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Spaghetti Bolognese Flavour

208kcal
875kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	% RI* per 100g	Per 58g serving	% RI* per serving
Energy					
	kJ	1508		875	
	kcal	358		208	
Fat	g	8.2		4.8	
Of which saturates	g	1.2		0.7	
Mono-unsaturates	g	0.4		0.2	
Polyunsaturates	g	2.8		1.6	
Carbohydrate	g	42.0		24.4	
Of which sugars	g	13.5		7.8	
Starch	g	26.0		15.1	
Fibre	g	8.5		4.9	
Protein	g	24.2		14.0	
Salt	g	2.6		1.5	
Vitamin A	µg	534.5	67	310.0	39
Vitamin D	µg	3.3	66	1.9	38
Vitamin E	mg	7.1	59	4.1	34
Vitamin K	µg	44.0	59	25.5	34
Vitamin C	mg	63.8	80	37.0	46
Thiamin	mg	0.6	58	0.4	34
Riboflavin	mg	0.8	59	0.5	34
Niacin	mg	9.3	58	5.4	34
Vitamin B6	mg	0.8	57	0.5	33
Folic acid	µg	115.0	58	66.7	33
Vitamin B12	µg	1.5	59	0.9	34
Biotin	µg	29.3	59	17.0	34
Pantothenic acid	mg	3.4	57	2.0	33
Potassium	mg	2227.9	111	1292.2	65
Chloride	mg	748.0	93	433.8	54
Calcium	mg	737.2	92	427.6	53
Phosphorus	mg	584.7	84	339.1	48
Magnesium	mg	218.3	58	126.6	34
Iron	mg	10.6	75	6.1	44
Zinc	mg	6.2	62	3.6	36
Copper	mg	0.8	76	0.4	44
Manganese	mg	3.1	157	1.8	91
Selenium	µg	39.3	72	22.8	41
Chromium	µg	28.6	71	16.6	41
Molybdenum	µg	35.7	71	20.7	41
Iodine	µg	106.8	71	61.9	41

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

Bolognese flavour spaghetti and textured soya protein mix.
With sweetener.

Ingredients: Textured **soya protein** (**soya flour**, colour: **sulphite-ammonia caramel**), Pre-cooked spaghetti (**wheat**), Seasoning (tomato powder, **soya lecithin**, flavouring, modified maize starch, garlic powder, sugar, onion powder, herbs (oregano, sage, basil, marjoram, parsley, thyme), anti-caking agent: silicon dioxide, yeast extract, paprika extract, paprika), Calcium phosphate, Potassium chloride, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, vitamin A acetate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, copper gluconate, potassium iodate, chromic chloride, sodium molybdate, sodium selenite, folic acid, vitamin K, D-biotin, vitamin D3, vitamin B12), Acid: citric acid, Powdered cellulose, Magnesium oxide, Flavouring, Sweetener: sucralose.

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

How to make your delicious Spaghetti Bolognese:

Pour the contents of your sachet into a deep microwaveable bowl. Add 200ml of hot water and microwave on full power† for 1 minute and 30 seconds. Stir and microwave again for a further 1 minute and 30 seconds. Allow to cool sufficiently before eating, as it will be very hot. Consume within 15 minutes. Once prepared, do not re-heat.

†Microwave timings are based on a 900W (cat E) microwave. Check manufacturer's instructions for other wattage.

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.

LAM373221

PASTA

Macaroni Cheese

214kcal
903kJ

Suitable for
Vegetarians

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

Nutritional Information

		Per 100g	% RI* per 100g	Per 58g serving	% RI* per serving
Energy					
	kJ	1557		903	
	kcal	369		214	
Fat	g	7.1		4.1	
Of which saturates	g	2.1		1.2	
Mono-unsaturates	g	1.0		0.6	
Polyunsaturates	g	2.4		1.4	
Carbohydrate	g	46.8		27.1	
Of which sugars	g	14.7		8.5	
Starch	g	30.2		17.5	
Fibre	g	5.4		3.1	
Protein	g	27.0		15.6	
Salt	g	2.3		1.3	
Vitamin A	µg	844.8	106	490.0	61
Vitamin D	µg	4.5	90	2.6	52
Vitamin E	mg	7.1	59	4.1	34
Vitamin K	µg	65.5	87	38.0	51
Vitamin C	mg	103.4	129	60.0	75
Thiamin	mg	1.3	114	0.7	66
Riboflavin	mg	1.3	96	0.8	56
Niacin	mg	14.7	92	8.5	53
Vitamin B6	mg	1.2	89	0.7	51
Folic acid	µg	172.4	86	100.0	50
Vitamin B12	µg	2.4	97	1.4	56
Biotin	µg	43.1	86	25.0	50
Pantothenic acid	mg	5.3	89	3.1	52
Potassium	mg	1343.7	67	779.3	39
Chloride	mg	1137.2	142	659.6	82
Calcium	mg	854.7	107	495.7	62
Phosphorus	mg	512.1	73	297.0	42
Magnesium	mg	220.9	59	128.1	34
Iron	mg	11.0	78	6.4	45
Zinc	mg	8.9	89	5.2	52
Copper	mg	0.8	78	0.5	45
Manganese	mg	1.7	85	1.0	49
Selenium	µg	49.7	90	28.8	52
Chromium	µg	23.0	58	13.4	33
Molybdenum	µg	28.7	57	16.7	33
Iodine	µg	130.7	87	75.8	51

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

Cheese flavoured macaroni pasta and milk protein mix.

Ingredients: Macaroni pasta 38% (durum **wheat** semolina), Skimmed **milk** powder, **Milk** protein, Cheese seasoning 10% (cheese powder (**milk**), **milk** powder, onion powder, yeast extract, dried glucose syrup, salt, garlic powder, non-hydrogenated palm oil powder, anti-caking agent: silicon dioxide, black pepper, colour: paprika extract), Powdered cellulose, Modified maize starch, Potassium chloride, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Calcium phosphate, Flavouring (**milk**), Refined **soya oil**, **Soya** lecithin, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, vitamin A acetate, thiamin hydrochloride, pyridoxine hydrochloride, riboflavin, folic acid, potassium iodate, chromic chloride, sodium selenite, vitamin K, sodium molybdate, D-biotin, vitamin D3, vitamin B12), Magnesium oxide, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid).

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

How to make your delicious Macaroni Cheese:

Pour sachet contents into a deep microwaveable bowl. Add 160ml (or 180ml for a thinner consistency) hot water and microwave on full power† for 2 minutes. Stir and microwave again for a further 2 minutes. Allow to cool sufficiently before eating as IT WILL BE VERY HOT. Consume within 15 minutes. Once prepared do not re-heat.

†Microwave timings are based on a 900W (cat E) microwave. Check manufacturer's instructions for other wattage.

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.

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