



SUCCESS GUIDE

nupo®

GOAL REACHED IN 10 WEEKS

Read about Katrine Memborgs
motivating weight loss journey

THE BRICK BOOK IS BACK

Now with new name

HOW YOU DO IT AFTER THE DIET

Learn how to maintain your great
weight loss when the diet is over

EATING WITH- OUT CHEATING

20 delicious recipes you can
eat while on Nupo Diet

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PREFACE

When I was pregnant, I gained more than 40 kilos. Possibly also more than that. I stopped weighing myself when there was a month and a half to due date and the weight said 115 kilos.

When I was pregnant, I gained more than 40 kilos. Possibly also more than that. I stopped weighing myself when there was a month and a half to due date and the weight said 115 kilos.

"How can you allow yourself to gain this much weight, Katrine?" people asked. My answer every time was that I ate exactly what I felt like and that the amount of physical activity were zero. Like my energy, by the way. So my body was big and mighty of food, snacks and lots of fluids because, I did not move at all. I did not think about it at all, and the control I was so good at administering before there was a baby in my stomach, was wiped away.

So let's fast forward to spring 2019 - a few months before my son could celebrate his three years birthday. The time was now! I wanted to feel presentable, maybe even fit, when all the guests would come to celebrate our nugget for a garden party in June. Well, some of the massive overweight was already lost, but I had to admit that my many attempts at various diets were not enough for me at all.

I gave in to my cravings every single time. Almost three years had passed and the weight was just under 100 kilos. And even though, with my 179 centimeters, I did not look like someone who was definitely overweight, I had probably moved to that category. I had back pain, had heel spurs under both feet, slept poorly and could not recognize (or like) what I saw in the mirror every morning. But then Nupo showed up. I did my research, because I am a journalist and if the rumors were true, I was able, with a little good will, to reach a weight I would certainly be comfortable with.

I started with the Nupo Diet VLCD, where I had to live on six "meals" a day and do without food, sweets, milk in the coffee and everything I had consumed too much of the last few years. But I was determined and my motivation was sky high. Not only did I owe myself and my body a little attention, I also really wanted to be able to play and tumble with my son without aching all limbs in my body.

All kitchen cabinets were emptied of "sinful treats" and my boyfriend backed me 100 percent. I also informed my colleagues so they would not take it as an insult, when I had to pass on the trip to the canteen

every day at 11.30 - and that they should not wave sweets and cakes in front of me, as they were used to.

The first few weeks were surprisingly easy and the pounds rattled off. I struggled with headaches for a few days and had a little trouble sleeping, but that was it. I was kind of prepared for that, so it did not strike me. I had canceled various social events in advance, because I did not want to be led into any temptation. As I was starting my third week of Nupo Diet VLCD, I decided to start exercising. Believe me, it has not been a pretty sight when I first tried to keep up with the team, but I did not care. My plan had always been that I should start exercising once I had lost the first five kilos.

As the weeks went by, I became more and more happy with the workout, because it helped me feel healthy. The thing about just sitting on the couch and losing weight - it was completely illogical to me. I was aware that I had to keep an eye on my condition, because on paper, it might not be very smart to exercise 3-4 times a week, when consuming only about 700 calories a day. But my body could handle it, and the feeling of BOTH losing weight AND getting fitter was absolutely amazing!

Then a month passed, five weeks passed, six weeks and very soon eight weeks. I was fine. As such did not miss food and if I did, then I chewed my way through a vegetable stick or three in the evening. I had a hope that I would be able to lose 20 kilos in those eight weeks, but I could sense that it would not quite happen. Therefore, I asked my doctor, and got green light to nip a few more weeks on full-time Nupo, so I ended up with VLCD full meal replacement for 10 weeks in total. Yes, I know, Nupo recommends less, but my body could handle it, my doctor thought it was fine and I was surprisingly well and felt healthier than ever.

I shed 28 centimeters and 18 kilos in the 10 weeks and even though I was two kilos from my original goal, my body had not only become slimmer, it had become more trimmed due to all that training. I could even imagine myself jumping in a bikini and not a shapewear swimsuit for summer.

But were there never bad days? There was. They came dripping throughout the course and it was mostly my boyfriend who had to stand for it. Days when I was drained of energy, has moodswings and was jealous of him sitting there, eating delicious food with our son. Still, there were actually no times when I as much as considered stopping my journey and turn back to my old habits. It was without a doubt because, my weight loss went so fast. It was so highly motivating with quick results, being an impatient soul.

When I had bad days, I just had to look at the pictures I had taken of myself the day before I started Nupo. I looked at them and thought "WOW! To think I looked like that?"

4 weeks into my course I could actually not recognize my body. Was that really all I had to do to reach my goal?!

What has been most difficult for me has been to return to reality and the choices of food. I did not have this "manual", which you have in your hands now, when I reached the finish line. But I probably should have had. I had put a big, fat dot in the family calendar on the final date of my Nupo journey, because now we had to celebrate - and it had to be done with a solid meal. I ended up celebrating it with a Nupo mango/vanilla shake. I did not feel like eating at all. But slowly the need and desire for regular food started to return, and I started eating salads, chicken and that sort of thing. I had gotten used to the black coffee and I still drink it without milk.

Basically, I was horrified to gain all the kilos again, because that was what some evil tongues had said throughout my course. It was easy to be on Nupo Diet, because I did not have to think about it - there was only one option. But would I be able to control all the cravings and choices, when the everyday life started again? It was hard, very hard. It took maybe a few months before I had an entire day, where I did NOT ingest a Nupo product, otherwise it was somehow still a part of my everyday life. It's probably also

part of the story, that I really like the products. I grew tired of the soups after a couple of weeks, but I am still a huge fan of all the shakes and oatmeal, so I did not feel like quitting Nupo altogether.

I lost more weight over the following months and in August 2019 (I started Nupo mid-March), I had shed 25 kilos. My summer was wonderful - clearly better than the Danish summer weather!

At the time of writing this, it is almost a year since I was introduced to Nupo. I have re-gained a few kilos since, but I also ended up eating exactly what I wanted in the month of December. I needed that. I'm "back on track" and I still enjoy Nupo, and it is a part of my everyday life. I eat regular dinner - also junk and take-away every now and then, and a nutritious meal for lunch, but otherwise my day consists of One Meal, Diet shakes or maybe a bar. It suits me perfectly fine because I have become aware of what I am putting in my mouth. I have found my own system that makes my everyday life easier. I do not get a bad conscience when I eat a pizza one night (and I do sometimes!), because then I make sure that I consume less calories the following days. It can easily happen by meal-replacing with Nupo Diet, or it can happen with a lot of protein and vegetables and no carbs.

I would like to give myself four weeks with full-time Nupo Diet again, but the timing has to be just right. For me, spring is perfect because a summer is waiting just around the corner and there is nothing better than feeling nice and fresh when the sun peeks out. And why would I do it again? Some people prefer a juice detox, others a meat-free month, etc. For me, it's about occasionally being reset and Nupo does that for me.

Katrine Memborg
Journalist | Author | Mom

Good advice from me to you:

- *Choose a period of time for your diet, which does not offer a lot of social events*
- *Take before-pictures of yourself wearing underwear and remember to measure yourself*
- *Weigh yourself only once a week (I did it Monday morning)*
- *Get your loved ones on your team for backing up - especially on difficult days*
- *Reward yourself with a little thing. I got a little tattoo, a piercing and new clothes for workout, every time I had reached another five kilos*
- *Do not listen to people's prejudices. Often it is about being jealous, that they themselves do not have the courage or the backbone to endure*
- *Exercise, run, walk – just move. It makes the period much easier when you are physically active*



Photo: Jonas Werner Timm

READY, SET, GO!

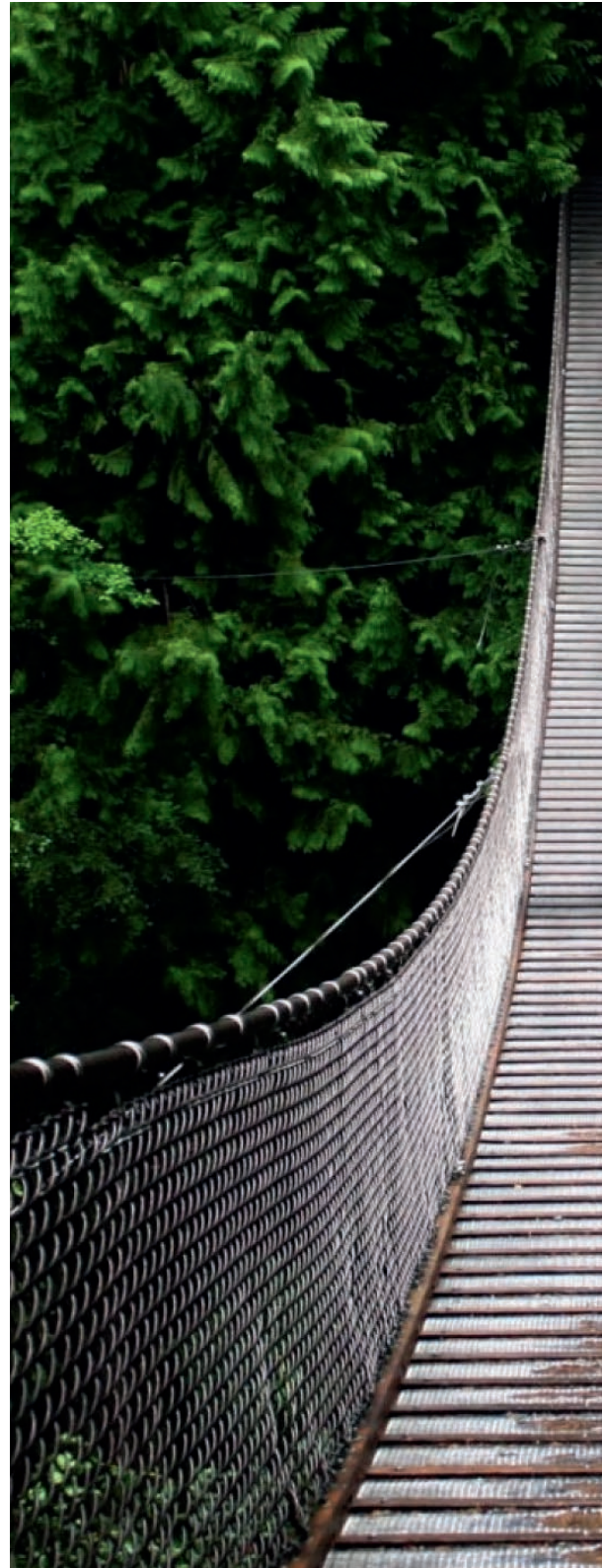
Congratulations on making the decision to start Nupo. You are awesome!

The 'Nupo Success Guide' is a unique tool for you before, during, and after your weight loss. Kickstarting your weight loss with the Nupo Diet is effective, but most likely there will come a time when you need to supplement your Nupo Diet meals with some food to eat. There will also come a time when you must go outside Nupo's safe environment, and out in the great world of food which is full of temptations, old habits, and your favourite dishes. That is why we have created the 'Nupo Success Guide', so that you will be prepared for your time after Nupo.

This guide will give you tips and tricks for what you need to do while on your diet, and what you should do to maintain your weight loss. It will give you the necessary theoretical knowledge about different nutrients, together with an insight into what happens with your body during and after weight loss. It is full of dietary advice, meal suggestions and healthy recipes, and also contains a list where you will find all manner of meals and drinks that will make it easy for you to find what is the best for you to eat, when you want to lose weight. Using this guide, you will find a great deal of freedom in your Nupo Diet, allowing you to attend social arrangements that involve food and drinks, while still maintaining your diet.

The 'Nupo Success Guide' is here to help ensure that you do not to fall back on your old habits, and instead become aware of what you put in your mouth, as well as how to best maintain your weight loss. To keep things from becoming too theoretical and nerdy, we've spiced things up with a fun quiz, as well as some "Facts or Fiction" about nutrition, health, and of course Nupo. You can use the guide as a reference and get tips and tricks for precisely your challenges. You can also read the entire guide to be well prepared before you start your weight loss program. You can always go back to the different sections along the way; if you need answers, motivation, or even if you just want to be inspired. Nupo is with you the whole way - before, during, and after your weight loss.

We wish you the best of luck on your Nupo adventure.





”

*It's so perfect!
I love it,
simple,
straightforward,
cheap and then
you become
super hot
at the same time*

”

-Lenette

WHY LOSE WEIGHT?

There are many good reasons as to why you should do something about your weight. Many people often have a desire to lose weight because they are not happy with the way they look, but for those who are overweight ($BMI \geq 25$) it can be an especially good idea to do something about those extra kilos.

Being overweight increases the risk of developing lifestyle diseases such as cardiovascular disease, type-2 diabetes, and certain types of cancer. Lifestyle diseases can impair your health and may require medication. Untreated obesity can lead to reduced life expectancy as well as a deteriorated quality of life. That's why there's a good reason to do something about obesity.

In Europe the prevalence of becoming obese and overweight is increasing. The latest numbers from statistics show, that more than 51% of the EU's adult population are overweight.

Obesity is a serious public health problem, as it significantly increases the risk of chronic diseases. For specific individuals, obesity may further be linked to a wide range of psychological problems. For society as a whole, it has substantial direct and indirect costs that put a considerable strain on healthcare and social resources.

Becoming overweight is the result of a positive energy balance, where the energy consumption is greater than the energy used over a certain amount of time. There are many methods to assess whether a person is overweight. Body Mass Index (BMI) is one of them. If your BMI is over 25, you are considered overweight. In the chart below, you can see the calculation for your BMI.

Your BMI:	You are:
< 18,5	Underweight
18,5 – 24,9	Normal weight
25-30	Overweight
> 30	Severely overweight



BMI is an objective measure of how overweight a person is but says nothing in regard to how much of the weight is from fat or from muscle. Muscles weight more than fat. If you are very physically active and have large muscle, you could have a high BMI; without being overweight. That's why the measurement of your waistline is often a better indicator of whether or not you need to lose weight.

A BMI over 25 and a waistline of over 88 cm for women and 102 cm for men, increases the risk of lifestyle diseases. Weight loss is the most effective method of reducing your waistline, thus also reducing the risk for developing lifestyle diseases. In the table below you can see the relation between waistline and your risk of lifestyle diseases.

If you want to lose weight and reduce your risk of developing lifestyle diseases, your energy consumption must be less than your energy use, ensuring you are at an energy deficit. The human body itself is wonderful; if you eat and drink too much, the body will convert that extra energy into fat which it will store in its fat reserves for later use. In our time and part of the world, however, it's not so brilliant. We will never need these extra fat reserves, and over the years

many people slowly get used to eating just a little extra every day, which results in extra kilos on the hips and can ultimately lead to becoming overweight.

