame allergy	Suitable for Vegetarians	Halal certified
Shakes																			
Banana (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate Mint (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Strawberry (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Vanilla (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Lactose free Chocolate (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Lactose free Vanilla (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Fruits of the Forest (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Key Lime Pie (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Toffee & Walnut (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate Orange (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Cappuccino (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Banana (40g) TDR†	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate (40g) TDR†	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Strawberry (40g) TDR†	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Vanilla (40g) TDR†	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Soups																			
Chicken & Mushroom (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Oriental Chilli (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Tomato & Basil (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Vegetable (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Leek & Potato (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✗	✓	✓	✓	✗	✓	✓	✓
Mushroom (54g)	✗	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Chicken & Mushroom (40g) TDR†	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Porridge																			
Original (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Apple & Cinnamon (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Maple & Pecan (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Original (40g) TDR†	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓

† Total Diet Replacement product

Key	Suitable to consume	✓
	Unsuitable to consume	✗
	May be suitable	○

While every care has been taken to ensure product information is correct, food products are constantly being reformulated, so ingredients, nutrition content, dietary and allergens may change. You should always read the product label and not rely solely on the information provided on the website.

ALLERGIES/INTOLERANCES/CHOICES INFORMATION:

Shakes, Lactose Free, Ready-made, Porridge, Soups, Bars, Water flavourings, Eat Easy and other products.

	Gluten Intolerance	Crustacean allergy	Egg allergy	Fish allergy	Milk allergy	Lactose intolerance	Sesame seeds allergy	Tree nuts allergy	Peanut allergy	Celery allergy	Mustard allergy	Soy allergy	Sulphite allergy	Lupin allergy	Molluscs allergy	Yeast allergy	Aspartame allergy	Suitable for Vegetarians	Halal certified
Pasta																			
Macaroni Cheese (58g)	x	✓	○	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	x	✓	✓	✓
Spaghetti Bolognese (58g)	x	✓	○	✓	✓	✓	x	x	x	✓	✓	x	x	✓	✓	x	✓	✓	✓
Savoury Rice																			
Chicken Tikka Style Curry (54g)	x	✓	✓	✓	x	x	x	x	x	x	✓	x	✓	✓	✓	x	✓	✓	✓
Thai Green Style Curry (54g)	x	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	x	✓	✓	✓
Couscous																			
Spicy Couscous (54g)	x	✓	✓	✓	x	x	x	x	x	x	✓	x	✓	✓	✓	x	✓	✓	✓
Rice Pudding																			
Vanilla (54g)	○	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Bars																			
Cranberry Crunch (55g)	x	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Chocolate Chewy (57g)	✓	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Mint Crunch (55g)	x	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Orange Chewy (57g)	✓	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Peanut Crunch (55g)	x	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Toffee Chewy (57g)	✓	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Lemon Yoghurt Bar (55g)	x	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Strawberry & Apple Yoghurt Bar (55g)	✓	✓	✓	✓	x	x	x	x	x	✓	✓	x	x	✓	✓	✓	✓	✓	✓
Lemon Yoghurt Bar (42g) TDR†	✓	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Peanut Crunch (42g) TDR†	✓	✓	✓	✓	x	x	x	x	x	✓	✓	x	✓	✓	✓	✓	✓	✓	✓
Water Flavourings																			
New Orange (150g)	✓	✓	✓	✓	✓	✓	x	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & Elderflower (150g)	✓	✓	✓	✓	✓	✓	x	x	x	✓	✓	✓	x	✓	✓	✓	✓	✓	✓
Lemon & Lime (150g)	✓	✓	✓	✓	✓	✓	x	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Watermelon (150g)	✓	✓	✓	✓	✓	✓	x	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Golden Vegetable (125g)	✓	✓	✓	✓	✓	✓	x	x	x	x	✓	✓	✓	✓	✓	x	✓	✓	✓

† Total Diet Replacement product

Key	Suitable to consume	✓
	Unsuitable to consume	x
	May be suitable	○

While every care has been taken to ensure product information is correct, food products are constantly being reformulated, so ingredients, nutrition content, dietary and allergens may change. You should always read the product label and not rely solely on the information provided on the website.

ALLERGIES/INTOLERANCES/CHOICES INFORMATION:

Shakes, Lactose Free, Ready-made, Porridge, Soups, Bars, Water flavourings, Eat Easy and other products.

	Gluten Intolerance	Crustacean allergy	Egg allergy	Fish allergy	Milk allergy	Lactose Intolerance	Sesame seeds allergy	Tree nuts allergy	Peanut allergy	Celery allergy	Mustard allergy	Soy allergy	Sulphite allergy	Lupin allergy	Molluscs allergy	Yeast allergy	Aspartame allergy	Suitable for Vegetarians	Halal certified
Smoothies																			
Apple & Blackcurrant (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Cherry & Strawberry (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Eat Easy																			
Chicken Curry (300g)	✓	✓	✓	✓	✗	✗	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Mediterranean Chicken (300g)	✗	✓	✗	✓	✓	✓	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Vegetable Chilli (300g)	✓	✓	✓	✓	✓	✓	✓	○	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗
Bonus Bar																			
Tropical (25g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Other																			
Mix-a-Mousse (75g)	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Fibre (120g)	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ready To Drink																			
Chocolate Velvet (250mle)	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗
Banana Bliss (250mle)	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗
Strawberry Silk (250mle)	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✗

Key	Suitable to consume	✓
	Unsuitable to consume	✗
	May be suitable	○

While every care has been taken to ensure product information is correct, food products are constantly being reformulated, so ingredients, nutrition content, dietary and allergens may change. You should always read the product label and not rely solely on the information provided on the website.