



Consumption suggestion "Emergency Food Classic"

Day	Breakfast	Lunch	Dinner
1	Spelt Muesli 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup 8 cubes NR-72
2	8 cubes of NR-72 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans
3	Pancakes 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
4	8 cubes of NR-72 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup
5	Spelt Muesli 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans 8 cubes NR-72
6	8 cubes of NR-72 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
7	Pancakes 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup
8	Spelt Muesli 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans 8 cubes NR-72
9	8 cubes of NR-72 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
10	Spelt Muesli 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup
11	Pancakes 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans
12	8 cubes of NR-72 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
13	8 cubes of NR-72 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentils soup
14	Pancakes 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans
15	8 cubes of NR-72 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
16	Spelt Muesli 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup
17	8 cubes of NR-72 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans
18	Spelt Muesli 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
19	8 cubes of NR-72 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup
20	Spelt Muesli 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans
21	Pancakes 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
22	Spelt Muesli 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup
23	8 cubes of NR-72 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans



Day	Breakfast	Lunch	Dinner
24	Spelt Muesli 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
25	Pancakes 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup
26	Spelt Muesli 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potatoe soup with beans 8 cubes NR-72
27	8 cubes of NR-72 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72
28	Pancakes 1 glass of milk	Mashed potatoes with black beans and Gravy	Red lentil soup
29	8 cubes of NR-72 1 glass of milk	Risotto rice with red lentils and Vegetable Mix	Potato soup with beans
30	8 cubes of NR-72 1 glass of milk	Macaroni with chickpeas and Gravy	Vegetable Broth with rice and Vegetable Mix 8 cubes NR-72

Preparation:

Breakfast:

Spelt Muesli: mix 60g spelt flakes with 13g milk powder
Glass of milk: whisk 19g whole milk powder into 150ml water
Pancakes: 26g whole egg powder to 80ml water, mix this with 200ml milk (26g whole milk powder)
and 100g flour, then fry in a pan
NR-72 cubes: either eat slowly and chew well or crumble and mix in water or milk

Lunch:

Mashed Potatoes: stir 50g of powder into 375ml of boiling water, allow to swell
with Black Beans and Gravy soak 50g black beans in cold water and boil for 10-15 min
stir 9g Gravy powder into 150ml hot water
Risotto Rice: cook 100g Risotto Rice and 50g Red Lentils/ 20g Vegetable Mix in 6g Vegetable Broth.
keep adding liquid until ready to eat.
Macaroni with chickpeas and Gravy cook 90g croissant noodles in water for 8-10 min.
soak 80g chickpeas briefly in water and cook
stir 6g Gravy powder into 100ml hot water

Dinner:

Red lentil soup: 90g lentils in 400ml water, add 6g bouillon powder and season to your liking
5g mashed potato powder to thicken
Potato soup with beans: stir 20g of mashed potato powder into 250ml of hot water, soak 30g
of Black Beans briefly in water, add and heat up
Vegetable Broth with Rice and Vegetable Mix boil 10g vegetable broth in 500ml water, 50g risotto rice and 20g vegetable mixture until soft.

FYI:

- with the remaining supplies, enhance the meal suggestions to taste or consume as snacks in between meals
- enjoy the remaining 72 cubes NR-72 at will
for example: crumble the NR-72 cubes and dissolve in milk, or flavor the spelt muesli.
- use remaining flour for thickening soups or porridge

[link YouTube cooking videos](#)
www.sichersatt.ch/cooking_videos