Kvinder	Mænd	Risiko for livs- stilssygdomme
< 80 cm	< 94 cm	Lav risiko
80-88 cm	94-102 cm	Moderat forøget risiko
> 88 cm	> 102 cm	Svært forøget risiko

DID YOU KNOW...?

Over half of the EU's population are overweight. Are you ready to stop the development of obesity the overweight trend, together with Nupo?



“
**MAKING
EXCUSES
BURNS ZERO
CALORIES
AN HOUR**
”



WHY CHOOSE NUPO?

Most people think about what they want to eat every day. This is no different for those who want to lose weight. They usually have difficulties when it comes to what and when to eat.

For some, trying different diets can be challenging, and can require a lot of time and discipline to count calories and weigh food for extended periods. With the Nupo Diet you will no longer have to make decisions on what to eat. You will no longer need to barter with yourself.



CAN YOU EAT CHOCOLATE NOW, IF YOU EAT A SALAD FOR DINNER?

Should you eat carrots instead of cucumbers, and how is it again with fruits and nuts? You avoid all these thoughts, because on a Nupo Diet you only need to eat 6 Nupo Diet products a day, and if you follow the diet 100% you are guaranteed a weight loss; often a greater and faster weight loss than with regular food. You'll receive the right mixture of nutrients, vitamins, and minerals your body needs, which can otherwise be difficult on a low-calorie diet of regular foods.

DIETS THAT DOESN'T WORK

Maybe you have tried various diets before that didn't work. Or perhaps you have tried diets that worked, but the kilos came back just as fast as they were lost, after the diet was over.

Which is why it's important to understand that if you want to lose weight, the weight loss itself isn't enough. After you've lost the weight, you'll encounter your most difficult task: maintaining your weight loss. If you continue with the same lifestyle you had before you began your weight loss diet, you'll probably regain the lost kilos, perhaps even more. That's why it's important that you commit to making a lifestyle change that can last the rest of your life. This may sound dramatic, but this is what it takes if you want to maintain weight loss. But it doesn't need to be as difficult as it sounds. The 'Nupo Success Guide' will help you kickstart and maintain your weight loss.



*Super easy - Tastes good
and saturates amazingly.
Pure Win-Win*

-Anne

IT TAKES WILLPOWER

Lots of people experience that it can be difficult to attend social arrangements, when you are on the Nupo Diet, where food and drinks are often the focal point. It requires a strong will to meet up at family gatherings, Friday dinners, or Sunday brunches, when the only thing you can eat is the Nupo Diet. It's not just social arrangements where it can be difficult to be on the Nupo Diet. For many it can also be a challenge to make dinner for the family, when you have to eat a Nupo Diet Soup.

That's why we want to help you with these challenges; so that life on the Nupo Diet doesn't have to be confusing. With the 'Nupo Success Guide', we will make it possible to be on the Nupo Diet while still enjoying a meal with your family, friends, or yourself.

YOU ARE IN SAFE HANDS

You can also choose to spice up your Nupo Diet Meals by, for example, adding some strawberries in your shakes, chicken in your soups, or something completely different.

We will guide you in what's optimal to eat alongside the Nupo Diet, so that you still lose weight. You will also get a better idea of how many different foods you can eat, without having to count calories, and you will learn to put together a healthy and sensible diet that you can maintain for a long time.

NUPO PRODUCT GROUPS

+35
kliniske
studier



NUPO DIET – VERY LOW CALORIE DIET (VLCD)

Nupo Diet consists of 9 flavors within shakes, soups and oatmeal. Diet is a full meal replacement and replaces your entire daily diet and provides you with all the essential nutrients, vitamins and minerals that your body needs during a weight loss. When you replace your entire daily diet with 6 servings of Nupo Diet, you get approx. 700 kcal per day, resulting in a guaranteed fast, safe and effective weight loss.



NUPO SLIM BOOST – DIET SUPPLEMENTS

Nupo Slim Boost supplements are tailored to control exactly your weak point in everyday life or during your weight loss process. Among other things, they can help you boost your metabolism, give you a feeling of satiety and help you keep your blood sugar stable. Each Slim Boost product is thus your personal weight loss assistant when you are on a diet or if you just want to maintain a healthy normal weight. Slim Boost supplements can advantageously be combined across each other or with the other Nupo products. All products are evaluated, tested and approved by the European Food Safety Authority, EFSA.



NUPO SLIM BOOST+ MEDICAL DEVICE

Slim Boost + is a product line with medical devices, specially developed for the treatment and prevention of obesity and severe obesity. The products have been evaluated, clinically documented and approved by the European Food Safety Authority, EFSA. Therefore, the products are also CE marked.

ONE MEAL MEALREPLACEMENTS & PROTEIN BITES



ONE MEAL BAR – MEALREPLACEMENT

Nupo One Meal bars is meal replacements designed to replace 1-2 of the day's 3 main meals. Common to all One Meal products is that they give you all the nutrition you need in one meal for approx. 200 kcal. An easy and delicious way to keep calorie control.



PROTEIN BITES – SNACK

Nupo Protein Bite contain approx. 130 kcal and as much as 29% protein per bar. They give a good feeling of satiety and are perfect as a snack or when your protein depots need to be replenished after exercise. Nupo Protein Bites can help you avoid unhealthy and caloric snacks and thus control your weight.

ONE MEAL +PRIME - MEALREPLACEMENT

Nupo One Meal + Prime is a product line under One Meal that is particularly suitable for an active lifestyle. Common to One Meal + Prime is that the range is completely without added sugar.



ONE MEAL +PRIME RTD – MEALREPLACEMENT

70% less sugar, 30% more protein and 400% higher fiber content than conventional meal replacements.



ONE MEAL +PRIME VEGAN SHAKE – MEALREPLACEMENT

100% plant-based and added active ingredients: Guarana, chromium and cola nut.



ONE MEAL +PRIME BAR – MEALREPLACEMENT

70% less sugar, 30% more protein and 400% higher fiber content than conventional meal replacements.



ONE MEAL +PRIME PANCAKES - MEALREPLACEMENT

Shake'n'bake delicious pancakes with added flaxseed and psyllium remember.

CHOOSE THE RIGHT NUPO-DIET

At Nupo, we want you to achieve the weight loss and the specific weight you dream of.

You choose yourself the Nupo-diet that's the most manageable for you. The most important thing is that you get a good start on the diet that best suits you, your goals, and your everyday life.

You can choose the Nupo Diet, where you replace all your meals with 6 Nupo Diet products every day. If that is a little too overwhelming, you can instead choose Nupo Diet + 10 point. On this diet, you have the opportunity to eat regular food alongside your Nupo-Diet products, which makes it possible to enjoy meals with your family. When you choose your Nupo-diet, it's important to be realistic and choose the type of diet that you think you can maintain. It shouldn't be overwhelming, because then you increase the risk of giving up or falling back on old habits.

Just be aware that if you eat regular food alongside your Nupo Diet products, you won't be able to lose weight as fast as if you were on a straight Nupo product diet. You therefore have to consider if it's more important for you to lose weight quickly, or if you're okay to lose weight a little slower, but still have the possibility to eat regular food alongside your diet. It's completely up to you, how you choose to use Nupo. If you are in doubt, you can take the test on the next page X and see which Nupo-type you are. You can also follow our advice on page X, which is divided into three steps.

NUPO DIET

The Nupo Diet consists of 6 optional Nupo Diet products per day. The 6 Nupo Diet products that you eat or drink throughout the day, provide you with the minimal intake of calories. At the same time, your body receives all the essential nutrients, vitamins, and minerals it needs. The Nupo Diet will undoubtedly test your willpower and motivation, but in return you will achieve your goals quicker than with many other diets.

NUPO DIET + 10 POINTS

The Nupo Diet + 10 Point is simply the Nupo Diet consisting of the 6 Nupo Diet products, combined with the 10 points from the Point List. The Point List is a tool for your weight loss process and gives all types of food a value in the form of points: 1 point = approx. 60 calories. For example, an apple's value = 1 point, which means that you can eat, for example, 10 apples a day alongside your Nupo Diet. We of course don't recommend that you eat 10 apples a day, instead refer to the weekly plans with meal suggestions and recipes, which you can find on page X and page X. Regardless if you choose to follow our meal suggestions or you choose 10 points from the Point List, this Nupo diet is ideal for those that want flexibility and something to chew on, while they are on a diet.

NUPO ONE MEAL

The Nupo One Meal isn't a dedicated diet, but a meal substitute that you can use to replace 1-2 of your main meals. Nupo One Meal is for those that desire a smaller weight loss or want to maintain their weight. Nupo One Meal products cannot replace Nupo Diet products, because then you won't get all of the essential nutrients that your body needs throughout the day. Additionally, Nupo One Meal products contain more calories per unit, and have a higher carbohydrate content. If you still want to supplement some of your meals with Nupo One Meal products, it's important that you still eat all 6 of your Nupo Diet products each day.



01 TRIN ET

Kickstart your weight loss with only Nupo Diet. This provides you with safe, fast, and effective weight loss. **HOW LONG: UP TO 8 WEEKS**

02 TRIN TO

Continue your weight loss with Nupo Diet + 10 Points This ensures that you still lose weight while getting something to chew on, eating a meal with the family, and learning how much food you can get for your calories.

HOW LONG: CONTINUE UNTIL YOU REACH YOUR GOAL.

03 TRIN TRE

Maintain your weight loss with regular food. Eat the equivalent of approx. 35 points (2100kcal) as a woman and approx. 40 points (2400kcal) as a man - depending on how physically active you are. Follow the dietary advice in this guide, as well as the other tips. In addition, use Nupo One Meal products and Nupo Protein Bites as needed to control your calorie intake and maintain your weight.

HOW LONG: THE REST OF YOUR LIFE



*Nupo is a loving kick
towards a healthier life-
style. No hocus pocus -
and it works.*

-Michael

QUIZ: WHAT IS YOUR NUPO- TYPE?

Take the quiz to find out what Nupo diet fits your best.

1. HOW MOTIVATED AM I...

- a. I'm very motivated to start the Nupo diet.
- b. I am motivated, but I'm going to miss real food.
- c. I am motivated, but I'm really going to miss real food.

2. MY BIGGEST CHALLENGE ON THE NUPO DIET WILL BE...

- a. That I don't lose weight.
- b. That can't I go without food completely.
- c. That I can't give up lunch with my colleagues or dinner with my family...

3. MY WILLPOWER IS...

- a. Strong, when I start something, I will succeed.
- b. Pretty good, I usually do the things I set out to do.
- c. Not the strongest. I have the backbone of an earthworm.

4. WHEN I'M ON A DIET, MY PATIENCE IS...

- a. Put to the test; I want to lose weight fast.
- b. I'm not in a rush, just want to start living healthy.
- c. Good, I've got nothing against losing weight slowly. I just don't want to gain any more weight.

5. WHEN THERE'S CAKE AT WORK...

- a. I always take two pieces.
- b. I eat a single piece, but only if I think the cake looks really delicious.
- c. I don't eat any of it. I have a banana in my bag.

6. IN MY EVERYDAY LIFE...

- a. I don't have time to familiarize myself with a new diet and its dietary principles.
- b. I highly value eating a good meal together with my family or friends.
- c. I'm often busy, and don't always eat varied or healthy meals.



7. MY GOAL FOR THE NUPO DIET IS...

- a. A safe, effective, and fast weight loss.
- b. To lose weight at a reasonable rate, and still eat regular food on the side.
- c. To lose weight, and control my weight, so that I at least to put on more weight.

YOUR RESULTS

Count the letters of your answer and the heading that best matches your results.

MOSTLY A'S - *The Wilful*

You are highly motivated to lose weight, and it can't happen fast enough. You set goals for yourself, and you achieve them. You are the Nupo-Diet type: :

START AT STEP 1

MOSTLY B'S - *The Flexible*

You are motivated to lose weight, but desire flexibility and are not good at following strict rules. You also want to be able to eat regular meals with your family. You are the Nupo Diet + 10 Points type:


START AT STEP 2

MOSTLY C'S - *The Busy*

You are motivated to lose a few kilos or maintain your weight, so that at least you don't put on more weight. You are often busy and therefore often eat unhealthy or too much food, when you are on the go. You are the Nupo One Meal type:

START AT STEP 3





“
**THE PEOPLE WHO
INFLUENCE YOU...**



**...ARE THE PEOPLE
WHO BELIEVE IN YOU
”**

HOW TO KICKSTART YOUR WEIGHT LOSS WITH NUPO

With Nupo, you will get help to kickstart your weight loss. The Nupo Diet is well documented, and if you follow it consistently the results will come quickly, even for the impatient. Before you start on your weight loss journey, it can be a good idea to prepare yourself a little. We want to give you a helping hand so that you have a good start. We have therefore compiled a series of tips and tricks outlining what you should do when you want to lose weight.

IF YOU WANT TO LOSE WEIGHT, YOU MUST DO THE FOLLOWING:

T A SPECIFIC GOAL, AND DIVIDE IT INTO SUB-GOALS

That could be, for example, "I want to lose 10 kg" or "I want to lose 20 cm around my waist". It's important that you set concrete goals, so that you know when you have reached them. If your goal isn't right around the corner, but instead require a little more time to reach, it can be a good idea to set sub-goals. This way you can still experience small successes which can help keep your motivation up. Remember to also reward yourself when you reach your end-goal and/or your sub-goals. Avoid rewarding yourself with food, but instead with things like a new pair of running shoes, a bouquet of flowers, or perhaps a massage.

WRITE DOWN GOALS AND POSSIBLY SUB-GOALS





*“I do not lose motivation
with Nupo because I can see
results quickly”*

- Charlotte

CHECK YOUR MOTIVATION

If you are not motivated to lose weight, then it probably won't happen for you. Motivation is required to reach your goal. Ask yourself if you really are motivated to reach your goal. A strong motivation is needed if you want to reach your goal of a successful and lasting weight loss. If you really are motivated to lose weight, you are likely also ready to make the necessary lifestyle changes needed to lose weight and keep it off.

WRITE DOWN WHAT YOU EAT

Losing weight is all about how much you eat compared to the number of calories you burn. Most people know when they have eaten something unhealthy, but it's not just unhealthy food that counts towards the calorie count, as eating too much healthy food can also factor into you not losing weight. That's why it can be a good idea to create a diet log before you start your diet, where you weigh all the food you eat, and write it down. Do this 1-2 weekdays, together with one weekend day. Seeing how much you actually eat compared to what you thought, can be a real eye opener. Many are surprised by how much food sneaks in between meals. Additionally, it can also give you a good idea of how much space a certain amount of food actually takes up in a bowl or on a plate. This way, you learn how much the different foods actually fill, without having to weigh the portions each time. It will also make it easier for you to use the Point List.

