

## The NHS Type 2 Diabetes Path to Remission Programme

### Total Diet Replacement Products

Xyla Health & Wellbeing has partnered with Habitual for your nutritionally complete Total Diet Replacement meals.

When you join the NHS Type 2 Diabetes Path to Remission programme, you will have access to 10 different flavours of Total Diet Replacement products.

#### Porridges



##### Morning Porridge (pack of 7)

Worth getting up for, we think you'll find comfort in this nourishing bowlful of porridge that will leave you feeling energised for the day ahead.

*Suitable for vegetarians.*



##### Vegan Banana Porridge (pack of 7)

Take on the day with a nutritious bowl of creamy, sweet, deliciousness. Made with real fruit and oats, you'll go bananas for this porridge.

*Suitable for vegetarians and vegans.*

#### Soups



##### Vegan Green Vegetable Soup (pack of 7)

Enjoy your greens and feel souper nourished all day long. Packed with real broccoli, peas, and spinach, you might be surprised at just how delicious these veggies can be.

*Suitable for vegetarians and vegans. Gluten free.*



##### Vegan Spiced Carrot Soup (pack of 7)

A mouthwatering mix of real carrots with pinches of turmeric, cumin, and fennel for a burst of flavour that nourishes you from top to toe.

*Suitable for vegetarians and vegans. Gluten free.*



##### Tomato and Red Pepper Soup (pack of 7)

Let the sun shine in with this mouthwatering mix of juicy tomatoes and red bell peppers that will brighten up even the greyest of days.

*Suitable for vegetarians. Gluten free.*

## Shakes



### Caramel Shake (pack of 7)

Sweet, smooth caramel blended with a sprinkle of salt makes our caramel shake a tasty treat for any moment, all the while delivering everything you need nutritionally to conquer the day.

*Suitable for vegetarians. Gluten free.*



### Chocolate Shake (pack of 7)

With hints of milk chocolate and real cocoa power, this rich, velvety shake is everything you want from a chocolatey treat without overdoing it. Go on, spoil yourself.

*Suitable for vegetarians. Gluten free.*



### Strawberry Shake (pack of 7)

Real strawberries make this refreshing, creamy shake perfect for whenever you're feeling fruity. Enjoy it for breakfast, dessert, or any time in between. We have a hunch you'll enjoy it berry much.

*Suitable for vegetarians. Gluten free.*



### Spiced Chai Shake (pack of 7)

An irresistible blend of warming cinnamon, fiery ginger, aromatic cardamom, and festive cloves, our spiced chai shake delivers big flavours and complete nutrition.

*Suitable for vegetarians. Gluten free.*



### Vegan Vanilla Shake (pack of 7)

Light and airy, our vanilla shake is definitely not a plain Jane. Blend it up for a deliciously creamy break at any time of the day.

*Suitable for vegetarians and vegans. Gluten free.*