

## Consumption suggestion "Emergency Food Gluten-and Lactose free"

Day	Breakfast	Lunch	Dinner
1	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup 1 x NRG-5 Zero bar
2	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
3	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
4	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup 1 x NRG-5 Zero bar
5	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
6	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
7	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup 1 x NRG-5 Zero bar
8	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
9	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
10	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup 1 x NRG-5 Zero bar
11	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
12	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
13	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup 1 x NRG-5 Zero bar
14	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
15	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
16	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup 1 x NRG-5 Zero bar
17	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
18	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
19	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup 1 x NRG-5 Zero bar
20	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
21	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
22	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup 1 x NRG-5 Zero bar

Day	Breakfast	Lunch	Dinner
23	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
24	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
25	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup
26	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
27	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar
28	Millet Porridge 1 glass of milk	Mashed Potatoes with black bean sauce	Red Lentil Soup
29	1 x NRG-5 Zero 1 glass of milk	Vegetable -Lentil -Risotto	Potato Soup with Beans
30	Cornmeal Porridge 1 glass of milk	Chickpea Millet dish with vegetable and gravy	Vegetable Rice Soup 1 x NRG-5 Zero bar

Preparation:

Breakfast:

glass of milk 19g lactose free skim milk powder to 150ml water, dilute with water to desired taste  
Millet Porridge 50g millet in 200ml water bring it to a boil and let it stew for 15 minutes, add sugar to taste  
Cornmeal Porridge 60g cornmeal in 250ml water bring it to a boil and let it sit for 5 minutes, add sugar to taste  
NRG-5 Zero bars ready-to eat or by crushing the compressed bar and adding water to prepare a mash or energy drink

Lunch:

Mashed Potatoes with black bean sauce whisk 15g of lactose free skim milk powder in to 250ml water and bring it to a boil  
remove it from the heat and add 50g of mashed potato powder and let it stew for several minutes  
soak 50g black beans in cold water and simmer for 10-15 minutes  
Vegetable -Lentil -Risotto whisk 9g of gravy powder in to 150ml hot water  
100g risotto-rice, 40g red lentils, 20g dried vegetable blend and 6g vegetable broth powder,  
simmer in water until rice is soft, stir often and add water as required  
Chickpea Millet dish with vegetable and gravy soak 80g chickpeas and 10g dried veg. blend for 15 minutes in cold water  
then add 50g millet and ca. 5G veg. broth powder, bring it to a boil and let it simmer for 20 Min  
whisk 6g of gravy powder in to 100ml hot water,  
and fold it under the dish or serve it separate.

Dinner:

Red Lentil Soup simmer 70g of lentils in 400ml water and ca. 6g vegetable broth powder to taste  
you can thicken the consistency by adding 5g of mashed potato powder.  
Potato Soup with Beans whisk 20g mashed potato powder in to 250ml hot water, and add 30g of previously soaked beans  
bring it to a simmer and add vegetable broth powder to taste  
Vegetable Rice Soup whisk 10g of veg. broth powder in to 1/2 lt water, add 50g Risotto, 20g dried veg. Blend  
and simmer until all ingredients are soft

FYI:

- add sugar to meals to increase your energy intake per day i.e. make an energy drink with a NRG-5 bar and add sugar
- with the remaining supplies, enhance the meal suggestions to taste or consume as a snack in between meals
- if you prepare a NRG-5 Zero bar for porridge, add raisins, cinnamon or sugar.