WEIGH AND MEASURE YOURSELF

Just like you should weigh your food, it's also important that you weigh and measure yourself consistently. Weigh yourself a maximum of once a week, ideally at the same time of day every time. Due to fluid fluctuations and food in your intestines, your weight can shift a couple kilos throughout the day. To get the most accurate weight, you should weigh yourself in the morning, without clothing, after you've used the toilet. You also want someone else to measure you with a measuring tape, for example, around your waist, hips, upper arms, and calves. Also, take before and after pictures. you can print a before picture and hang it on your fridge, so that you have a constant reminder why you started your weight loss journey in the first place.

TELL YOUR SOCIAL CIRCLE YOU ARE ON A DIET

Tell your family, friends, and colleagues that you want to lose weight. They can support you, and help increase your commitment, compared to if you are all alone on your weight loss journey. It might turn out that you end up inspiring them to follow in your footsteps and that you can support and cheer on each other.

FOCUS ON THE DIET

Most people know what a healthy diet is, but few people actually know how big a role one's diet actually plays, when they want to lose weight. Your diet is actually responsible for 80% of your weight loss and is essential for you to maintain your weight afterwards. That's why it's all about focusing on the diet and learning what your food consists of as well as how it can be combined to best benefit you when losing weight. By kickstarting your weight loss with the Nupo Diet, you can put these thoughts about food aside for a while.

YOUR PERSONAL WEIGHT CHART

Starting Weight	kg.
Week 1	kg.
Week 2	kg.
Week 3	kg.
Week 4	kg.
Week 5	kg.
Week 6	kg.
Week 7	kg.
Week 8	kg.
End Weight	kg.



BE PHYSICALLY ACTIVE

While your focus should be on the diet, it is still a really good idea to be physically active when you want to lose weight. If you haven't been working out before, it can be a good idea to incorporate some light physical activity into your everyday life. We recommend that you start slowly. Take, for example, your bike to work, use the stairs instead of the elevator, and go for a walk in the evening. All physical activity contributes to burning calories. You can definitely be physically active when you are on the Nupo Diet, but if you are on the pure Nupo Diet might not have the energy to do hard, physical activities. So, make sure to listen to your body.

MAINTAIN YOUR MOTIVATION

If you need motivation to be active, you can find health-apps on most smartphones with a built-in step-counter which, among other things, can show you how many steps you take each day. A step counter can be your gateway to more physical activity. It can be pretty motivating to see how many steps you've taken, and how many you need to reach the recommended 10,000 steps a day. A step-counter can strengthen your motivation and fire up your inner competitive spirit, so that maybe you'll be the first to volunteer to get coffee for the office, or run to the shop to pick up some chewing gum, to reach those last steps of the day.

BE PATIENT AND HANG IN THERE

You will most likely experience weeks where things don't exactly go as planned, where your weight doesn't move, or you even put on a little extra. But that doesn't mean you can't achieve successful weight loss. Even if you've followed your diet to a T, you can't give up if your weight doesn't exactly meet your expectations after just a couple weeks. Fluid retention in the body, stomach, intestines, and bladder, as well as muscle growth, can blur your weight loss. That's why you have to be patient - The results will come, if you follow the diet.

*“Nupo gives me control
over my Calorie intake in a
super easy way”*

-mette



PHYSICAL ACTIVITY

Physical activity is closely related to your health. Research shows that it's healthier to weigh too much and be physically active, than to be slim and not be physically active.

Physical activity can help you avoid becoming overweight, as well as prevent the development of lifestyle diseases and also help treat many serious illnesses. Additionally, regular physical activity can improve your mental health by giving you more energy and greater self-confidence. When you are physically active, you also prevent muscle loss and maintain your muscle strength. That's why physical activity is important if you want to maintain or increase your muscle mass.

Physical activity encompasses all forms of movement such as biking to and from work, taking walks, or gardening, but this of course also includes structured exercise such as running or swimming.

All physical activity increases the body's energy use, and a little exercise is better than nothing. Scientific studies have also shown that people who do a moderate amount of exercise have more success maintaining their weight loss, compared to those who heavily exercise.

HEALTH ADVICE:

- A minimum of 30 minutes moderate to intense physical activity every day (This must be in addition to your regular physical activity from your daily activities)
- A minimum of 20 minutes of physical activity at least twice a week, which focuses on improving your muscle strength and overall fitness level.
- Physical activity in addition to what is recommended here, will bring additional health benefits

HOW MUCH TIME DOES A CROISSANT "COST"?

Even if you are active every day, and go to the gym a couple of times a week, it still takes quite a bit of physical activity to burn off that chocolate bar you bought on your way home, that bag of chips from last Friday, or that croissant from Sunday breakfast. So, you have time to burn off that croissant, so that it doesn't find its way to your hips?



THIS MUCH PHYSICAL ACTIVITY IS REQUIRED TO BURN OFF:

	A CROISSANT	A CHOCOLATE BAR	A BAG OF CHIPS	A CAN OF BEER	A BANANA	A WHOLE BELL PEPPER	A CARTON OF RASPBERRIES
WATCHING TV	4 t 57 min	3 t 49 min	15 t 1 min	2 t 5 min	1 t 38 min	45 min	1 t 4 min
VACUUMING	1 t 25 min	1 t 5 min	4 t 17 min	36 min	28 min	13 min	18 min
WALKING	1 t 14 min	57 min	3 t 45 min	30 min	25 min	11 min	16 min
DANCING	1 t 6 min	51 min	3 t 20 min	28 min	22 min	10 min	14 min
STRENGTH TRAINING	50 min	38 min	2 t 30 min	21 min	16 min	8 min	11 min
BIKING	37 min	29 min	1 t 53 min	16 min	12 min	6 min	8 min
SPINNING	20 min	15 min	1 t	8 min	6 min	3 min	4 min

*Calculations based on a 40-year old woman, who weighs 80 kg



ENERGY AND BURNING CALORIES

ENERGY INTAKE

The body needs energy to function and move. This energy comes from the food you eat and is converted into kilojoules (kJ) or kilocalories (kcal), which are commonly referred to as calories. The number of calories the different nutrients contain per gram varies greatly and so does their function in the body.

For example, fat contains twice as many calories as carbohydrates and proteins. To use the energy from the food we eat, the body must digest the food. During digestion, the food is broken down into small molecules, which can be transported by blood to the cells, where it is converted to energy.

1 kilocalorie (kcal) = 4.2 kilojoule (kJ)

ENERGY IN FOOD AND DRINK COMES FROM FIVE DIFFERENT NUTRIENTS:

Carbohydrates	17 kJ/grams or 4 kcal/gram
Fibre	8 kJ/grams or 2 kcal/gram
Protein	17 kJ/grams or 4 kcal/gram
Fat	37 kJ/grams or 9 kcal/gram
Alcohol	29 kJ/grams or 7 kcal/gram

ENERGY CONSUMPTION

The body's energy use is comprised of 4 components:

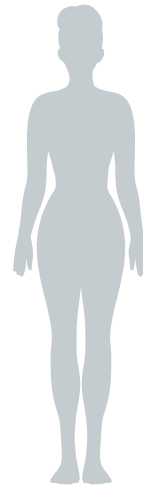
- Resting Metabolic Rate
- Thermal Regulation
- Thermal Effects of Food
- Physical Activity

Together, these four components make up your body's total metabolism, as in how many calories your

body burns in one day. The resting metabolic rate represents the rate at which the energy that the body uses to fuel its basic functions, such as breathing or making your heartbeat, is used.

Thermal regulation is the energy the body uses to maintain your body temperature. The thermal effects of food are the energy the body uses to burn off the food you eat. (Picture of all potential foods)

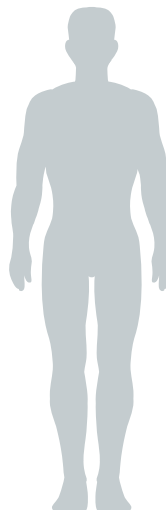
Physical activity covers the energy that is used when you are physically active by, for example, working out, doing physical work, as well as other everyday activities. Additionally, it costs more energy to maintain muscle tissue and fat tissue. A physically fit and muscular person will therefore use more calories when they are sitting on the sofa, compared to someone who is not fit or muscular.



WOMAN
60 kg

ENERGY INTAKE
2.000
calories
a day

8.400 kJ/day



MAN
60 kg

ENERGY INTAKE
2.500
calories
a day

8.400 kJ/day

If you want to lose weight, your energy intake must be less than your total energy consumption over an extended period of time. That is why it's important to focus on the last two components, the food you eat and how active you are.

The body's total energy usage is approx. 2000 kcal for women and 2500 kcal for men per day. However, this depends on age, weight, and muscle mass, as well as how active you are. In the chart below you can see how large your energy consumption is, based on sex, age, and your level of physical activity.

The resting metabolic rate decreases with age and is generally lower for women compared to men.

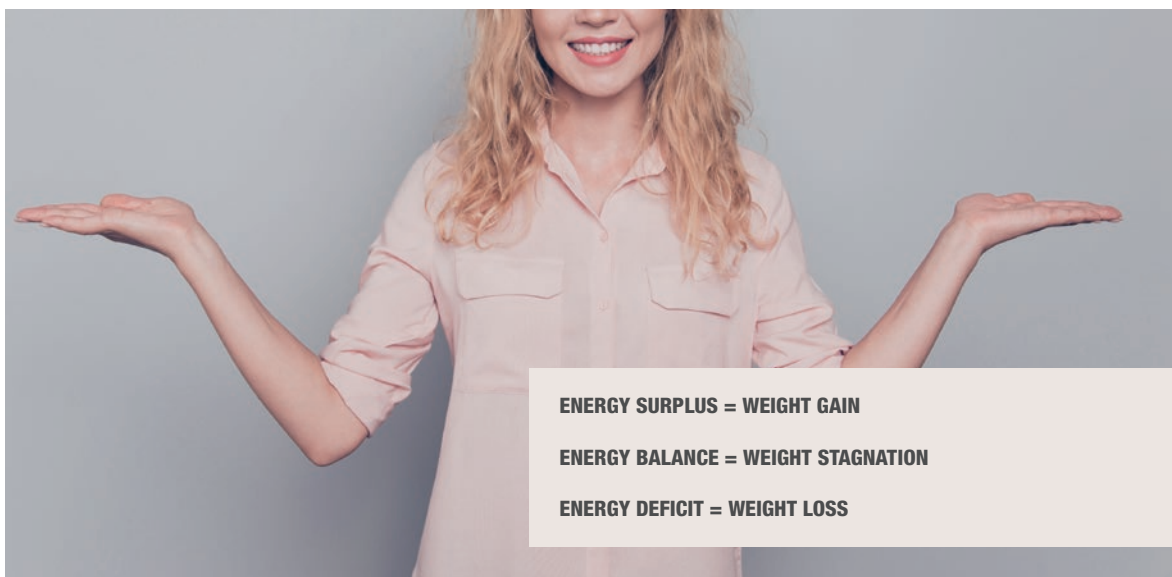
Additionally, your resting metabolic rate is related to your weight.

The higher your body weight, the higher your resting metabolic rate. So, when you lose weight your resting metabolic rate will also decrease. Your combined calorie deficit is therefore higher at the start of your weight loss journey than it is further along the way, which is why it's often easier to lose weight at the start.

The table below will give you an indication of your energy consumption based on your sex, age, and your general physical activity level, but doesn't give you an exact measurement of your energy use.

	AGE	BASAL METABOLIC RATE (KCAL PER DAY)	LOW PHYSICAL ACTIVITY (PAL* 1.4)	NORMAL PHYSICAL ACTIVITY (PAL 1.6)	HIGH PHYSICAL ACTIVITY (PAL 1.8)
MEN	18-30	1744	2460	2795	3152
	31-60	1648	2293	2627	2962
	61-74	1457	2030	2317	2603
WOMEN	18-30	1385	1959	2245	2508
	31-60	1314	1839	2102	2366
	61-74	1193	1696	1935	2174

PAL + Physical Activity Level. The calculations are based on the average weight of adult men and women in the Nordic Countries.



ENERGY SURPLUS = WEIGHT GAIN

ENERGY BALANCE = WEIGHT STAGNATION

ENERGY DEFICIT = WEIGHT LOSS



A person is standing on a wooden dock on the left side of the frame, looking out over a large, calm body of water. The water reflects the sky and the surrounding landscape. In the background, there is a dense line of trees along the shore. The sky is filled with soft, white clouds. The overall mood is peaceful and contemplative.

**“
THE WAY TO
GET STARTED IS TO
QUIT TALKING AND
BEGIN DOING
”**

THE DIFFERENT NUTRIENTS

Macronutrients - There are calories in all food, but are all calories equal? Is a calorie from a piece of chocolate the same as a calorie from a piece of meat, or a calorie from an apple?

There are calories in all food, but are all calories equal? Is a calorie from a piece of chocolate the same as a calorie from a piece of meat, or a calorie from an apple? Generally speaking, the answer is yes, that all calories count towards the total calorie count; but there are still differences. The body does not burn and absorb all nutrients the same way.

Some dietary fibres pass through the digestive system relatively undigested, while some carbohydrates are quickly absorbed in the intestines. The body also uses more energy to convert protein, than it does carbohydrates and fat.

Additionally, the body's ability to store excess protein is less than for the body to store carbohydrates and fat, which is why the body needs to convert the protein immediately. This results in increased digestion in the period following the consumption of a protein-rich meal, compare to, for example, a carbohydrate-rich meal.

The different nutrients do affect our blood sugar and appetite differently. That is why it is important to focus on eating the food that have the best and most optimal effect on your body, when you want to lose weight. In the next section we will give you a look into the different macro- and micronutrients, together with which foods you can benefit from eating when you



CARBOHYDRATES

Carbohydrates supply the body with energy that is used for brain and muscle functions. Carbohydrates are stored in the muscles and liver in the form of glycogen. Under normal circumstances the body can store about 100 grams in the livers and about 300 grams in the muscles. When faced with a greater intake of energy in the form of carbohydrates while the glycogen stores are full, the carbohydrates will be converted into fat and stored in the adipose tissue. Among other things, this can be one of the causes of obesity and becoming overweight.

Carbohydrates can be divided into different types: digestible carbohydrates (starches and sugars) and undigestible carbohydrates (dietary fibres). The digestible carbohydrates can be divided into simple carbohydrates (such as white bread and pasta), and complex carbohydrates (such as rye bread and oats).

Carbohydrates are the nutrients that affect blood sugar most, yet how fast your blood sugar rises is dependent on which type of carbohydrate you eat, and how it's prepared when eaten together with other foods in the same meal. The simple carbohydrates make your blood sugar rise fairly quickly. When you want to lose weight, it can be beneficial to maintain a stable blood sugar level throughout the day so that you do not experience excessive fluctuations.

Fluctuations in blood sugar can increase your desire for sugar and snacks. That's why many people limit their carbohydrate intake as it may reduce their appetite. Newer studies have shown that patients with type-2 diabetes were able to improve their ability to regulate their blood sugar by eating foods with a limited carbohydrate content.

