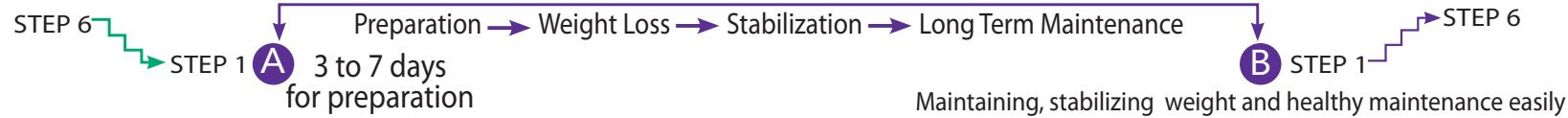
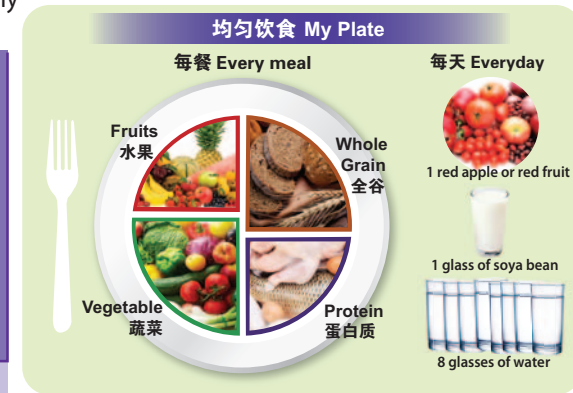


Real people, real support, real results.



Weight loss, detoxification, regain ideal weight and health easily

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6
<p>Sole Source 440 - 555 kcal</p> <p>3 to 4 sachets + 2.25 litres</p> <p>Sole Source Plus 640 kcal</p> <p>3 sachets + Protein foods 200 kcal or 1 cup Skimmed milk 200 ml + Small amount of fresh green vegetables + 2.25 litres</p> <p>1 to 12 weeks</p>	<p>810 kcal</p> <p>3 sachets + Protein foods 395 kcal or 1 cup Skimmed milk 340 ml + Small amount of fresh green vegetables + 2.25 litres</p> <p>Min 1 Week</p>	<p>1,000 kcal</p> <p>2 sachets (282 kcal) + Food 585 kcal + 2.25 litres</p> <p>Breakfast: Skimmed milk 284 ml</p> <p>Lunch & Dinner: 1 sachet + Small amount of vegetables salad (465 kcal)</p> <p>Min 2 Weeks</p>	<p>1,200 kcal</p> <p>2 sachets (282 kcal) + Food 785 kcal + 2.25 litres</p> <p>Breakfast: Skimmed milk 284 ml</p> <p>Lunch & Dinner: 1 sachet + Light meal + Small amount of vegetables salad (665 kcal)</p> <p>Min 2 Weeks</p>	<p>1,500 kcal</p> <p>1 sachet + Food 1,362 kcal</p> <p>Breakfast: Skimmed milk 200ml + Food 200 kcal</p> <p>Light meal for lunch: 600 kcal + Skimmed milk 225 ml</p> <p>Dinner: 1 sachet + 1 Apple 80 kcal</p> <p>Min 2 Weeks</p>	<p>1,500 kcal My life</p> <p>A healthy diet plus your choice of using CWP* + 1-2 sachet + Food</p> <p>5C Long-term Lifestyle To Maintain A Healthy Weight</p> <ol style="list-style-type: none"> Change Attitude of weight loss Change Relationship Change Lifestyle Change Diet Habits Change Exercise Habits <p>Long-term healthy weight maintenance</p>



Sources: Cambridge Weight Plan "meals in minutes" & "Step Programme"



Sources:
Cambridge Weight Plan
"Step Programme"

Sole Source:

On Sole Source there's no calorie counting, no food groups to combine, no weighing and measuring food, no recipes to follow — we just ask that you follow two simple, straightforward rules:

- Eat three or four Cambridge Weight Plan products per day
- Drink 2.25 litres of fluids over the course of the day



SOLE SOURCE PLUS

STEP 1 640kcal

Sole Source Plus

Sole Source Plus is different from Sole Source because it includes the addition of a 200kcal meal or a 200ml milk allowance.



