

# 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.

**192**  
kcal

*132 kcal Nupo Diet  
+ ca. 60 kcal*



1. Please follow the instructions on the sachet.
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 filets** / 40 gram.

**1 whole red bell pepper** / 100 gram / approx. 2 handfuls.

**1 small handful of onion** / 25 gram.

**252**  
kcal

*132 kcal Nupo Diet  
+ ca. 120 kcal*



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 portion** Diet Chili sin Carne.

**1 small handful of ground beef** containing max. 5-7% fat / 25 gram.

**2 large handfuls of cauliflower rice** (shredded cauliflower) / 100 gram.

**187**  
kcal

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.

**247**  
kcal

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*

**189**  
kcal

*129 kcal Nupo Diet  
+ ca. 60 kcal*



**1 portion** Diet Couscous.

**1 small handful of shrimps** / approx. 60 gram.

**4 asparagus + 5 cherry tomatoes** / 100 gram in total.

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*

**249**  
kcal

*129 kcal Nupo Diet  
+ 120 kcal*



**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

242  
kcal

122 kcal Nupo Diet  
+ ca. 120 kcal



- 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

242  
kcal

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*

**302**  
kcal

*122 kcal Nupo Diet  
+ ca. 180 kcal*



**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*

**189**  
kcal

*129 kcal Nupo Diet  
+ ca. 60 kcal*



**1 portion** Diet Egg Omelette.

**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.*

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

**302**  
kcal

122 kcal Nupo Diet  
+ ca. 180 kcal



**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

**189**  
kcal

129 kcal Nupo Diet  
+ ca. 60 kcal



**1 portion** Diet Egg Omelette.

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

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.

**249**  
kcal

*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.

# Egg Omelette

*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.

**249**  
kcal

*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.