



Cambridge Program Instructions

Cambridge offers a variety of programs for weight loss and for nutritional supplementation to fit a variety of needs. As a Cambridge Distributor, you should be familiar with these programs and assist your customer to select the program best suited to their needs.

Regular Weight Loss Program

This program is suitable for any weight loss goal and can be adapted to any lifestyle. It combines three servings of the Cambridge shakes or bars with one calorie controlled meal per day. Two conventional meals (usually breakfast and lunch) are replaced by Cambridge meals. The third meal is preceded with a Cambridge meal approximately one half hour before normal mealtime. The third meal can be from conventional food. For small or inactive persons the meal should be limited to 400 calories. Larger or more active persons may go up to 800 calories. Eight 8-ounce glasses of water or other non-caloric beverages should be consumed over the course of the day.

Fast Start Weight Loss Program

This program will produce the largest amount of weight loss in the shortest amount of time. The program is very simple and easy to follow. Just consume three servings of the Food For Life Formula or 4 ½ servings of the Original Formula per day at normal meal times. (Please note the Cambridge nutrition bars cannot be used as a serving in the Fast Start Program, only the Cambridge drinks, oats or soups contain the complete nutrition needed while on the Fast Start Program). Eat no conventional food of any kind and drink a minimum of eight 8-ounce glasses of water or other non-caloric beverage. This program is normally recommended for those with large amounts of weight to lose. It can also be used as a "Quick Fix" for those with small amounts of weight to lose. We recommend that all individuals who wish to remain on the program in excess of two weeks be monitored by their physician.

(Cambridge Program Instructions cont.)

Weight Maintenance Program

This program is designed for persons coming off one of the Cambridge weight loss programs. Under this program, users continue to consume Cambridge meals but gradually increase the amount of conventional food and decrease the number of Cambridge meals until weight stabilizes. Most users find that replacing one or two meals from conventional food with Cambridge meals while enjoying a wide variety of conventional foods in a second and/or third meal works best. If weight begins to be regained, simply reduce the amount of conventional foods and replace it with another Cambridge meal.

Lifetime Nutrition Program

This program is the companion program to the Weight Loss Program. It is designed to benefit everyone regardless of his or her weight. For maximum benefit, users should consume three Cambridge servings per day as a meal, as part of a meal or as a snack. This insures the user is receiving 100% of all the vitamins and minerals required for good health and they need not worry about the relative nutritional content of their regular meals.

Mixing Directions for Cambridge Products

Unless otherwise noted in individual recipes, for best results use an electric blender. You will get a smoother, creamier product. Pour into a glass or dish and serve. Delicious!

FOR COLD DRINKS:

1. Fill blender with water and ice to the 8-10 ounce level marking
2. Add your Cambridge formula
3. Blend for 15-20 seconds

FOR HOT DRINKS, SOUPS & OATS

1. Fill blender with 8 ounces of hot water
2. Add your Cambridge formula
3. Blend for 15-20 seconds

****If electric blender is not available, use a shaker with a secure lid and shake vigorously until mixed. When mixing hot drinks, blenders should have a pressure valve or hold the lid slightly ajar to allow steam to escape****

You can drink your oats as a “breakfast shake” or follow the optional cooking instructions found on the Super Oats label. For a thicker, shake-like or slurpee consistency, add 1/3 cup of crushed ice to any flavor and blend until thick and smooth. There are many palate-pleasing variations to the basic instructions. Get creative – experiment to come up with your own favorites!

Here are a few suggestions to help you get started:

- Use a non-caloric sweetener, if you prefer a sweeter taste
- For greater flavor variety, add ½ teaspoon of any Cambridge Food For Life flavorings
- Add fresh or frozen fruits to the drinks and oats
- Your favorite seasonings and spices will add flavor to soups
- Steamed vegetables can also be added to the soups



Helpful Hints

- ◆ Do not skip any servings of Cambridge products. If eating conventional foods, have your Cambridge serving up to 30 minutes before meals
- ◆ Take the time to get to know yourself – eating habits and patterns, strengths and needs. Be honest! No one else will know and the end result will be that you can learn to say “no” to poor eating and “yes” to positive changes
- ◆ Learn about high fat foods and practice, practice, practice. Select simple basic foods unadorned by sauces and gravies. Choose small portions of meat, seafood and poultry, broiled or baked. Add steamed or microwaved vegetables, salads and fruits. You can even add pasta, rice, potato or bread
- ◆ For better health and/or weight loss reduce fat calories. Get into the habit of reading labels and select food that have a lower fat content. Then focus on reducing your overall food consumption
- ◆ Drink a minimum of eight 8-ounce glasses of water daily. Coffee, teas and diet sodas are fine in limited amounts, but they are not a substitute for water
- ◆ Plan to keep busy to keep your mind off food for the first few challenging days. If you feel hungry, chew gum, drink water, go for a walk, or better yet – get involved in an activity to distract your attention away from food
- ◆ Become very conscious of the food you consume. Nibbles and in-between snacks are easily forgotten, but their calories are not
- ◆ Include a program of regular physical activity. Walking briskly for 30-45 minutes three times a week is one of the best ways to get started. An increase in your metabolism can increase your weight loss up to 10% over dieting alone
- ◆ Reduce your intake of alcoholic beverages - besides adding calories, alcohol has no nutritional value and just 6 ounces of alcohol a day can slow down your metabolism by 33%
- ◆ Your weight may fluctuate slightly from day to day so track your weekly progress
- ◆ If your tap water has a strong taste, we recommend you use filtered or bottled water for mixing Cambridge soups, drinks and oats
- ◆ Store Cambridge products carefully. Drinks should be kept at or below 75 °F and in tightly closed containers. Bars are sensitive to heat and should be kept at 65 °F. Never leave bars in the trunk of your car or in the sun
- ◆ Reward yourself often – a new outfit, a good book, a movie. A weekend getaway can be a terrific incentive to keep up the good work!