While on Sole Source Plus, you'll be consuming approximately 640kcal per day. You'll get your Recommended Daily Allowance (RDA) of vitamins and minerals from three or four Cambridge Weight Plan products. In addition, you can choose whether to have some conventional food or a daily milk allowance.

Making a meal of Sole Source Plus

A Sole Source Plus meal is a meal of no more than 200kcal, prepared with one ingredient from the following list and cooked in a healthy way:

- 170g chicken or turkey breast (skinless)
- 180g tinned tuna (in water, not oil)
- 200g Quorn e.g. mince pieces
- 225g cottage cheese, plain, reduced fat (less than 2% fat)
- 230g cod, haddock or other white fish
- 185g pre-cooked prawns
- 250g steamed tofu
- 2 large eggs

You can include tea and coffee, herbal teas and Cambridge water flavourings.

Plus

80g of any cooked or raw vegetables or salad from the following list:

- asparagus
- green salad leaves (including lettuce, lamb's lettuce radicchio, little gem, rocket and romaine)
- broccoli
- cabbage (even pickled)
- cauliflower
- celery
- Chinese leafy greens (including pak choi and Chinese cabbage)
- leeks
- mushroom
- red radishes
- spinach
- spring onions
- watercress
- celeriac
- kale
- marrow
- courgette
- cucumber
- fennel
- green peppers





Customized Diets - 2nd Programme for weight loss – 810 calories (with one meal - vegetarian)

- 3 Cambridge meals per day (compulsory)
- One white protein meal - choose one from the list below



260g canned tuna in water (drained)

190g fresh tuna steak

250g prawns



200g octopus or squid (raw weight)

10 large mussels

100g low fat soya cheese or tofu



2 large eggs (V)

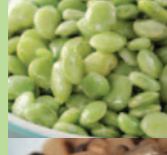
1 cup of cooked lentils (V)

1 cup of cooked chickpeas, drained (V)



1 cup of cooked butter beans (V)

1 cup black eyed peas (V)



Accompanied by:

- A small bowl of green and white salad (such as Rocket, lettuce (all kinds), cucumber, celery, chicory, spring onions, cabbage, coriander, parsley, mushrooms, green pepper, radishes etc) or /& grilled / boiled vegetables (such as broccoli, cauliflower, artichokes, courgettes, spinach, string beans, chard, turnips)
- Herbs and dressing (black pepper, oregano, tandoori, chilli, curry, mustard (in moderation), little balsamic vinegar, apple vinegar, little lemon juice), little salt for taste and Herbamare salt.
No Olive oil or other dressings are permitted if not mentioned above

Vital :

- 2.5 litres of water per day at least

Other permitted items :

- Calorie free liquids such as tea, coffee (preferably caffeine free) no more than 3 a day, other teas such as green tea , chinese tea.
- 1 diet soft drink per day
- 1 glass of skimmed milk and 100g of fat free yogurt per day (the yogurt milk can be replaced with each other i.e. 2 glasses of milk only or 200g of yogurt per day only.
▶ If you have feelings of hunger, munch on raw vegetables such as cucumbers, celery and other green leafy vegetables but in limited quantities.
▶ Your meal can be taken either at lunch or at dinner time.
▶ Chewing gum * - no more than 3 a day. (*Sugar free)
▶ Use sweetener not sugar.



