

Vegetable Soup

with added noodles



1 portion Diet Vegetable Soup.

1/2 brick of noodles / 25 gram.

177
kcal

117 kcal Nupo Diet
+ ca. 60 kcal



1. Please follow the instructions on the sachet.
2. Pour boiling water over the noodles until they are soft.
3. Add noodle to the soup.

Vegetable Soup

with added vegetables



1 portion Diet Vegetable Soup.

1,5 red bell pepper / 150 gram / 2 handfuls.

1 onion / 50 gram 1 handful.

237
kcal

117 kcal Nupo Diet
+ ca. 120 kcal



1. Please follow the instructions on the sachet.
2. Chop and add bell pepper and onions.

Vegetable Soup

with added noodles

177
kcal

117 kcal Nupo Diet
+ ca. 60 kcal



1 portion Diet Vegetable Soup.

1/2 brick of noodles / 25 gram.

1. Please follow the instructions on the sachet.
2. Pour boiling water over the noodles until they are soft.
3. Add noodle to the soup.

Tomato Soup

with meatballs and vegetables

298
kcal

118 kcal Nupo Diet
+ ca. 180 kcal



1 portion Diet Tomato Soup.

1 handful of ready-made meatballs / 45 gram.

3 large handfuls vegetables / 200 gram.

– Example: use pointed cabbage and leeks.

1. Please follow the instructions on the sachet.
2. Add the ready-made meatballs.
3. Chop and add pointed cabbage or leeks.

Tomato Soup

with noodles and vegetables



1 portion Diet Tomato Soup.

1 handful noodles / 30 gram or 1/2 brick.

2 large handfuls of vegetables / 150 gram

– Example: Use cherry tomatoes, leeks, pointed cabbage.

238
kcal

118 kcal Nupo Diet
+ ca. 120 kcal



1. Please follow the instructions on the sachet.
2. Add noodles, they will become soft in the soup.
3. Chop and add cherry tomatoes, leeks and pointed cabbage.

Spicy Thai Chicken Soup

with added chicken and coconut milk



1 portion Diet Spicy Thai Chicken Soup.

70 gram coconut milk.

70 gram fried chicken.

238
kcal

118 kcal Nupo Diet
+ 120 kcal



1. Please follow the instructions on the sachet.
2. Add coconut milk and stir.
3. Add fried chicken.

Spicy Thai Chicken Soup

with added chicken and leeks or pointed cabbage

238
kcal

*118 kcal Nupo Diet
+ ca. 120 kcal*



1 portion Diet Spicy Thai Chicken Soup.

100 gram chicken.

50 gram leeks or pointed cabbage.

1. Please follow the instructions on the sachet.
2. Cut the chicken in smaller pieces and add to the soup.
3. Chop leeks or pointed cabbage and add to the soup.