

Consumption suggestion "Emergency Food Classic"

Day	Breakfast	Lunch	Dinner
1	Oat 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	Oat 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	Oat 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	Oat 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	Oat 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	Oat 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	Oat 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	Oat 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	Oat 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	Oat 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:

Oat Muesli: stir 13g milk powder with 150ml water and add 60g of oat flakes
 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 40g 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: 70g 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](https://www.youtube.com/watch?v=...)
www.sichersatt.ch/cooking_videos