V = suitable for vegetarians

Alcohol is strictly prohibited on all weight loss programmes

STEP 3 1,000kcal

585 kcal of food + 2 CWP



MONDAY

Breakfast

1 glass of water + 1 CWP

Mid Morning snack

1 seasonal fruit

Lunch

150 grms of chicken + 1 cup of salad with 1 tsp of olive oil as dressing

Afternoon snack

1 seasonal fruit

Dinnertime

1 glass of 0% fat milk + 1 cup of wholemeal cereal

Evening

1 glass of water + 1 CWP

TUESDAY

Breakfast

1 glass of water + 1 CWP

Mid Morning snack

1 seasonal fruit

Lunch

1 Cheese and mushroom omelette and ½ cup of salad

Afternoon snack

1 seasonal fruit

Dinnertime

½ brown pitta bread + 45grms of low fat cheese or Halloumi + 2 slices of tomato

Evening

1 glass of water + 1 CWP

WEDNESDAY

Breakfast

1 glass of water + 1 CWP

Mid Morning snack

1 seasonal fruit

Lunch

1 cup of pulses such as black eyed peas with chard

Afternoon snack

1 seasonal fruit

Dinnertime

1 small can of tuna fish in water a 1 cup of salad with olive oil as dressing

Evening

1 glass of water + 1 CWP

THURSDAY

Breakfast

1 glass of water + 1 CWP

Mid Morning snack

1 seasonal fruit

Lunch

1 50grms of grilled or baked fish + 1 cup of salad with 1 tsp of olive oil as dressing

Afternoon snack

1 seasonal fruit

Dinnertime

1 glass of 0% fat milk + 1 cup of wholemeal cereal

Evening

1 glass of water + 1 CWP

FRIDAY

Breakfast

1 glass of water + 1 CWP

Mid Morning snack

1 seasonal fruit

Lunch

1 ½ cups of lentis with rice and 1 cup of salad with 1 tsp of olive oil as dressing

Afternoon snack

1 seasonal fruit

Dinnertime

90 grms Chicken + ½ cup of salad with 1 tsp of olive oil as dressing

Evening

1 glass of water + 1 CWP

STEP 3 1,000kcal

585 kcal of food + 2 CWP



SATURDAY

Breakfast

1 glass of water + 1 CWP



Mid Morning snack

1 seasonal fruit

Lunch

1 cup of wholemeal pasta with a tomato sauce + 2 tps grated cheese

Afternoon snack

1 seasonal fruit

Dinnertime

½ cup of prawns and 1 cup of salad with 1 tsp of olive oil as dressing

Evening

1 glass of water + 1 CWP



SUNDAY

Breakfast

1 glass of water + 1 CWP



Mid Morning snack

1 seasonal fruit

Lunch

90 grms of pork chop and 1 cup of boiled vegetable and a tsp of oil

Afternoon snack

1 seasonal fruit

Dinnertime

1 glass of 0% fat milk + 1 cup of wholemeal cereal



Evening

1 glass of water + 1 CWP



Sources:
Cambridge Weight Plan
"meals in minutes"



Step it up...

- 5 You can enjoy this on Step 5 if you eat it with 2 medium slices wholemeal toast and a scraping of reduced-fat spread.

Healthy cooked breakfast

Step



150 kcal

3
4
5
6

Step Chicken masala

2

3

4

5

6



223 kcal

Step it up...

- 3 When you progress to Step 3, make these fishcakes with pink or red salmon instead of tuna (this will add 47kcal per serving) and serve with boiled rice - 80g basmati rice (dry weight) will give you extra 188 kcal per serving.

- 5 On the Step 5, serve the fishcakes with 80g rice noodles (raw weight) for 350kcal per serving.

Step it up...

If you're on Steps 3, 4 or 5, you can serve this curry with boiled brown or basmati rice -- a single portion of 30g rice (dry weight) will add 130kcal and 0.5g fat.

Step

220 kcal



2
3
5
6

Thai tuna fishcakes

Step Grilled fish and puy lentils

2

3

6



234 kcal

Step it up...

- 3 This is delicious on Step 3 with new potatoes - 200g potatoes per serving will give you an additional 150 kcal.

STEP 4 1,200kcal

785 kcal of food + 2 CWP



MONDAY

Breakfast

1 glass of milk



Mid Morning

1 glass of water + 1 CWP + 1 fruit



Lunch

150 grms of grilled or baked fish + 1 cup of salad with 1 tsp of olive oil as dressing

Afternoon snack

1 seasonal fruit

Dinner

60 grms of brown bread with 30grms of low fat cheese and tomato and cucumber

Evening

1 glass of water + 1 CWP



TUESDAY

Breakfast

1 glass of milk



Mid Morning

1 glass of water + 1 CWP + 1 fruit



Lunch

1½ cups ofourgouri or risotto + ½ cup of salad with 1 tsp of olive oil as dressing

