Risotto

with added shrimps and vegetables



- 1 portion Diet Risotto.
- 1 handful shrimps / 50 gram.
- 5 cherry tomatoes / 1 handful / 50 gram.
- 1 handful of cauliflower / 60 gram.



1. Please follow the instructions on the sachet.

132 kcal Nupo Diet

+ca. 60 kcal

- 2. Chop cherry tomatoes and cauliflower while the oat Risotto sits for five minutes.
- 3. Add shrimp, cherry tomatoes and cauliflower.

Risotto

with chicken and vegetables





- 1 portion Diet Risotto.
- 1 small handful of chicken filet / 40 gram.
- 1 whole red bell pepper / 100 gram / approx. 2 handfuls.
- 1 small handful of onion / 25 gram.



- 1. Please follow the instructions on the sachet.
- 2. Let the risotto sit for 5 minutes.
- 3. Chop the chicken, the bell pepper, and the onion while the risotto sits.
- 4. Add the chicken, the bell pepper and the onion.

Chili Sin Carne

with added beef and vegetables





- 1 small handful of grounded beef containing max. 5-7% fat / 25 gram.
- 2 large handfuls of cauliflower rice (shredded cauliflower) / 100 gram.



127 kcal Nupo Diet + ca. 60 kcal



- 1. Please follow the instructions on the sachet.
- 2. Fry the ground beef (adding a small amount of oil is optional), on a non-stick frying pan.
- 3. Heat up, using a bowl in a microwave for approx. 2 minutes or in a pot while stirring.
- 4. Stir the ground beef and let sit for 5 minutes.
- 5. Chop and add cauli flower rice.

Chili Sin Carne

with added beans and vegetables



- 1 portion Diet Chili sin Carne.
- 1 small handful of kidney beans / 30 gram.
- 2 large handfuls of pointed cabbage / 130 gram.



127 kcal Nupo Diet + 120 kcal



- 1. Please follow the instructions on the sachet.
- 2. Add kidney beans.
- 3. Stir and let sit for 5 minutes.
- 4. Chop and add the pointed cabbage.

Couscous

with added shrimps and vegetables



- 1 portion Diet Couscous.
- 1 small handful of shrimps / approx. 60 gram.
- 4 asparagus + 5 cherry tomatoes / 100 gram in total.



129 kcal Nupo Diet +ca. 60 kcal



- 1. Please follow the instructions on the sachet.
- 2. Stir and add shrimps.
- 3. Chop and add asparagus and cherry tomatoes.

Couscous

with added chicken and vegetables



- 1 portion Diet Couscous.
- 1 handful of chicken filet / 60 gram.
- 2 handfuls vegetables / 100 gram.
- Example used is asparagus and bell pepper, 1 handful of each.



- 1. Please follow the instructions on the sachet.
- 2. Stir and add the fried chicken.
- 3. Chop and add the asparagus and bell pepper.

Oatmeal Apple Cinnamon

with added apple and almonds







- 1 portion Diet Oatmeal Apple Cinnamon.
- 1 small handful shredded apple / 35 gram.
- 8 almonds / 35 gram.

- 1. Please follow the instructions on the sachet.
- 2. Chop almonds and spread over the oatmeal.
- 3. Sprinkle with shredded apple.

Oatmeal Apple Cinnamon

with added applesauce



122 kcal Nupo Diet
+ ca. 120 kcal

- 1 portion Diet Oatmeal Apple Cinnamon.
- 100 gram applesauce.

- 1. Please follow the instructions on the sachet.
- 2. Add apple sauce and mix with the warm oatmeal.

Oatmeal Apple Cinnamon

with added banana and peanut butter







- 1 portion Diet Oatmeal Apple Cinnamon.
- 1/4 mashed banana / 20 gram.
- 1 small tbsp peanut butter / 10 gram.

- 1. Please follow the instructions on the sachet.
- 2. Mash the banana and stir into oatmeal.
- 3. Add peanut butter on top.

Egg Omelette



fluffy omelette with added vegetables

- 2 handfuls of vegetables / 110 gram
- 50 gram egg white.
- Example: use 1 large handful of snack bell pepper and 1 small handful of onion.



129 kcal Nupo Diet +ca. 60 kcal

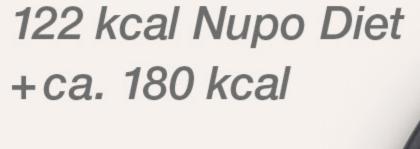


- 1. Please follow the instructions on the sachet.
- 2. Add egg white.
- 3. Shake thoroughly.
- 4. Chop and add vegetables.
- 5. Fry each side for approx. 2 minutes on each side on a non-stick frying pan.