Carbohydrates are found in many different foods, but are especially present in bread, pasta, rice, potatoes, grains, flour, legumes and fruits, as well as candy and other sweets. When trying to lose weight, many people experience a positive effect by either cutting off or cutting down on the amount of carbohydrates they eat, and instead increase the amount of vegetables they eat.



VEGETABLES

Most vegetables have a very low carbohydrate content, and thanks to their high fluid content, you can eat large portions for few calories. Most vegetables also contain a lot of dietary fibre, which provides a feeling of fullness. It's usually high -fibre vegetables that contain the most dietary fibres.

EAT MORE OF THESE:	
HIGH-FIBRE VEGETABLES	LOW-FIBRE VEGETABLES
Cauliflower	Cucumber
Beans, green	Asparagus
Carrots, raw	Celery
Kale	Bean sprouts
White cabbage	Mushroom
Leek	Pumpkin, Hokkaido
Brussels sprouts	Baby corn
Red cabbage	Bell pepper
Pointed white cabbage	Radish
	Salad, all types
	Spinach
	Squash
	Tomato

Vegetables are also rich in vitamins and minerals, which your body needs. Some vegetables, such as Jerusalem artichokes, contain a good amount of starch, and therefore more carbohydrates.

Fruits are generally also healthy, but can contain a high amount of carbohydrates in the form of fruit sugar. That's why you should restrain yourself a little when dealing with fruits, if you want to lose weight. On the other hand, you should make sure that you eat vegetables for every meal, and make sure that half your plate is filled with vegetables for both lunch and dinner. It can also be beneficial to eat vegetables between meals.

On page x, you can see which specific vegetables and fruits you should eat the most of, as well as the ones you shouldn't eat in excess, while on the Nupo Diet. The meal suggestions and recipes on page x also take this into account, and therefore contain little to no carbohydrates.

EAT LESS OF THESE:	
HIGH-FIBRE VEGETABLES	LOW-FIBRE VEGETABLES
Carrots, prepared	Corn, loose
Jerusalem artichokes	Peas, green
Celeriac	
Parsnip	
Parsley root	
Beetroot	
Sweet potatoes	





FRUIT

EAT LITTLE OF THESE	EAT VERY LITTLE OF THESE
Orange	Pineapple
Blueberry	Banana
Blackberry	Plum
Lemon	Cherry
Clementine	Mango
Grapefruit	Grape
Raspberry	
Honeydew	
Strawberry	
Kiwi	
Lime	
Nectarine	
Pear	
Gooseberry	
Watermelon	
Apple	

HIGH-FIBRE CARBOHYDRATES

In general, you should avoid carbohydrates when you are on the Nupo Diet, but when you have reached your weight loss goal and want to begin your new healthy lifestyle you can easily include high-fibre carbohydrates into a healthy and varied diet. It's important, though, that you choose the right types which provide you with the most satiety and nutrition for the calories.

Check out what we recommend regarding carbohydrate sources on page x. You should therefore choose the whole wheat variant, when you are, for example, choosing a pack of crispbread. Look for the orange whole grain logo, because this mark sets regulations for the levels of sugar, fat, and salt. It's recommended that you get 76 grams of whole grains every day. You can choose what to eat based on the carbohydrate pyramid on page x, where you eat most from the bottom, less from the middle, and the least from the top.



GOOD CARBOHYDRATES	DIETARY FIBRE PER 100 GRAMS
Oatmeal (preferably coarsely rolled)	12.0g
Barley flakes	8.4g
Rye flakes	13.0g
Brown rice	3.0g
Whole grain pasta	8.0g
Quinoa	7.0g
Whole grain bulgur	12.0g
Green lent	5.6g
Chickpeas	6.4g
Rye bread (preferably whole grain)	Approx. 8.4g
Whole grain crispbread	Approx. 15.0g
Whole wheat bread and buns (preferably whole grain)	Approx. 8.0g

PROTEIN

Proteins are the body's building blocks, and are, among other things, necessary for the creation and maintenance of cells and tissue. Proteins are made up of amino acid. There are some amino acids that the body cannot create by itself, and that's why it's important they are supplied through our diets.

Proteins are an important part of the diet if you want to lose weight, or even if you want to just eat healthy in general. Proteins are also the nutrient that gives you the greatest feeling of fullness. A protein-rich diet will help you maintain satiety, increase your energy consumption, and help you maintain a more stable blood sugar level.

ANIMAL PROTEIN SOURCES



VEGETABLE PROTEIN SOURCES



Protein in food can come from various sources such as animal products like meat, fish, seafood, poultry, dairy products, and eggs, but can also come from plant sources such as legumes and nuts.

You should limit or avoid the consumption of legumes while on the Nupo Diet, because despite their high protein content, they also contain a fair amount of carbohydrates. Nuts contain healthy fatty acids, but are quite rich in calories, therefore you should keep that in mind if you want to lose weight. You should also make sure to choose the leanest pieces of meat, fish, and poultry, and also opt for the low-fat options regarding dairy products.

GOOD PROTEIN SOURCES	PROTEIN PER 100 GRAMS
Chicken Breast	22 g
Ground Chicken (max 6% fat)	20 g
Lean Beef	20 g
Ground Beef (max 7% fat)	21 g
Turkey	24 g
Turkey Bacon	18 g
Pork Tenderloin, Trimmed	21 g
Cod	17 g
Tuna in Water	26 g
Cod Roe	13 g
Shrimp	15 g
Egg	13 g
Egg White	11 g
Skyr (Preferably natural or without added sugar)	11 g
Greek yogurt, 2%	8,5 g
Cheese 20+	30 g
Cottage Cheese, 1.5%	13 g
Soya Beans (Edamame, peeled)	11 g

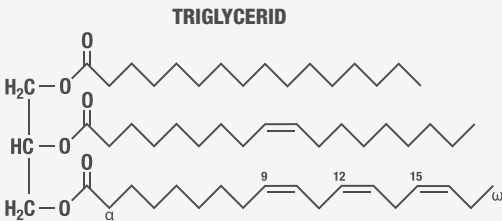
FAT

Fat acts like insulation under your skin so that you can keep warm more easily and is also used for building the body's cells and hormones. Fat is also necessary for the body to absorb any fat-soluble vitamins. Fat provides the body with energy, yet if you eat and drink too much over an extended period of time, your body will start storing the fat which can lead to becoming overweight.

Fat can be divided into two different types: saturated fatty acids and unsaturated fatty acids. The saturated fatty acids are primarily found in animal

products, such as meat, butter, cheese and other dairy products, but also in coconut oil. Saturated fatty acids are known to be solid at room temperature.

The unsaturated fatty acids can be split up into either monounsaturated and polyunsaturated fatty acids and are liquid at room temperature. The monounsaturated fatty acids are found in plant oils, seeds, grains, and nuts. The polyunsaturated fatty acids consist of Omega-3 and Omega-6 fatty acids, which



Saturated fatty acid

Monounsaturated fatty acid

Polyunsaturated fatty acid

} Unsaturated fatty acids

the body cannot make by itself. It's especially important that you get enough Omega-3 fatty acids. Omega-3 fatty acids are primarily found in fatty fish (salmon, herring, mackerel, trout, and halibut), walnuts, flax seeds and chia seeds, and can also be found in small quantities in leafy greens.

When shopping for salmon, you should preferably choose wild salmon compared to farmed, as these tend to contain more Omega-3 fatty acids. While it is important to get all the essential fatty acids in your diet, you still need to limit the amount of high-fat foods you consume, such as avocados, salmon, and nuts, when you want to lose weight. Because regardless, these foods are quite calorie heavy which will end up contributing to your total calorie count at the end of the day.

GOOD FAT SOURCES

- Avocado
- Salmon (Preferably wild)
- Mackerel
- Olive oil
- Almonds, unsalted
- Walnuts, unsalted
- Cashews, unsalted
- Pumpkin seeds
- Flax seeds
- Sunflower seeds
- Chia Seeds



FIBRE

Dietary fibres are partially indigestible carbohydrates. They aren't broken down in the intestines like other nutrients are, and instead pass through relatively undigested. When passing through the digestive system, dietary fibres have the great ability to bind to water and create gels. They can bind up to 15 times their weight in water.

This causes the food to swell up and fill more in the stomach, which in turn results in a reduced gastric emptying rate and an increased residence time for the food in the intestines. That's why you will feel fuller for longer after you have eaten meals rich in fibre, compared to if you eat low-fibre meals. Consumption of dietary fibre will also help the rate in which nutrients are absorbed, which contributes to a more stable blood sugar.

Dietary fibre also contributes to overall good intestinal health by stimulating digestion and increasing the

concentration of faeces, while counteracting diarrhoea and constipation. Foods rich in fibre are also rich in vitamins and minerals, and often contain little fat or sugar.

That's why when you want to lose weight, it's beneficial to eat foods that are rich in dietary fibre. Most whole grain products and legumes such as beans, chickpeas, and lentils, are high in dietary fibres. Additionally, many fruits, high-fibre vegetables, and nuts are also rich in dietary fibres. When you are on a diet, it's a good idea to get your dietary fibre from fruits and vegetables.

You can also supplement yourself with Nupo Slim Boost - FILL MY TUMMY, which contains the dietary fibre glucomannan, which has the exceptional ability to absorb water, which can help increase your feeling of fullness.



ALCOHOL

Alcohol is a fairly high energy nutrient and isn't necessary for your body to function. When you consume alcohol your body's ability to burn carbohydrates and fat slows down, which isn't ideal when you want to lose weight.

Alcohol is nothing more than a concentrated calorie source. For every gram of alcohol you consume, you get 7 kcal, while getting none of the important or filling nutrients that your body needs. Not to mention that alcohol is usually mixed in drinks that contain a lot of sugar, which are converted into even more empty calories. Alcohol (and other drinks in general) are easy to consume in large quantities, while not providing much satiety.

If you drink, for example, a cider, you will get 141 kcal. If you drink 5, you'll get 705 kcal. That's equivalent to one day's worth of calories on the Nupo Diet.

5 cans of cider = approx. 700 kcal

Nupo Diet daily diet = approx. 700 kcal

That's why it is generally a good idea to stay away from alcohol and alcoholic drinks, when you want to lose weight.

MICRONUTRIENTS - VITAMINS

Vitamins and minerals are necessary for the body to function. Vitamins are organic substances which the body cannot create itself. That's why vitamins are supplied by the foods you eat.

There are 13 different vitamins, which can be divided into water soluble vitamins and fat-soluble vitamins.

These different vitamins all have very different properties and effects, and therefore cannot be replaced by

WATER SOLUBLE VITAMINS	FAT SOLUBLE VITAMINS
Vitamin C	Vitamin A
Thiamine	Vitamin D
Riboflavin	Vitamin E
B6	Vitamin K
B12	
Niacin	
Folate	
Pantothenic acid	
Biotin	

MINERALS

Minerals are elements that the body also needs to be supplied through diet. Just like vitamins, minerals are important for the body to function.

There are 15 elements which have vital functions in the body. By following the Nupo Diet with 6 Nupo Diet products every day, you'll get all of the necessary minerals that your body needs.

You can also use the dietary supplement 'Block My Carbs' which, among other things, contains chromium which helps maintain a normal and stable blood sugar, so that it's easier to control your urge to eat sugar and unhealthy snacks.

MINERALS:

Sodium, chloride, calcium, phosphorus, magnesium, potassium, iron, zinc, copper, selenium, manganese, cobalt, molybdenum, fluorine, and chromium.

each other. For example, vitamin D is important for the absorption and circulation of calcium, and for your muscles and bones.

That's why vitamin D deficiency can increase your risk for osteoporosis. You can get vitamin D from your diet by eating fatty fish such as salmon, herring, mackerel, but can also be obtained through your skin, when you are exposed to sunlight. However, it's only during the summer months that the sun in Denmark is strong enough to provide us with enough vitamin D.

In the winter months it may be necessary to take dietary supplements containing vitamin D, because it can be difficult to eat the recommended 350 grams of fish per week. Aside for vitamin D, most Danes get their sufficient amounts of vitamins and minerals in their daily lives. But when you are on a diet and consume fewer calories it can be difficult to get the recommended amounts of vitamins and minerals.

By following the Nupo Diet with 6 Nupo Diet products every day, you'll get all the necessary vitamins that your body needs, including vitamin D.

DID YOU KNOW..?

You get all the vitamins and minerals your body needs if you replace your diet with 6 Nupo Diet products a day.



WHAT HAPPENS IN YOUR BODY, WHEN YOU ARE ON THE NUPO DIET?

APPETITE

Hunger, appetite, and satiety are three concepts that are important to understand when you want to lose weight. The regulation of one's appetite is a very complex interaction between the physiological and psychological systems in the body.

Hunger is a physiological condition, which regulates how much food you eat and how much you have in your stomach. Conversely, your appetite is a psychological condition, which can be influenced by your senses, emotions, memory, and other things. That's why it's possible for you to be hungry even if you don't feel like eating, like when you are sick, for example. In the same way, you may feel like you want to eat an extra portion at the buffet or have another piece of cake, even if you are full.

Satiety is not the opposite of hunger. Satiety is the gradual feeling of satisfaction, that comes from consuming a meal, and is therefore stimulated by both hunger and appetite.

It takes approximately 20 minutes before you can feel that you are full.

Many people are quick to eat their meals, which can lead to these people eating too much.

Many people also have a hard time trying to estimate the body's natural hunger and satiety signals. They usually made a habit out of eating in certain situations, and therefore forget to actually notice if they are hungry and eat food when it isn't necessary.

This is why it can be a good exercise to try and think whether you are eating because you are hungry, or simply because you feel like or because you are bored. You also don't need to eat every time you just feel a little hungry. It can be a good idea to drink a glass of water and wait half an hour, as nothing bad can happen from just being hungry for a short period of time.

When on the Nupo Diet, many people experience that they become a lot more conscientious about their body's natural hunger and satiety signals. A scientific study has also shown that those who "learn" to feel less hungry and more sated, are also those that are best able to maintain their weight after weight loss.



DID YOU KNOW...?

It takes approximately 20 minutes before you can feel that you are full.



KETOSIS

Ketosis is a natural biological state that occurs in the body when it's lacking carbohydrates as a source of energy. The body's primary source of energy are carbohydrates, which are then broken down into glucose. Glucose can occupy almost all of the cells in the body. The red blood cells, together with the brain and nerve cells, depend on a constant supply of glucose.

When you are on the Nupo Diet and consume 6 Nupo Diet products daily, you'll get maximum of 70g of carbohydrates every day, which forces the body to search for another energy source. After 1-2 days, the body's carbohydrate reserves will be empty, and the body will then start to break down fat as an alternative source of energy. When breaking down fat, ketones are formed, which the body can use for energy. When that happens, the body is in ketosis, which is characterised by a relatively low - but stable - blood sugar level, a high level of ketones in the blood, and the body burning more fat. Ketones have an acetone-like smell, which might be experienced from your breath. Don't worry, the smell will disappear after a couple of days. Ketosis seems to affect your appetite and decrease your hunger, which is ideal for when you want to lose weight. This is presumably one of the reasons that many people, after a few days on the Nupo Diet, don't feel hungry despite having a reduced energy intake.