Afternoon snack

1 seasonal fruit

Dinner

1 cup of salad with a boiled egg and 30 grms of low fat cheese

Evening

1 glass of water + 1 CWP



WEDNESDAY

Breakfast

1 glass of milk



Mid Morning

1 glass of water + 1 CWP + 1 fruit



Lunch

1 cup of pulses + 1 cup of salad with 1 tsp of olive oil and 30 grms of brown bread

Afternoon snack

1 seasonal fruit

Dinner

4 fish fingers + ½ cup of salad and 1 tsp of olive oil as dressing

Evening

1 glass of water + 1 CWP



THURSDAY

Breakfast

1 glass of milk



Mid Morning

1 glass of water + 1 CWP + 1 fruit



Lunch

50-60 g burger and 1 cup of salad with 1 tsp of olive oil as dressing

Afternoon snack

1 seasonal fruit

Dinner

50 grms of brown pitta and 45 grms of feta cheese with oregano and 2 slices of tomato

Evening

1 glass of water + 1 CWP



FRIDAY

Breakfast

1 glass of milk



Mid Morning

1 glass of water + 1 CWP + 1 fruit



Lunch

1 cup of peas in tomato dressing + cup of salad, 2 tsps of low fat yogurt and 1 cup of salad

Afternoon snack

1 seasonal fruit

Dinner

½ cup of prawns and 1 cup of salad with 1 tsp of olive oil as dressing + ½ cup of rice

Evening

1 glass of water + 1 CWP



STEP 4 1,200kcal

785 kcal of food + 2 CWP



SATURDAY

Breakfast

1 glass of milk



Mid Morning

1 glass of water + 1 CWP + 1 fruit



Lunch

150 grms of meat (roasted or grilled) + 1 cup of salad with 1 tsp of olive oil and 30 grms of brown bread

Afternoon snack

1 seasonal fruit

Dinner

1 cup of whole meal pasta + 2 tbs grates cheese

Evening

1 glass of water + 1 CWP



SUNDAY

Breakfast

1 glass of milk



Mid Morning

1 glass of water + 1 CWP + 1 fruit



Lunch

150 grms of chicken + 1 cup of salad + ½ cup of sweet corn

Afternoon snack

1 seasonal fruit

Dinner

60 grms of brown bread with 1 tsp of low fat spread and 1 tsp of honey and 30 grms of low fat cheese

Evening

1 glass of water + 1 CWP



Sources:
Cambridge Weight Plan
“meals in minutes”



Step it up

- 5** You can eat this breakfast on Step 5 if you use 2 medium bananas instead of one - this adds an extra 65kcal per serving.

Low GI fruit salad



223 kcal

Step

4

5

6

Step Refried bean tortilla wraps

4

6



208 kcal

Cambridge slimmer tip

Check the labels carefully when you tortillas and wraps as they can vary enormously in size, weight and calorie content. As a general rule, the cornmeal and wholewheat varieties tend to have less calories than the soft white ones.

Caribbean prawn creole

Step

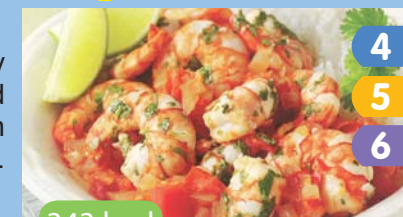
4

5

6

Step it down...

- 4** If you want to eat this on Step 4, use only 80g basmati rice (dry weight) and ½ chopped onion in the creole sauce.



343 kcal

Step Chilli beef with noodles

4

5

6



353 kcal

Step it down...

- 4** You can use sliced chicken instead of beef and enjoy this meal while you're on Step 4. Use 200g chicken breast fillets and you will save 50kcal and 4g fat per serving.

STEP 5 1,500kcal

1,362 kcal of food + 1 CWP



MONDAY

Breakfast

1 glass of semi-skimmed milk + 30g of whole-wheat bread + 1 tsp of low fat spread and 1 tsp of honey or low sugar jam

Mid-morning

1 glass of water, 1 CWP and 1 fruit



Lunch

1 serving of Chicken with Penne pasta

Afternoon snack

200g of 0% fat fruit yogurt or 1 fruit

Dinner

1 cup of salad with 1 tsp of olive oil, 30g of low fat cheese, 30g of low fat ham or turkey and 30g of whole-wheat bread

