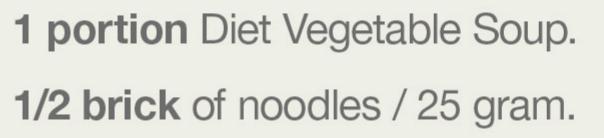
Vegetable Soup

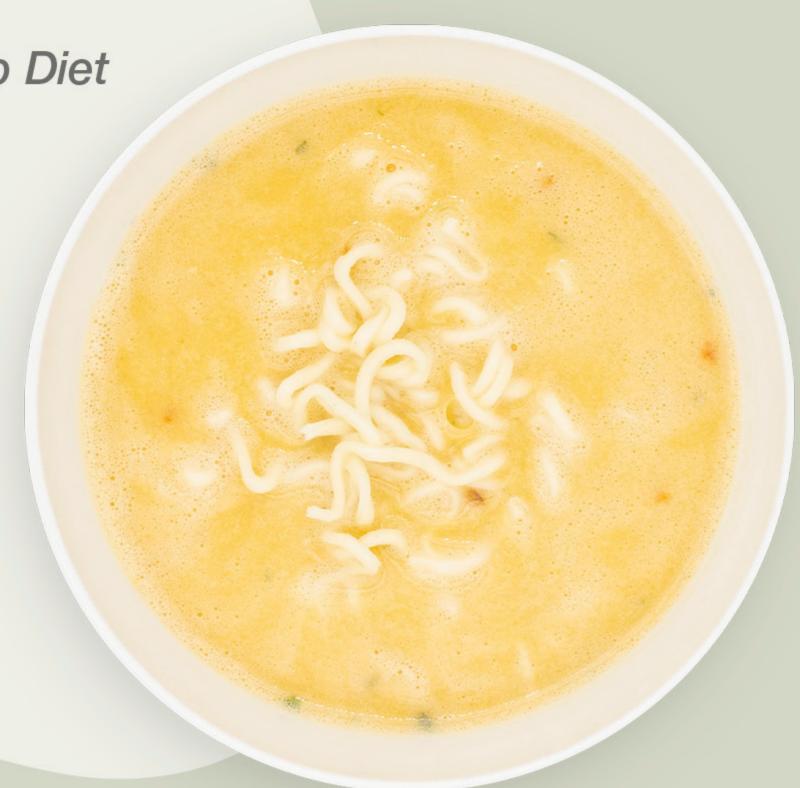
with added noodles







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



237 kcal

117 kcal Nupo Diet +ca. 120 kcal



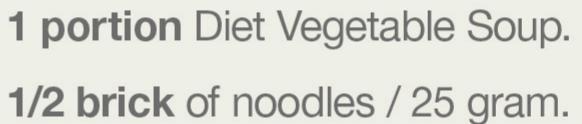
- 1 portion Diet Vegetable Soup.
- 1,5 red bell pepper / 150 gram / 2 handfuls.
- 1 onion / 50 gram 1 handful.

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

Vegetable Soup

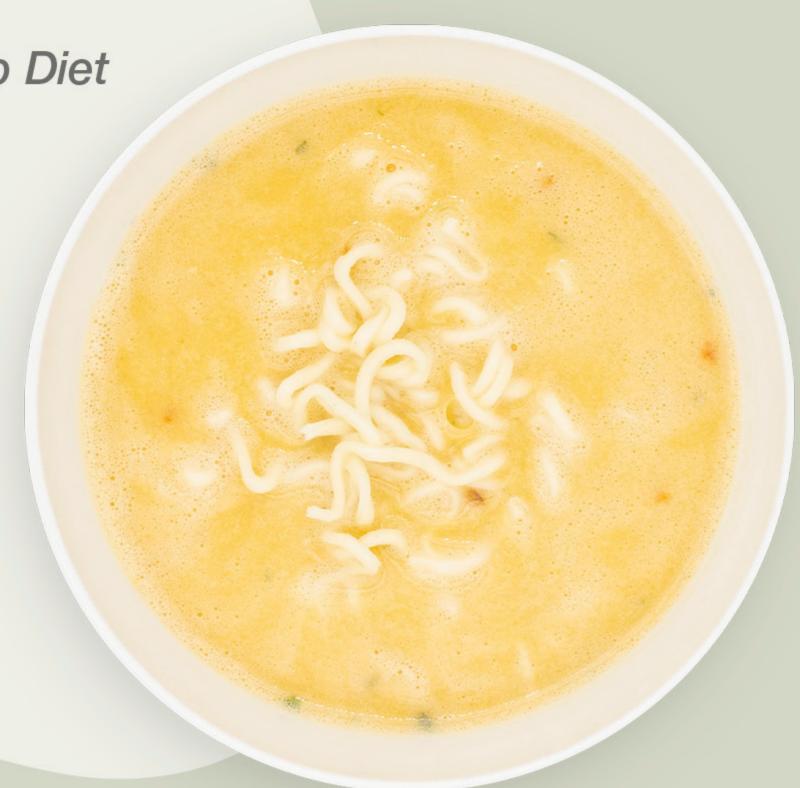
with added noodles







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.

Tomato Soup

with meatballs and vegetables



- 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.



118 kcal Nupo Diet +ca. 180 kcal



- 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.



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.



- 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





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.