When you restrict your consumption of carbohydrates so much that the body enters ketosis, it can be difficult to get enough vitamins and minerals through your regular food. On the Nupo Diet you'll get all the nutrients, vitamins, and minerals that you need, even while your body is in ketosis and is burning fat.

FLUID BINDING

The body is made up of mostly water and accounts for about 60% of the body's weight. The water content in your body decreases with age and is therefore highest in younger people. Fatty tissue only contains a little water, while muscle tissue contains a lot. Men typically contain a higher percentage of water than women, while women generally have a higher percentage of fat and lower percentage of muscle mass compared to men. When you consume carbohydrates, as mentioned earlier, they are stored as glycogen in the liver and muscles. Glycogen binds to fluids up to three times its own weight. When you are on the Nupo Diet, your carbohydrate stores will be empty after a few days, which means that the first few

days is also when you will lose a lot of fluids. That's the reason many people lose a lot of weight during the first week. Women may also experience that they weigh a little more during their menstruation as the body is trying to retain fluids. So, don't be surprised if your weight fluctuates a little during your journey, it's completely normal.

SLEEP

You might think that sleep has nothing to do with weight loss, yet there is actually a correlation between sleep and appetite. Sleeping too little or sleeping too poorly actually does affect your appetite and increases the risk that you may gain weight or have difficulties losing weight. These sleep factors can also increase the risk of you dropping your diet and healthy habits all together. Especially sleep deprivation increases the urge to consume sugar or other calorie heavy snacks. If you don't get enough sleep, you may be familiar with feeling sluggish or lethargic and also having an increased urge to consume sweet treats. This of course is something you want to avoid when you want to lose weight. That's why it's important to get enough sleep, so that you are in the best condition to lose weight. Most adults need about 7-8 hours of sleep every night. The quality of your sleep can also have an impact on whether or not you will be successfully losing weight.

This is why you should try to do 30 minutes of physical activity every day, preferably outside in the fresh air. Avoid drinking caffeine rich beverages after 17:00 and stop drinking wine and beer in the evenings. Turn off all of your screen at least one hour before you go to bed and read a good book instead, if you have trouble falling asleep. This way you will increase your chances of getting a good night's sleep, and consequently increase your weight loss.

DID YOU KNOW...?

Many scientific studies have shown that the body will try to regain lost weight by increasing your appetite and lowering the number of calories it burns.

That's why you need to hold on to your new habits like eating healthier and being physically active; that's how you'll experience successful weight loss. Nupo will be rooting for you the whole way!

10 TYPICAL CHALLENGES

We know that being on the Nupo Diet is not a walk in the park. It requires volition and a good amount of self-discipline. Many people experience different challenges during their weight loss journey. This is something we at Nupo want to help you with. That's why we want to give you some good advice on how to tackle the 10 most common challenges.

I FEEL HUNGRY

If you are living exclusively off of the Nupo Diet, you may feel hungry the first 2-3 days. This happens to many people, and it's completely normal. But it's especially during this period that it's important to keep going. If you are strong-willed and make it through the first couple of days, you'll experience that your hunger will disappear, and you will feel fuller after every portion of your Nupo Diet.

If you still feel hungry after a few days, it may be because your stomach was used to larger amounts of food before you started the diet. A tip for combating this hunger can therefore be to drink a large glass of water before every meal. This way, you'll already have filled up some of your stomach before your meal, and your hunger will dissipate faster. Another tip is to add more dietary fibres to your diet. Dietary fibre actually has the amazing ability to expand when it comes into contact with fluids, which will then make you feel fuller.



Our Slim Boost - FILL MY TUMMY contains a lot of dietary fibres that, when combined with liquid, expands into many times their own size, which will give you a greater feeling of satiety. You can also supplement your diet with regular food from the Point List, or from the meal suggestions here in the guide. Remember to limit or even avoid the consumption of carbohydrates, if you want to reap the benefits of ketosis.

I MISS TASTY FOOD AND HAVING SOMETHING TO CHEW ON

Fortunately, there is plenty of help for this. You can find lots of calorie free or low-calorie flavourings which can spice up your Nupo Diet meals. For example, you

can make ice cubes out of diet soda. You can mix vanilla powder or add a little lemon or lime juice to your shakes.



You can also add 1 tsp powdered coffee or use cold coffee instead of water in your coffee latte shake, to get a more intense coffee taste. In the soups you can use herbs like thyme, rosemary, or oregano, or you could drizzle on some chives, perhaps add some fresh garlic, or even stir in some spices like paprika, chili, or curry. This way you can make the soups taste different every time you try them. If you need something to chew on, you can freeze your shake for about 30-60 minutes, so that it becomes more of a slushy.

If you freeze it longer, it'll even have the consistency of ice cream. You should also try our Diet Oatmeal, which will give you a little more texture and consistency than the other Diet products. You can also use sugar-free chewing gum to keep your mouth busy.

I HAVE A LARGE AMOUNT OF AIR IN MY STOMACH, WHEN I'M ON THE NUPO DIET

When you are on the Nupo Diet, you will start eating a lot of dietary fibres which your body might not be used to. Dietary fibre isn't broken down in the small intestines like other nutrients, but instead passes through undigested to the large intestines. This is where bacterial fermentation occurs. This process produces, among other things, gas which is why you may experience air in your stomach. So, it's perfectly normal to experience more gas in your stomach than you are used to, when you are switching from a low fibre diet to a high fibre diet. Ultimately, it's just about letting you get used to this new diet.

MY WEIGHT LOSS HAS STOPPED, EVEN THOUGH I'M MAINTAINING MY DIET

It can be very frustrating when you know you are doing everything right, but you can't see any results. Most people lose a lot of weight at the start, but after a little while their weight loss may stagnate. But don't worry, this is completely normal. When you start consuming the small number of calories that you do when you are on the Nupo Diet, your body will think that there's a famine going on. Because of this, your body will try to hold on to as much fat as possible. That's why it becomes more difficult to lose weight the lower your overall weight is. That's because you will start burning fewer calories as you lose weight. Your resting metabolism will decrease, you'll start using fewer calories when performing the same physical activity, you are used to, and when you begin to eat less food during your diet, your body will use less energy trying to break it down. If you exercise during the Nupo Diet and start developing muscle mass, you'll be able to see it on your weight as muscle mass weighs more than fat. That's why it's important that you maintain your diet; you will see result!

I CAN'T GIVE UP MY SWEET TOOTH

We all have an innate attraction to sweetness, which is why many people have a weakness when it comes to sweet treats. However, there is nothing that suggests that sugar in itself is addictive. It's the combination of sugar and fat, which gives us the taste and consistency many of us crave. Fortunately, if you can't beat your sugar cravings there is still help for you. You can add some sweet berries to your shakes, or make a cup of tea with liquorice root, which has a sweet taste. You can also try our Slim Boost dietary supplement, which is tailored specifically to tackle difficult parts of your weight loss program. Our Slim Boost - BLOCK MY CARBS reduces your intake of carbohydrates, which can help you stabilize your blood sugar and reduce your urge to eat sweets so that you fall victim to those "sugary temptations" in the evenings that we all are too familiar with.



I HAVE A WEAKNESS TOWARDS FAT AND HIGH CALORIE FOODS

Just like the taste of sweetness, many of us are also partial to the taste of fats. The fatty tastes usually go hand in hand with high calorie foods, which usually don't have much nutritional value. You should try to avoid this type of food when you are on your diet. Perhaps this is easier said than done, but fear not because there is help for you. Our Slim Boost - BURN MY FAT increases your body's capacity to burn fat and can also help you increase the rate it burns calories at. You can also try our Slim Boost+ - FAT BINDER, which contains lipomyl which naturally attracts and binds to fat and cholesterol from the food in your stomach. The fat is excreted undigested, resulting in a reduced caloric intake and therefore increased weight loss.



I NEED MOTIVATION

If you follow the Nupo Diet you are guaranteed weight loss, and often a quicker and larger weight loss compared to if you were to try to lose weight with regular food. Quick weight loss can increase your motivation to change your lifestyle and as such maintain your weight loss journey. If you lose your motivation underway, then look at your "before-picture" or find another picture of you before you started on the Nupo Diet. You can also try to write down on a piece of paper why you started the diet in the first place and hang it up on your fridge. This way you'll be constantly reminded of all the positive things that can come from continuing your weight loss, which will hopefully give you the motivation you need to keep going.

I HAVE A HARD TIME DEALING WITH THE PREJUDICES OF BEING ON THE NUPO DIET

It can be hard to tackle prejudices. Not just your own, but those of others as well. Some classic prejudices about Nupo that people may think are : "Aren't you just going to regain all your lost weight?", "Why don't you just try to lose weight with regular healthy food?", and "Isn't this an unhealthy way to lose weight?". You can't change what people think about your weight, but you can be prepared to alleviate misconceptions. Regardless what diet you choose to follow, you will probably regain your lost weight after your finished, if you choose to go back the same lifestyle you had before you started in the first place.

That's why the Nupo Diet, just like any other diet, requires you to restructure your lifestyle if you want to maintain your weight after your diet. You know that you can't live off of the Nupo Diet for the rest of your life, nor do we recommend it. Instead you should see Nupo Diet as a way to kickstart your weight loss; a weight loss that gives you the motivation to change your lifestyle and incorporate regular healthy food afterwards. It's also not unhealthy to lose weight using the Nupo Diet. The diet is well documented, and you receive all of the essential macro and micronutrients that your body needs.

I FIND IT CHALLENGING THAT I HAVE TO EXPLAIN TO OTHERS WHY I DON'T EAT SWEETS

It can be difficult for many people to have to say no to a beer with the colleagues after work on a Friday, to refuse birthday cake, or to refrain from buying pick 'n mix for Friday evening. It's hard enough to have to steadfast and say no to beer, cake, and candy. It can be even more difficult to say "no thanks" when other people are expecting you to drink or eat when in their company.

Here you have to put yourself and your weight loss journey first. Explain to others that you don't eat candy, cake, or drink beer, because you are really trying to lose weight. Be proud of your decision and your determination, and be the same fun, listening, or talkative person you usually are. If other people don't understand your decision, that's their problem. By dropping candy and other sweet treats, you are also doing your part in reducing your climate footprint.

YOU ARE COOL BECAUSE YOU DARE TO SAY NO THANK YOU FOR YOUR OWN SAKE - AND FOR THE SAKE OF CLIMATE.





I FIND IT DIFFICULT TO EAT AND DRINK THE NUPO DIET, WHEN MY KIDS ARE AROUND

As a parent, you are your child's greatest role model, and you are paving the road for your child's future behaviour. That's why it's important for you to maintain healthy behaviours, if you want healthy children.

If you, for whatever reason, have gained weight and now want to lose it again, we do not believe you should hide it from your children. It's all about how you convey yourself and your weight loss to your children. If you tell your kids that you want to lose weight because you've become fat and ugly; that may not be appropriate. Instead you should tell your kids that you are trying to do something good for yourself; something that gives you more energy, makes you stronger and healthier, so that you can keep up with them and be around for many years to come.

If you focus on the positive things that can result from weight loss, then you'll show your kids that you are being responsible, instead of teaching them that it's okay to just do nothing and let things develop into something much worse.

If you want to eat a regular meal with your children, you can use the Point List or one of the recipes in this guide, which are also child friendly.

7 MYTHS ABOUT HEALTH, NUTRITION, AND NUPO - FACTS OR FICTION?

1. "IT'S HEALTHIER TO LOSE WEIGHT SLOWER COMPARED TO LOSING WEIGHT QUICKLY."

False: It's not healthier to lose weight slower. Actually, studies show that someone who is overweight that loses weight quickly, will also be more likely to maintain their weight loss in the long run. Losing a lot of weight quickly can increase your ability to maintain your new weight, as it will increase your motivation to improve your lifestyle. There actually aren't any benefits of losing weight slowly. Actually, quite the opposite, as losing weight slowly can increase the risk of you giving up halfway.

2. "MY ABILITY TO BURN CALORIES WILL SLOW IF I ONLY EAT NUPO?"

False: No, you don't have to worry about your metabolism slowing down when you are on the Nupo Diet. On the contrary. Nupo Diet products contain a specific combination of nutrients, dietary fibre, vitamins, and minerals, which could otherwise be difficult to obtain when on other low-calorie diets. The fact that you eat six times throughout the day also plays into keeping your metabolism up and running during the whole day.

3. "WHEN YOU WORK OUT FAT TURNS INTO MUSCLES"

False: Wouldn't that be nice, if you could transform fat into muscles? Unfortunately, that's not how it works. It's physically impossible to turn your fat into muscle. In order to build up muscle the body needs a calorie surplus, while you require a calorie deficit in order to lose weight. Strong and well-trained muscles make it, so you burn more calories, because your body requires more energy to maintain muscle tissue than it does to maintain fat. While on the Nupo Diet, you will get the optimal composition of nutrients that ensure that your weight loss comes mostly from fat stored in your body.

4. "EATING BEFORE GOING TO BED WILL MAKE YOU FAT"

False: No, eating before your bedtime does not make you gain weight. It's the combined intake of calories that you consume throughout the day that determines whether you gain or lose weight. If you have a calorie surplus over a period of time you will gain weight, while conversely if you have a caloric deficit throughout your days, you will lose weight. If you eat dinner at 18:00 it might even be beneficial to eat an extra little evening meal before bed. This can make it easier for you to eat smaller portions during dinner, because you know that you have another meal coming up later. You may also find that you are no longer raiding the cupboards for snacks and sweets when you crave a little something to eat.

5. "YOU'LL REGAIN ALL OF THE WEIGHT YOU'VE LOST WHEN YOU STOP NUPO"

False: If you chose to go back to the same diet and habits you had before you started Nupo, then sure, you'll probably regain the weight you lost. The Nupo Diet is meant to kickstart your weight loss, which is why a big portion of this diet is about changing your lifestyle, so that you can maintain your new weight. That's exactly what this guide is trying to help you with. It will help you get a better idea regarding how many, as well as which, different foods you can eat without having to count calories. This will help you avoid the typical "calorie-traps" found in other diets and also help you put together healthy and thoughtful meals. Nupo One Meal products can therefore give you a helping hand, as they help you control your weight and also help you maintain your weight loss.



6. "SWEETENERS ARE UNHEALTHY"

False: Sweeteners have long been accused of being dangerous and leading to increased sugar cravings and as such making people overweight. And yet there is no research that proves this. In contrast, there are several scientific studies that show that beverages with sweeteners can actually lead to weight loss. That's why it can be a good idea to swap your regular cola with a light version, if you absolutely cannot live without soft drinks but still want to lose weight. Some of the Nupo products also contain sweeteners, but only those that are evaluated and confirmed by the European Food Safety Authority, EFSA. So you can safely eat and drink all Nupo Diet products.

