	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI		SAMEDI
Matin	jus+omlette +legumes Brioche+cafe+ yaourt ditox+biscot+ miel	oeuf+pain+fru it pancake fraise+jus Brioche+cafe+ yaourt	jus+omlette +legumes Brioche+cafe+ yaourt ditox+biscot+ miel	smothie banane+toste Brioche+cafe+ yaourt Brioche+cafe+ yaourt	Brioche yaourt	e romage e+cafe+ e+cafe+	thé+pancacke +chocolat Brioche+cafe+ yaourt Brioche+cafe+ yaourt
midi	Salade+omlett e +legumes Brioche+cafe+ yaourt ditox+biscot+ miel	Salade+pain+f ruit pancake fraise+jus Brioche+cafe+ yaourt	Salade+pain+f ruit pancake fraise+jus Brioche+cafe+ yaourt	oeuf+pain+fru it pancake fraise+jus Brioche+cafe+ yaourt	ruit pancak fraise+		oeuf+pain+fru it pancake fraise+jus Brioche+cafe+ yaourt
Soir	Avocat+omlett e +legumes Brioche+cafe+ yaourt ditox+biscot+ miel	Salade+pain+f ruit pancake fraise+jus Brioche+cafe+ yaourt	Avocat+pain+f ruit pancake fraise+jus Brioche+cafe+ yaourt	oeuf+pain+fru it Brioche+cafe+ yaourt pancake fraise+jus	oeuf+pain+fru it pancake fraise+jus Brioche+cafe+ yaourt		oeuf+pain+fru it pancake fraise+jus Brioche+cafe+ yaourt
Régime HEALTHY Régime pour GAGNE de poids Régime pour PERTE de poids				Nom Régime Date_début: Date_fin:		healthy  08/07/2024  13/07/2024	