Evening

1 seasonal fruit

TUESDAY

Breakfast

1 glass of semi-skimmed milk + 60g of whole-wheat bread 30g of low fat ham and ½ tomato

Mid-morning

1 glass of water, 1 CWP and 1 fruit



Lunch

90g of fish + 1 cup of salad, 2 tps of olive oil and 30g of whole-wheat bread

Afternoon snack

200g of 0% fat fruit yogurt or 1 fruit

Dinner

1 glass of semi-skimmed milk, 1 cup of whole-wheat cereal and 1 fruit chopped in the cereal

Evening

1 seasonal fruit

WEDNESDAY

Breakfast

1 glass of semi-skimmed milk + 1 cup of whole-wheat cereal

Mid-morning

1 glass of water, 1 CWP and 1 fruit



Lunch

½ cup of pulses and 1 cup of salad with 2 tps of olive oil and 30g of whole-wheat bread

Afternoon snack

200g of 0% fat fruit yogurt or 1 fruit

Dinner

75g of chicken, 1 cup of salad with 2 tps of olive oil (or boiled vegetables). 30g of whole-wheat and ½ cup of sweet corn

Evening

1 seasonal fruit

THURSDAY

Breakfast

1 glass of semi-skimmed milk + 30g of whole-wheat bread + 1 tsp of low fat spread and 1 tsp of honey or low sugar jam

Mid-morning

1 glass of water, 1 CWP and 1 fruit



Lunch

120g of grilled chop, 1 cup of salad with 2 tps of olive oil and 3g of whole-wheat bread

Afternoon snack

200g of 0% fat fruit yogurt or 1 fruit

Dinner

1 cup of salad with 1 tsp of olive oil, 30g of low fat cheese, 30g of low fat ham or turkey and 30g of whole-wheat bread

Evening

1 seasonal fruit

STEP 5 1,500kcal

1,362 kcal of food + 1 CWP



FRIDAY

Breakfast

1 glass of semi-skimmed milk + 60g of whole-wheat bread 30g of low fat halloumi or other cheese with ½ tomato

Mid-morning

1 glass of water, 1 CWP and 1 fruit



Lunch

1½ cup of lentils with rice (or other pulse), ½ cup of salad with 1 tsp of olive oil and 30g of whole-wheat bread

Afternoon snack

200g of 0% fat fruit yogurt or 1 fruit

Dinner

1 small tin of tuna in water, 1 cup of salad with 2 tsps of olive oil, ½ cup of sweet corn and 30g of whole-wheat bread

Evening

1 seasonal fruit

SATURDAY

Breakfast

1 glass of semi-skimmed milk + 1 cup of whole-wheat cereal

Mid-morning

1 glass of water, 1 CWP and 1 fruit



Lunch

90g of burger with 1 cup of salad, 2 tsps of olive oil and 1 cup of rice

Afternoon snack

200g of 0% fat fruit yogurt or 1 fruit

Dinner

1 cup of salad 1 hard boiled egg, 30g of low fat cheese, 1 tsp of olive oil and 30g of whole-wheat bread

Evening

1 seasonal fruit

SUNDAY

Breakfast

1 glass of semi-skimmed milk + 60g of whole-wheat bread 30g of low fat ham and ½ tomato

Mid-morning

1 glass of water, 1 CWP and 1 fruit



Lunch

90g of barbecued meat and 1 cup of salad with 2 tsps of olive oil and 30g of whole-wheat bread

Afternoon snack

200g of 0% fat fruit yogurt or 1 fruit

Dinner

1 glass of semi-skimmed milk, 1 cup of whole-wheat cereal and 1 fruit chopped in the cereal

Evening

1 seasonal fruit

YOUR MEAL GUIDE

Fruit	Grams	Kcal
1. Apple (1x medium)	100	47
2. Apricot (4x dried)	32	60
3. Banana (half large)	60	57
4. Grapefruit (half medium)	80	24
5. Grapes (small bunch)	100	60
6. Kiwi fruit (1)	60	29
7. Mango (slice)	40	23
8. Orange (1x medium)	160	59
9. Peach (1x large)	110	36
10. Pear (1)	160	64
11. Plums (3x medium)	165	59
12. Raspberries	100	25
13. Strawberries	100	27