7. "DRIED FRUIT IS HEALTHIER THAN SWEETS"

False: Sure, as a starting point then dried fruit is healthier than candy. Dried fruit contains a high degree of dietary fibres, vitamins, and minerals, whereas candy only contains a bunch of added sugar and empty calories. That being said, dried fruit contains a lot of natural sugar and therefore contain 5-6 times the number of calories compared to fresh fruit. This is why you should also stay away from dried fruit if you want to lose weight.



10 TRADE-OFFS

THAT MAKES AN IMPACT ON THE CALORIE COUNT

You can save a lot of calories by replacing some of your usual foods with a healthier alternative.

Perhaps 100 calories don't seem like a lot, but if you make it a habit to change one or more foods every day, you'll be able to see it on your total calorie count, and consequently on your weight loss.



BACON
20 G (62 KCAL)



TURKEY BACON,
20 G (25 KCAL)



SAVE 37 KCAL



ROTISSERIE CHICKEN
100 G (212 KCAL)



CHICKEN FILLET
100 G (99 KCAL)



SAVE 113 KCAL



SALMON
100 G (191 KCAL)



COD
100 G (75 KCAL)



SAVE 116 KCAL



ALMONDS
20 STK. (121 KCAL)



RASPBERRIES
20 STK. (41 KCAL)



SAVE 80 KCAL



SPAGHETTI
50 G (180 KCAL)



SPAGHETTI SQUASH
50 G (10 KCAL)



SAVE 170 KCAL



LOSE CORN
100 G (112 KCAL)



BABY CORN
100 G (37 KCAL)



SAVE 75 KCAL



KAMMERJUNKERE
60 G. (212 KCAL)



STRAWBERRIES
10 STK. (57 KCAL)



SAVE 155 KCAL



CHOCOLATE BAR
40 G (201 KCAL)



NUPO PROTEIN BITE
40 G (137 KCAL)



SAVE 64 KCAL



ICE CREAM
(280 KCAL)



POPSICLE
(40 KCAL)



SAVE 240 KCAL



CAFFE LATTE W. WHOLE MILK
250 ML (120 KCAL)



CAFÉ LATTE W. SKIM MILK
250 ML (65 KCAL)



SAVE 55 KCAL

FAQ

HOW MANY CALORIES DO I GET EVERY DAY WHEN ON THE NUPO DIET?

If you replace all of your meals with 6 Nupo Diet products and don't eat anything else on the side, you will consume approx. 700 calories per day. This classifies the Nupo Diet as a Very Low-Calorie Diet (VLCD). The Nupo Diet is also the world's first and most well-documented VLCD with more than 35 individual clinical studies behind it.

CAN I EAT JUST 4-5 NUPO DIET PRODUCTS, IF I SUPPLEMENT MY DIET WITH 10 POINTS FROM THE POINT LIST?

You should always eat 6 Nupo Diet products each day; even if you supplement your diet with regular food. It's very important that you do this, to ensure that the body gets all the vitamins, minerals, and nutrients that it needs. Even if you think that the food you are supplementing with is both healthy and nutritious, it's not certain that it contains everything your body needs while losing weight.

CAN I MIX MY NUPO DIET SHAKE WITH MILK INSTEAD OF WATER?

Nothing will happen if you mix your Diet Shake with milk, but you do have to be aware that it will double the number of calories in the shake. If you want a creamier consistency, you can try freezing an already mixed shake for a short while, or blend it with some ice cubes or fruit. If you still want to blend it with milk, you can account for your milk using the Point List, depending on which milk you use. For example, 300 ml semi-skimmed milk will equate to 2 points.

CAN I REPLACE NUPO DIET WITH

NUPO ONE MEAL PRODUCTS?

Nupo One Meal products are a meal replacement and can therefore not replace Nupo Diet products. There are many reasons why you cannot mix and match the two product lines. The Nupo One Meal products, compared to Nupo Diet products, contain more calories per 100 grams, contain more carbohydrates, and are missing one of the essential fatty acids. That's why you should always eat 6 Nupo Diet products every day. If you wish to eat a Nupo One Meal product, then you should see these products as supplements to the 6 Nupo Diet products. You can evaluate Nupo One Meal products via the Point List; for example, a Nupo One Meal Bar would be worth 4 points.

WHEN CAN I EAT A NUPO PROTEIN BITE?

Nupo Protein Bites are protein bars which contain a high level of protein, as well as vitamins and minerals. These bars will therefore give you a great feeling of fullness and are perfect as a snack, something to eat between meals, or to recharge your protein reserves when you are working out. It's beneficial to wait until after you're done working out to eat your protein bar, as some studies have shown that the body has an easier time absorbing protein about 20 minutes after you are done exercising. Nupo Protein Bites are neither full-meal products or meal replacements but are simply a snack product or a healthy alternative to, let's say, a chocolate bar or other larger protein bars that can contain far more calories.

SHOULD I TAKE DIETARY SUPPLEMENTS WHEN I AM ON NUPO?

No, it's not necessary to take vitamin or mineral supplements when you are on the Nupo Diet. The Nupo Diet contains all of the vitamins and minerals that your body needs - and in the right amounts you can also supplement your diet with Nupo Slim Boost slimming supplements. You can find three variations which can, among other things, contribute to a better feeling of fullness, help you stabilize your blood sugar, or increase your metabolism.

CAN I COMBINE THE DIFFERENT SLIM BOOST SUPPLEMENTS?

Yes, you can easily combine Slim Boost products with one another, as well as with the other Nupo Products, or they can also be used alone to supplement your daily diet as needed.



CAN I EXERCISE WHILE I'M ON NUPO?

Yes, you can. Some people do experience a lower endurance level due to their low carbohydrate and energy levels. If you are not used to exercising, it's especially important to pay attention to your body and don't push it beyond its limits.



HOW MUCH FLUID SHOULD I DRINK WHEN I'M ON THE NUPO DIET?

We recommend that you drink 2-3 litres of fluid, in addition to what you use to blend your Nupo Diet products. This will help keep your body and stomach working well. It will also help reduce risk of discomfort during the diet, and helps give you a better feeling of fullness; especially during the first little while where your body is still trying to adjust to your new lifestyle of eating different foods and less of it. The fluid you drink also doesn't need to consist of water only. You can drink coffee or tea without sugar or milk, diet soft drinks and mineral water, or other calorie free drinks. (Waste)?

HOW LONG CAN I STAY ON THE NUPO DIET?

The Nupo Diet is specially designed so that you can be exclusively on this diet for up to 8 weeks, fol-

lowed by a 1-2 week transition period where you will gradually switch to a regular low energy diet with the help of the "Nupo Success Guide" and the Point List in this guide. After the 1-2 weeks break, you can begin a new period on the Nupo Diet for up to 8 weeks, until you reach your goal. If you wish to be on the Nupo Diet for more than 8 weeks we recommend that you consult with your physician, dietitian, or other healthcare professional.

WHO SHOULDN'T BE ON THE NUPO DIET?

Children, youths, and the elderly should not use Nupo Diet products. The same applies to people who have recently had a blood clot in the heart, cardiovascular complications, liver or kidney disease, or gallstones. Always ask your doctor for advice if you are ever in doubt when starting a weight loss program with the Nupo Diet.

CAN I START THE NUPO DIET IF I HAVE DIABETES?

If you have type-1 or type-2 diabetes you can partake in the Nupo Diet without worry, but we do recommend that you consult your doctor first, as they might be able to help you adjust your medication or insulin, which may need to be reduced as to avoid getting low blood sugar.

CAN I START THE NUPO DIET IF I AM TAKING MEDICATION?

If you take medication on a regular or daily basis, you should consult your doctor before you begin the Nupo Diet. If you take diuretic medication for high blood pressure, for example, then you should always consult with your physician before you start the Nupo Diet weight loss program.

CAN I START THE NUPO DIET IF I AM PREGNANT OR BREASTFEEDING?

Pregnant and breastfeeding women should not be on the Nupo Diet. Despite it being a myth that pregnant women are "eating for two", you should not start a diet while you are pregnant. Everything you eat and drink has an impact on the child, and the development of the child can be negatively impacted if the mother's diet is insufficient. That's why you should wait until you have given birth and finished breast feeding before you start on the Nupo Diet.

FROM NUPO TO LIFESTYLE

Hopefully now, you are well equipped to start on your weight loss journey. But we're not quite finished. We just want to make sure that you can continue once you let go of Nupo's safety net. It's important that you are prepared to undergo a change in your lifestyle, if you want to maintain your weight loss. Many diets often focus only on how to actually lose weight, but not on the period that follows, where you have to maintain your new weight. That's why many people unfortunately end up falling back on their old habits and regain all of their lost weight. This is Nupo wants to change. We have assembled a bunch of tips and tricks for what you should do, when you want to maintain your weight loss.



IF YOU WANT TO MAINTAIN YOUR WEIGHT, YOU SHOULD BE DOING THE FOLLOWING:

MAKE SURE YOUR CALORIES ARE BALANCED

It can be just as difficult (if not more difficult) to maintain your new weight, compared to actually losing it in the first place. If you want to preserve your weight loss you need to be in a caloric balance (more or less) for a week. Plainly speaking, you need to consume the same number of calories as you burn. Keep to about 35 points (2100kcal) as a woman, and about 40 points (2400kcal) as a man. The purpose isn't for you to have to count points (calories) forever, but when you start your diet it can be a good tool for you to get a better idea of how much food you can eat to stay in caloric balance. If you have days where you want to go out and drink a glass of wine, or enjoy a tasty dessert, then you also need to have days where you have a caloric deficit; either by eating less or by being physically active. Nupo One Meal can also be a solution. You can replace 1-2 of your daily main meals with a Nupo One Meal product and save around 300-600 kcal per day. This can help you maintain your weight during those days where you want to enjoy a more calorie rich meal.

EXERCISE AT LEAST TWICE A WEEK

Despite your diet being by far the most important part of your weight loss endeavour, physical activity also plays an important role in maintaining your weight. Research has shown that people who exercise have a far easier time maintaining their weight loss. That's why it is important that you start exercising when you have lost your desired amount of weight and want to maintain your new weight. Not only does exercise help sculpt a stronger and toned body, but it will also increase your wellbeing and general quality of life. Exercise 2-3 times a week and set aside time for it, just like any other appointment in your life. Find a form of exercise you enjoy, or think is fun; that way you'll go even on the days you're not at your best.

Start exercising with your friends or colleagues. It's far easier to get going when you have someone waiting for you. Depending on your starting point, you might find it difficult to start exercising, but if you keep at it, you'll quickly feel the benefits that come from being physically active; both mentally and physically.

LOOK OUT FOR THE LIQUID CALORIES

Keep an eye on what you drink, when you want to lose weight. Many focuses only on what they eat, but it's just as important to pay attention to what you drink. If you drink water, tea, and coffee, you won't need to worry about your drinking habits. Yet perhaps you quench your thirst with soft drinks or juice, maybe you cosy up with a café latte, or enjoy a beer or glass of wine on the weekend; all of these things will add to your calorie count. The big problem with these liquid calories is that they pass right through the body without giving much of a sense of fullness. That's why it's so easy to drink your way into many calories, as well as extra kilos on your hips. This can also be the reason you aren't losing weight, even though you are eating healthy. We recommend that you quench your thirst with 2-3 litres of calorie free liquid every day.



LEARN TO READ THE NUTRITIONAL INFORMATION ON PRODUCTS

All packaged foods are required to display their nutritional information on the packaging, so the consumer can see what they are buying. The nutritional information consists of an ingredients list and a list of nutrients, as well as other things. The ingredients list will show a list of the ingredients that make up the product based on their contributed weight, from most to least. Meaning, that the ingredient that there is the most of will be listed first, while the ingredient that is the least of will be last.

The list of nutrients will show the food's combined energy and nutrient make up, and usually looks like this:

NUTRITION INFORMATION PER. 100 G	
Energy	x kJ / x kcal
Fat	x g
- of which are saturated fatty acids	x g
Carbohydrates	x g
- of which are sugars	x g
Fibre	x g
Protein	x g
Salt	x g

The product's energy is always at the top and is displayed per 100 grams of the product. You can calculate the amount of energy per portion by dividing the total calories by 100. Then you'll know how many calories are in 1 gram of the product. For example, if you want to know how many calories are in 32 grams of the product, then just times it by 32.

The amount of sugar is listed under the carbohydrates and consists of both natural and added sugar. For example, there's no added sugar in dried fruit, but it still contains a fairly high amount of natural sugar. A lot of muesli and other breakfast products contain a lot of fibres, but also a lot of added sugar. The same can be said for many skyr variants that have fruit flavours. They have a low-fat content and high protein content, but also have a high added sugar content. This is why it's always a good idea to turn your foods around and look at the nutritional information, so that you educate yourself on what it actually contains. And don't just look at the calories, but also look at the individual nutrients. You can easily just go after the products marked with the keyhole logo or the whole grain logo, as these products have regulations for how much sugar, fat, and salt they can contain.

PLAN YOUR MEALS

When you are on a diet, or need to change your die-





tary habits, it shouldn't be so troublesome that you eventually give up and fall back on your old habits. A good tip is to gain some positive habits incorporated into your daily life. It can be a good idea to set aside an evening or two every week to prepare your food for the next 2-3 days. If you are making a healthy evening meal, then always make a large portion so that you can eat the rest for lunch the next day. For example, you can make a large portion of cabbage salad, which you can easily keep refrigerated for a few days. Fry up an extra chicken breast, which you put in your salad the next day. Rinse and chop your vegetables and store them in water, in your fridge. This way it's quick and easy for you to take some vegetables with you on the go, or just to eat as a snack instead of cookies or candy.

If you have had a busy day where you haven't had a chance to prepare anything, then a Nupo One Meal product can come to your rescue. It's easy to have in your bag or pocket, has a low-calorie count, and contains all of the nutrients your body needs in a meal. You can replace 1-2 of your main meals each day with Nupo One Meal Products.

GET YOUR BASIC COMMODITIES UNDER CONTROL

Always make sure that you have good and healthy everyday products in your kitchen. If you are lacking the ingredients to make a healthy and nutritious meal, you'll increase your risk of falling back on fast food or your local pizza place, when you get home tired after a hard day's work. You can order some of your everyday items on the internet and get them delivered to your door to save time. You should also consider buying frozen berries and vegetables, as they still maintain all of their taste, nutrients, vitamins and minerals. By doing this you'll also waste less food, when you only take what you need out of the bag in the freezer.

OUR RECOMMENDATIONS FOR WHAT TO STORE IN YOUR FRIDGE, FREEZER, AND CUPBOARDS:

FRUITS AND GREENS:



lettuce, tomatoes, cucumbers, bell peppers, carrots, cabbage (according to season), broccoli, cauliflower, spinach (fresh or frozen), frozen mixed vegetables, berries (fresh or frozen), and canned chopped tomatoes.