Oatmeal Apple Cinnamon

with added banana and peanut butter







- 1 portion Diet Oatmeal Apple Cinnamon.
- 1/4 mashed banana / 20 gram.
- 1 small tbsp peanut butter / 10 gram.

- 1. Please follow the instructions on the sachet.
- 2. Mash the banana and stir into oatmeal.
- 3. Add peanut butter on top.

Egg Omelette

scrambled with added cottage cheese



1 portion Diet Egg Omelette.

2 handfuls of cottage cheese 1,5% / 100 gram.



129 kcal Nupo Diet +ca. 60 kcal



- 1. Please follow the instructions on the sachet.
- 2. Add cottage cheese.
- 3. Shake thoroughly.
- 4. Heat up, either in a microwave for 2-3 minutes while stirring a few times. Or fry on a non-stick pan for a few minutes while stirring to get scrambled eggs.

Egg Omelette

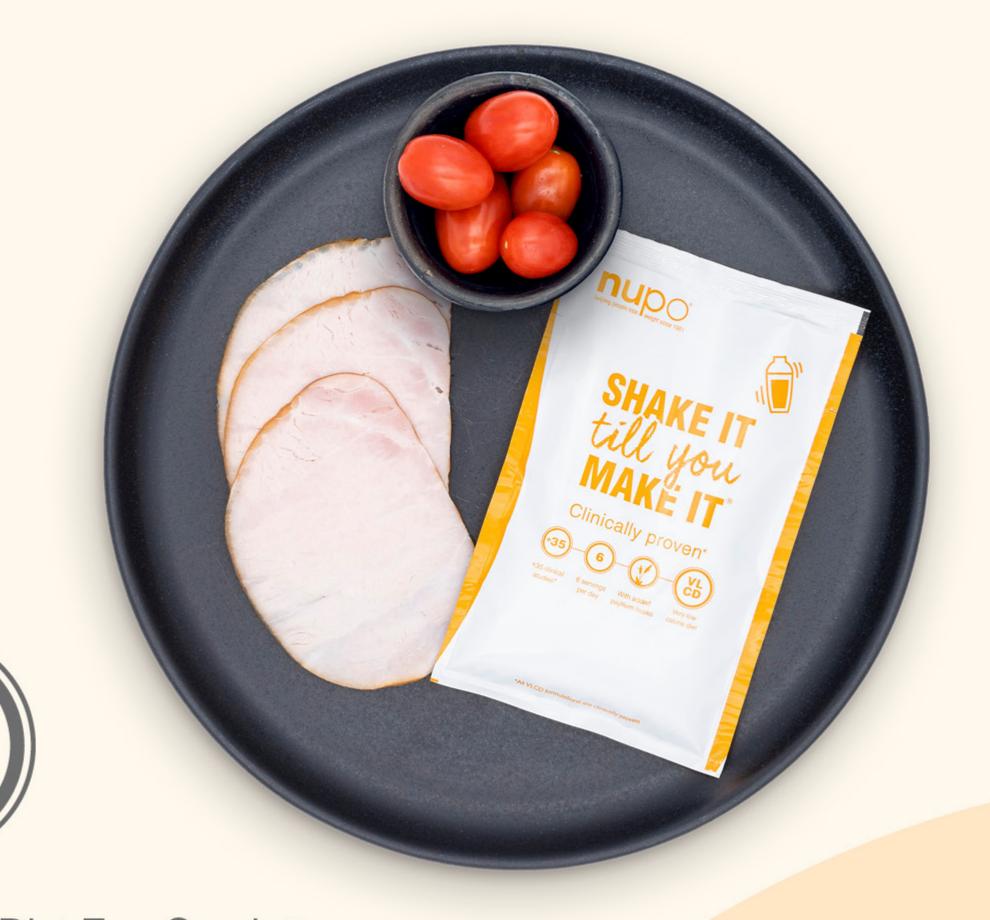
with added vegetables



- 1 portion Diet Egg Omelette.
- 1,5 red bell pepper / 150 gram / 2 large handfuls.
- 1 small onion / 50 gram.



with added vegetables and top fillings



- 1 portion Diet Egg Omelette.
- 5 cherry tomatoes / 1 handful / 50 gram.
- 3 slices of non-fat top filling like ham / 45 gram.



129 kcal Nupo Diet +ca. 120 kcal



- 1. Please follow the instructions on the sachet.
- 2. Chop and add the bell pepper and onion.
- 3. Fry for 2 minutes on each side on a non-stick frying pan.
- 4. Serve as an omelette.



129 kcal Nupo Diet +ca. 120 kcal



- 1. Please follow the instructions on the sachet.
- 2. Chop and add cherry tomatoes or serve on the side.
- 3. Fry for 2 min. on each side on a non-stick frying pan.
- 4. Add the filling on one half and fold to create an omelette.