HIGH FIBRE CARBOHYDRATES:



oatmeal, whole grain rye bread, and whole grain crispbread.

PROTEINS:



Chicken, minced beef (max. 7%), tuna in water, eggs, and skyr or Greek yogurt. (2%).

FATS:



Olive oil or other plant-based oils, almonds, and walnuts.

”CHEAT” YOURSELF INTO LESS FOOD AND MORE SATIETY

Arrange the food into portions and leave the pots and pans in the kitchen. Eat off of smaller plates, so that you feel like you are eating more food. Eat slowly, chew thoroughly, and put down your cutlery between each bite. This way you’ll avoid eating too quickly and consequently too much. Also don’t go shopping when you are hungry. Many people have

SPICES:

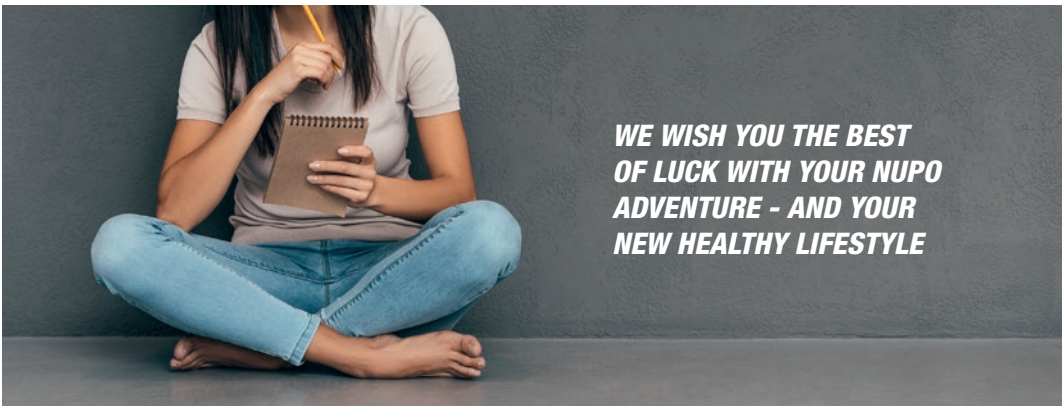


Garlic, sea salt, fresh ground pepper, dried spices (paprika, chili, oregano, etc.) fresh herbs (mint, basil, rosemary, etc.), vanilla powder, cinnamon, cardamom, and raw licorice powder.

the tendency to fill their shopping cart with more unhealthy foods when they go shopping while hungry. når de er sultne.

HOLD ON TO YOUR NEW HEALTHY HABITS

In the beginning you may feel like developing all these new habits is a huge undertaking, but with time you’ll find that you don’t need to use as many resources to live a healthy lifestyle, and instead it just becomes second nature. Don’t throw in the towel and start eating unhealthy food for the rest of the week. It’s all about getting back on track and maintaining your new healthy habits. Nupo will be with you the whole way - before, during, and after your weight loss.



WE WISH YOU THE BEST OF LUCK WITH YOUR NUPO ADVENTURE - AND YOUR NEW HEALTHY LIFESTYLE

NUPO'S NUTRITIONIST BEHIND THE 'NUPO SUCCESS GUIDE'

In my opinion, many people have prejudices about Nupo and about being on a VLCD diet. Many people believe that it's unhealthy, which I really think is a shame because if you follow the Nupo Diet as recommended, you are guaranteed to get all the essential nutrients your body needs during your weight loss, which can otherwise be difficult on other low calorie diets.

Additionally, several scientific studies have shown that loss of muscle mass and bone minerals is minimized during a VLCD diet compared to other forms of weight loss diets, which is likely caused by the high protein content of this diet.

I also hear people say that it's not worth being on the Nupo Diet because you'll just regain all of your lost weight again when you're finished with the diet. This is something I think people misunderstand; of course you'll regain your lost weight if you go back to your old habits after you finish the diet. That's got nothing to do with Nupo.

Regardless if you lose weight with Nupo or just a regular healthy diet with physical exercise, you can't just go back to your old, maybe unhealthy habits and expect to not gain weight. Unfortunately, that's not how it works - in this regard, Nupo isn't some sort of 'miracle diet'.

You require a change in lifestyle if you truly want to experience worthwhile weight loss. The thing that was once missing at Nupo was perhaps a helping hand to help you go back to eating regular food and maintaining your new weight after the Nupo Diet.

I have been associated with several clinical weight loss studies at the Institute of Sports and Nutrition, where subjects had to, among other things, complete an 8-week powder diet, and then afterwards maintain their weight with regular food and physical activity. The subjects there were the best at adhering to the healthy diet and were also the ones that were the best at maintaining their weight. This proves that the dietary habits you adopt after your weight loss will have a huge impact on how well you are able to maintain your weight.

With the creation of the 'Nupo Success Guide', I think you'll get the whole package. You'll get a diet that will give you a quick, safe, and effective weight loss - while also receiving some guidelines that will help set you up so that you can maintain your weight loss - both in relation to the theoretical knowledge about diet and nutrition, but also in relation to motivation and other simple advice. It's a combination that has not yet been seen with other VLCD brands.

I hope and truly believe, that this can help many people achieve a successful and worthwhile weight loss.

ABOUT THE EXPERT:

Julie Engblom is responsible for the creation of the 'Nupo Success Guide' and is a nutrition consultant at Nupo. She holds a Master's of Science in Human Nutrition, and has been associated with several clinical weight loss studies at the Institute of Sports and Nutrition in the Faculty of Life Sciences at the University of Copenhagen.



**ALL YOUR DREAMS
CAN COME TRUE, IF YOU HAVE THE
COURAGE TO PURSUE THEM**



RECIPES - BREAKFAST

SKYR WITH NUTS AND BERRIES



3
point



2-5
minutes



1
portion





HOW TO PREPARE:

Mix the skyr or yoghurt with half of the raspberries and put it in a bowl. Top with chopped walnuts, raspberries, and chia seeds.

YOU'LL NEED:

- 150 g skyr natural or Greek yogurt (2%)
- 2 chopped walnuts
- 15 raspberries
- 1 dash chia seeds

OMELETTE WITH COTTAGE CHEESE



5
points



12-15
minutes



1
portion

HOW TO PREPARE:

Cut the tomatoes and squash into thin slices. Whisk the eggs, then mix in the chives, salt, and pepper. Heat up some oil on a frying pan. Add the egg mixture to the pan and place the tomato and squash slices on top of the mixture. Turn over the omelette once it's set. Put spinach leaves and cottage cheese on top of the finished omelette.

YOU'LL NEED:

- 2 eggs
- A small amount of chives
- 1 pinch of salt and pepper
- 1 large tomato
- 50 g squash
- Handful of fresh spinach leaves
- 1 tsp. oil
- 50 g cottage cheese (1,5%)

RECIPES - LUNCH

EGG WRAP

HOW TO PREPARE:

Slice the tomato, red onion, and avocado. Whisk the eggs and mix in some salt and pepper, as well as the spices. Heat up the oil on a frying pan and add the egg mix-

ture. Turn over the omelette when it's set. Add the avocado, arugula, tomato, and red onion on top of the finished omelette, and then roll it up into a wrap. (Optional) Garnish with some fresh basil.



6
points



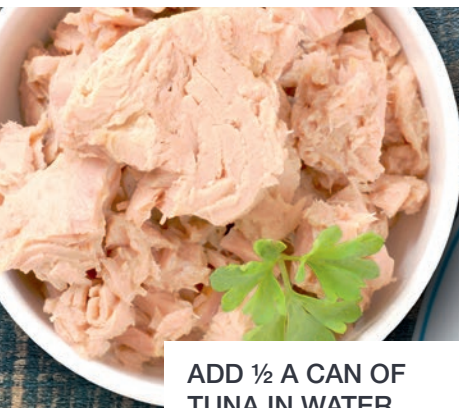
10-15
minutes



1
portion

YOU'LL NEED:

- 2 eggs
- ½ avocado
- A small handful of arugulas
- 1 tomato
- ¼ red onion
- 1 tsp. oil for frying
- A dash of thyme and rosemary
- A pinch of salt and pepper
- (Optional) A little fresh basil



ADD ½ A CAN OF
TUNA IN WATER
FOR 1 POINT





GREEK SALAD



5
points



8-10
minutes



1
portion

HOW TO PREPARE:

Cut all vegetables into bite sized pieces. Mix all ingredients on a plate and finish it off with a dash of oregano and a pinch of sea salt.

YOU'LL NEED:

- 100 g small tomatoes
- ¼ cucumber
- ½ bell pepper
- 5 lettuce leaves
- ½ small red onion
- 100 g feta cheese (17% / 40+)
- 10 black olives
- A dash of dried oregano
- A pinch of sea salt



CHICKEN SALAD



5
points



10-15
minutes



1
portion

YOU'LL NEED:

- 125 g chicken fillet
- 1 tbsp. olive oil
- A dash of paprika and thyme
- A pinch of salt
- 5 radishes
- 5 cherry tomatoes
- A small handful of corn salad
- 2-3 leaves of lettuce
- (optional) A few edible flowers for garnish

HOW TO PREPARE:

Heat up the oil in a pan. Season the chicken with salt and the spices, and fry in the pan. Chop the vegetables and place on a plate with chicken. (Optional) Top with edible flowers.

RECIPES - DINNER

CHICKEN MEAT BALLS



1 point
per piece



25-35
minutes



12
pieces

YOU'LL NEED:

- 500 g minced chicken (max. 6%)
- 100 g chopped spinach
- ½ grated squash
- 1 large onion
- 2-3 garlic cloves, pressed
- 1 egg
- 2 tsp. salt
- A pinch of pepper (optional) A pinch of chili

HOW TO PREPARE:

Set the oven to 200 C° convection. Mix together all the ingredients in a bowl. Form the chicken meatballs with a tablespoon using a little water so that the meatballs don't get too sticky. Place them on a baking paper on a baking tray. Bake them at 200 C° convection for about 25 min. until they are golden brown.

You can also make a double portion, as these chicken meatballs can easily be frozen and used again for your next meal.



KALE SALAD



3 points
per person



30-35
minutes



4
portions

YOU'LL NEED:

- 250 g kale
- 100 g pomegranate seeds, fresh
- ½ Hokkaido pumpkin
- 45 g walnuts
- 50 g feta cheese (17% / 40+)
- A pinch of salt and pepper

HOW TO PREPARE:

Set the oven to 200 C° convection. Peel the squash and cut it in half. Remove the seeds from the squash and cut it into smaller pieces. Season with salt and pepper and bake in the oven for about 20 minutes or until the squash pieces are golden brown. Chop the walnuts into large pieces. Mix the kale and squash pieces in a bowl and top with pomegranate seeds.



SPAGHETTI SQUASH WITH MEAT SAUCE



3 point
per person



30-35
minutes



4
portions

YOU'LL NEED:

- 450 g minced beef (max. 7%)
- 1 leek
- ¼ pointed white cabbage
- 1 large onion
- 1 can of chopped tomatoes
- 150 ml water
- 1 tsp. salt
- A pinch of pepper
- 1 tbsp. paprika
- A dash of oregano
- 2 squash
- 40 g grated parmesan
- (Optional) a little flat-leaf parsley

Equipment: spiralizer

HOW TO PREPARE:

Finely chop the leek, onion and cabbage. Heat the oil in a pot. Brown the ground beef and add the vegetables. Add the chopped tomatoes and 200 ml water. Add salt, pepper, paprika, and oregano to taste. Let the meat sauce simmer for at least 15 min. Put the squash through the spiralizer and place in a bowl. Season with salt and add boiling water to the bowl. Let sit for about 5 min. (If you don't have a spiralizer, you can peel long pieces off the squash using a potato peeler) Top with grated parmesan, and optionally a little parsley.



CHICKEN WOK

YOU'LL NEED:

- 80 g green beans
- 50 g yellow bell peppers
- 40 g red bell peppers
- 125 g chicken fillet
- A pinch of salt
- 1 tbsp. olive oil for cooking
- 2 tbsp. soya sauce
- A dash of sesame seeds





5
points



15-20
minutes



1
portions

HOW TO PREPARE:

Heat up half the oil in a pan. Season the chicken with salt and fry on the pan. Heat the rest of the oil in a wok. Place all of the vegetables and fry them until they are al dente. Add the chicken to the wok and finish it with soya sauce and a dash of sesame seeds.

SALMON WITH BAKED TOMATOES



5
points



45-55
minutes



1
portions

YOU'LL NEED:

- 1 salmon fillet, 100 g
- 1-2 lemon wedges
- Thyme (fresh or dried)
- A pinch of sea salt
- A little fresh ground pepper
- 10 cherry tomatoes
- 1 tbsp. olive oil

HOW TO PREPARE:

Turn the oven to 180 C° convection. Place the tomatoes in an oven proof tray. Season with sea salt, thyme, and olive oil. Bake the tomatoes for about 25 min at 180 C° convection. Place the salmon on a piece of baking paper, on a baking sheet. Cut the lemon slices in half and place on top of the salmon. Season with salt, fresh ground pepper, and thyme. Bake the salmon in the oven for about 15 min using the same settings as for the tomatoes.

LASAGNE WITH EGGPLANT SLICES



5
points



45-55
minutes



4
portions

YOU'LL NEED:

- 2 eggplants
- 500 g ground beef (max. 7%)
- 1 can of chopped tomatoes
- 1 squash
- 1 large onion
- ¼ white cabbage
- Oregano and thyme
- Salt and pepper
- 125 g grated mozzarella
- 1 tbsp. olive oil

HOW TO PREPARE:

Turn the oven to 180 C° convection. Cut the eggplant lengthways into long, 1 cm thick slices. Place them on a dishtowel and season with plenty of salt. Let the slices rest for about 30 min. Dab them dry with a clean dishtowel and brush off all of the salt. Brush the eggplants with a little oil and fry them on a pan until they are brown and soft.

Roughly chop the squash and onion, and chop the white cabbage into thin strands. Brown the ground beef, and then add the onions. Then add the squash and white cabbage. Now add the chopped tomatoes and season with salt, pepper and spices, to taste. Let the meat sauce simmer for at least 15 min.

Assemble the lasagne in an oven proof dish. Start with a layer of meat sauce in the bottom, and then add a layer of grilled egg plant slices. Finish off with shredded mozzarella and optionally some extra oregano. Bake in the oven at 180 C° convection for 20-30 min.





BEEF SKEWERS

Equipment: 8 wooden spears



2 points
per piece



15-20
minutes



8
pieces

YOU'LL NEED:

- 450 g ground beef (max 7%)
- 1 large onion
- 1 bundle of parsley
- 1-2 chili peppers
- 2-3 large garlic cloves
- 1 tbsp. cumin
- 1 tsp. salt and pepper
- 2 tbsp. olive oil
- 2-3 red onions

HOW TO PREPARE:

Chop the onion, chili, and parsley into small pieces. Mix together the ground beef and vegetables. Mix in shredded garlic, cumin, and salt and pepper. Form small meatballs out of the mixture. Heat oil on a pan and fry the meatballs for about 5 min on each side until they gain a crispy crust. Peel and chop the red onions into bite sized pieces and fry them on a pan until they become golden. Make the skewers with 3 meatballs and 2 onion slices each.

RAITA

YOU'LL NEED:

- 250 g Greek yoghurt (2%)
- ½ cucumber
- 3 large tomatoes
- 1 large garlic clove
- 1 tsp. cumin
- 1 tsp. salt
- a little fresh ground pepper



2 point
pr. portion.



5-10
minutter



4
portioner

HOW TO PREPARE:

Cut the cucumber and tomato into small cubes. Mix them into the yoghurt and add grated garlic, cumin, and salt and pepper to taste.

BETWEEN MEALS AND SNACKS

EGG MUFFINS

Equipment: 12 silicone muffin forms



2 points
per piece



20-25
minutes



12
pieces

YOU'LL NEED:

- 10 eggs
- 2 tomatoes
- 1 leek
- A bundle of scallions
- 200 g spinach
- 200 g turkey bacon
- 1 tsp. oil
- 1 tsp. salt
- ½ bundle of chives

HOW TO PREPARE:

Set your oven to 200 C°. Heat up some oil in a pan and fry the bacon until crispy. Whisk the eggs in a bowl and add salt. Cut the scallions, tomato, and leek into small pieces. Chop the spinach and add all of the vegetables, the small bacon pieces, and milk into the bowl with the eggs. Use the egg mixture to fill the muffin forms, and garnish with scallions. Bake in the oven at 200 C° for about 12-15 min.



BAKED PUMPKIN PIECES



1 point
per person



25-30
minutes



4
persons

YOU'LL NEED:

- 1 Hokkaido pumpkin
- 1 tbsp. olive oil
- A dash of sea salt
- A little thyme and rosemary
- A little fresh ground pepper

HOW TO PREPARE:

Set the oven to 200 C° convection. Peel the pumpkin and cut it in half. Remove the seeds from the pumpkin and then cut into smaller pieces. Brush with oil and then season with salt, pepper, and spices. Bake in the oven for about 20 minutes or until the pumpkin pieces are golden brown.



SNACK ASPARAGUS WITH TURKEY BACON



2
points



20-25
minutes



3
pieces





YOU'LL NEED:

- 1 bundle of green asparagus
- 1 pack of turkey bacon

HOW TO PREPARE:

Set your oven to 200 C°. Rinse the asparagus, then wrap one piece of turkey bacon around 3-4 pieces of asparagus. Place in the oven at 200 C° for about 15 minutes or until crispy.

VEGETABLE SNACKS WITH PEA DIP

YOU'LL NEED:

- 1 bell pepper
- ¼ cucumber
- 1 carrot
- 1 celery bundle
- 40 g frozen peas
- ½ large garlic clove
- 2 tsp. Greek yoghurt, 2%
- A pinch of sea salt
- A little fresh ground pepper

2 points 12-15 minutes 1 portions

HOW TO PREPARE:

Pour boiling water over the peas so they thaw. Blend them together with the pressed garlic and Greek yoghurt. Season with salt and pepper to taste. Cut the vegetables into long pieces or sticks. Prepare on a small plate or take it with you to work as a snack. You can also use it as an accompaniment to your dinner.

BANANA POPSICLES WITH DARK CHOCOLATE



3 points
per piece



20 min
+ 4 hours



10
pieces

YOU'LL NEED:

- 5 ripe bananas
- 150 g dark chocolate (min. 70%)
- 50 g almonds

Equipment: 10 wooden popsicle sticks, straws, or similar skewer

HOW TO PREPARE:

Finely chop the almonds. Peel the bananas and chop them in half. Insert the popsicle stick in the bottom of each banana piece. Be careful not to split the banana. Afterwards, melt half of the chocolate using a bain-marie, then add the rest of the chocolate. Either dip the bananas into the melted chocolate or coat them with a brush. Then quickly sprinkle with the almond pieces while the chocolate is still melted. Place the banana popsicles on a cutting board or other flat surface, and place in the freezer. Let them freeze for at least 4 hours.



Contains approx. 15 g carbohydrates per popsicle - so you need to discipline yourself and not eat all of the tasty banana popsicles when on the Nupo Diet

CRISPBREAD



1 point
per piece



135-140
minutes



25
pieces

YOU'LL NEED:

- 70 g chia seeds
- 350 ml water
- 60 g flax seeds
- 55 g sesame seeds
- 50 g pumpkin seeds
- 50 g sunflower seeds
- 1 egg
- 1 tsp. salt

HOW TO PREPARE:

Set your oven to 150 C°. Add chia seeds to a bowl with water and salt. Let the seeds sit for about 20 minutes until the chia seeds have absorbed the water. Mix in the rest of the ingredients into the bowl, and then pour the sticky dough onto a baking sheet covered in baking paper, around 30x30 cm. Place a second piece of baking paper on top of the dough and flatten the dough with either a rolling pin or just using your hands. Remove the top piece of baking paper and cut the dough into 25 pieces. Approx. 6x6 cm. Bake the crispbread in the oven at 150 C° for about 2 hours. Store the crispbread in an airtight container, so that they stay crispy.

YOGHURT BOWL

YOU'LL NEED:

- 100 g natural skyr or Greek yoghurt (2%)
- A small handful of mixed berries
- 1 tsp. Vanilla powder

HOW TO PREPARE:

Stir the vanilla powder in the yoghurt and top with berries.



2
points



2-5
minutes



1
portions

PROPOSED WEEKLY PLAN 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	Omelet with cottage cheese (5 points) + 1 x Burn My Fat + 2 x Fill My Tummy	Diet Oatmeal + 1 x Burn My Fat + 2 x Fill My Tummy	Diet Oatmeal + 1 x Burn My Fat + 2 x Fill My Tummy	Diet Shake + 1 x Burn My Fat + 2 x Fill My Tummy	Diet Oatmeal + 1 x Burn My Fat + 2 x Fill My Tummy	Diet shake + Skyr with nuts and berries (3 points) + 1 x Burn My Fat + 2 x Fill My Tummy	Diet Oatmeal + 1 x Burn My Fat + 2 x Fill My Tummy
10:00	Diet Shake	Diet Shake + Nupo Protein Bite (2 points)	Diet Shake	Diet Shake + 1 crispbread (1 point)	Diet Shake + snack green with pea dip (2 points)	Diet Shake	Diet Shake
12:00	Diet Soup + Baked Pumpkin Pieces (1 point)	Diet Soup	Egg wrap (6 points)	Diet Soup + 3 snack-asparagus with turkey bacon (2 points)	Diet Soup	Diet Soup	Greek salad with tuna (6 points)
14:00	Diet Shake	Diet Shake + 1 egg muffin (2 points)	Diet Shake	Diet Oatmeal	Diet Shake	Diet Shake + Crispbread (1 point)	Diet Shake
16:00	Diet Shake + Yogurt bowl (2 points)	Diet Shake	Diet Shake + Nupo Protein Bite (2 points)	Diet Shake + Nupo Protein Bite (2 points)	Diet Shake	Diet Shake	Diet Shake
18:00	Diet Soup + 2 x Fill My Tummy	Salmon with baked tomatoes (5 points) + 2 x Fill My Tummy	Diet Soup + 2 x Fill My Tummy	Chicken wok (5 points) + 2 x Fill My Tummy	Kale salad (3 points) + 2 chicken meatballs (2 points) + 2 x Fill My Tummy	Lasagne with eggplant slices (6 points) + 2 x Fill My Tummy	Meat sauce with squash spaghetti (4 points) + 2 x Fill My Tummy
20:00	Diet Shake + Nupo Protein Bite (2 points)	Diet Shake + 1 crispbread (1 point)	Diet Shake + Yogurt bowl (2 points)	Diet Shake	Diet Shake + Banana icecream with dark chocolate (3 points)	Diet Shake	Diet Shake
TOTAL	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points

PROPOSED WEEKLY PLAN 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	Strawberry Diet Shake + 150 g strawberries (1 point)	Diet Oatmeal +25 g cocoa fiber (1 point)	Diet Oatmeal + 120 g raspberries (1 point)	Strawberry Diet Shake + 150 g strawberries (1 point)	Diet Oatmeal + 120 g raspberries (1 point)	Diet Oatmeal + 75 g strawberries (½ point)	Diet Oatmeal + 60 g raspberries (½ point)
10:00	Coffee Latte Diet Shake + 1 tsp. instant coffee and crushed ice cubes + 1 school cucumber, 6 small cherry tomatoes and 6 sweet peas (½ points)	Blueberry Raspberry Diet Shake + 2 Carrots (1 point)	Coffee Latte Diet Shake + 1 tsp. instant coffee and crushed ice cubes + 200 g peppers and 2 carrots (2 points)	Mango Vanilla Diet Shake + 1 carrot, 4 mini corn and 5 radishes (1 point)	Blueberry Raspberry Diet Shake + 2 carrots (1 point)	Mango Vanilla Diet Shake + 1 carrot, 4 mini corn and 5 radishes (1 point)	Coffee Latte Diet Shake + 1 tsp. instant coffee and crushed ice cubes + 2 carrots, 1 school cucumber, 6 small cherry tomatoes and 6 sweets (1 point)
12:00	Tomato Diet Soup + 300 g mini milk (instead of water), and 200 g fried tomatoes (3 Point)	Vegetable Diet Soup + 120 g chicken, freshly ground pepper and a sprinkle of chives (2 points)	Spicy Thai Chicken Diet Soup + 150 g chicken + 75 g wok vegetables (3 points)	Vegetable Diet Soup + 150 g chicken + 75 g wok vegetables (3 points)	Spicy Thai Chicken Diet Soup + 120 g chicken and a little chives (2 points)	Vegetable Diet Soup + 120 g chicken, 60 g scallion, 1 spring onion, 20 g pearl onion, 50 g green asparagus and 50 red peppers (3 points)	Tomato Diet Soup + fried beef balls of 120 g 3-7% minced beef and ½ fat garlic (3 points)
15:00	Blueberry Raspberry Diet Shake + Nupo Protein Bite (2 points)	Chocolate Diet Shake + Nupo Protein Bite (2 points)	Blueberry Raspberry Diet Shake + 2 Carrots (1 point)	Chocolate Diet Shake + Nupo Protein Bite (2 points)	Chocolate Diet Shake + 2 carrots, 1 school cucumber, 6 small cherry tomatoes and 10 sweet peas (2 points)	Strawberry Diet Shake + Nupo Protein Bite (2 points)	Blueberry Raspberry Diet Shake + 100 g frozen wild berries (1 point)
18:00	Vegetable Diet Soup + 140 g chicken and 50 g green asparagus (2 points)	Tomato Diet Soup + 300 g mini milk (instead of water) and 200 g fried tomatoes (3 Point)	Vegetable Diet Soup + 60 g scallion, 1 spring onion, 20 g pearl onion, 50 g green asparagus and 50 red peppers (1 point)	Spicy Thai Chicken Diet Soup + 120 g chicken and a sprinkle of chives (2 points)	Vegetable Diet Soup + 100 g turkey bacon and 85 g boiled broccoli (3 points)	Tomato Diet Soup + fried beef balls of 120 g 3-7% minced beef and ½ fat garlic (3 points)	Spicy Thai Chicken Diet Soup + 120 g chicken, 35 ml light coconut milk (instead of 35 ml water), ½ clove garlic, 50 g mushrooms, a chopped spring onion, a little grated ginger, a little fresh chili and a tablespoon. lime juice (3 points)
20:00	Diet Oatmeal + 120 g blueberries (1 point)	Strawberry Diet Shake + 150 g strawberries (1 point)	Chocolate Diet Shake + Nupo Protein Bite (2 points)	Chocolate Diet Shake + Nupo Protein Bite (2 points)	Strawberry Diet Shake + 150 g strawberries (1 point)	Chocolate Diet Shake + 60 g raspberries (½ points)	Mango Vanilla Diet Shake + 60 g raspberries (½ points)
TOTAL	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points	6 x Nupo Diet + 10 points

SCHEDULE WITH NUPO DIET + SLIM BOOST

EVERYDAY ON NUPO-DIET PROPOSAL 1

07:00	Diet Oatmeal + 2 x Fill My Tummy + 1 x Burn My Fat
09:30	Diet Shake
12:00	Diet Soup + 2 x Fill My Tummy
15:00	Diet Shake
18:00	Diet Soup + 2 x Fill My Tummy
21:00	Diet Shake
IALT	6 x Nupo Diet

EVERYDAY ON NUPO-DIET PROPOSAL 2

08:30	Diet Oatmeal + 2 x Fill My Tummy + 1 x Burn My Fat
11:00	Diet Shake
13:30	Diet Soup + 2 x Fill My Tummy
16:30	Diet Shake
19:00	Diet Soup + 2 x Fill My Tummy
21:00	Diet Shake
IALT	6 x Nupo Diet

WEEKEND ON NUPO-DIET PROPOSAL 1

09:00	Diet Oatmeal + 2 x Fill My Tummy + 1 x Burn My Fat
11:00	Diet Shake
13:00	Diet Soup + 2 x Fill My Tummy
16:00	Diet Shake
18:30	Diet Soup + 2 x Fill My Tummy
21:00	Diet Shake
IALT	6 x Nupo Diet



BRIEFLY ABOUT NUPO

The history of Nupo and our products dates back to the early 80s. The name “Nupo” is a contraction of the words; Nutritional Power = NuPo.

In the late 1970s, civil engineer Oluf Mørk got the idea for the ideal diet. A diet that provided the body with all the nutrients it needed, but for an absolute minimum number of calories.

To make thoughts a reality, Oluf Mørk began a collaboration with leading nutritionists. One of the cornerstones has always been that Nupo should be solidly grounded in scientific research and clinical trials.

Nupo Diet was developed at Hvidovre hospital in 1981 by the leading obesity researcher Dr. Flemming Quaade. Thus, the Nupo Diet is the world's first and probably also best tested VLCD (Very Low Calorie Diet) with more than 35 individual clinical trials. Nupo offers products for you who want to kickstart a weight loss, or help to maintain a stable weight.

The vision is the same as when Nupo was first developed; to make dieting a positive experience.

Today, Nupo embraces several product categories within weight loss and weight control, including full-cost replacement, meal replacement and dietary supplements, as well as medical devices.

Nupo is a Danish company and consists of a group of enthusiasts who are housed in the company's domicile in Brøndby, where they deal with development, production, marketing and sales to the Danish as well as the international market.

NUPO SUCCESGUIDE

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**DON'T GIVE UP
BECAUSE YOU HAD
A BAD DAY. FORGIVE
YOURSELF AND DO
BETTER TOMORROW**
”

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