

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
Matin	<div><div>jus+omlette +legumes</div><div>Brioche+cafe+yaourt</div><div>ditox+biscot+miel</div></div>	<div><div>oeuf+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>	<div><div>jus+omlette +legumes</div><div>Brioche+cafe+yaourt</div><div>ditox+biscot+miel</div></div>	<div><div>smothie banane+toste</div><div>Brioche+cafe+yaourt</div><div>Brioche+cafe+yaourt</div></div>	<div><div>Smothie KIWI+fromage</div><div>Brioche+cafe+yaourt</div><div>Brioche+cafe+yaourt</div></div>	<div><div>thé+pancacke +chocolat</div><div>Brioche+cafe+yaourt</div><div>Brioche+cafe+yaourt</div></div>
midi	<div><div>Salade+omlette +legumes</div><div>Brioche+cafe+yaourt</div><div>ditox+biscot+miel</div></div>	<div><div>Salade+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>	<div><div>Salade+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>	<div><div>oeuf+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>	<div><div>Salade+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>	<div><div>oeuf+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>
Soir	<div><div>Avocat+omlette +legumes</div><div>Brioche+cafe+yaourt</div><div>ditox+biscot+miel</div></div>	<div><div>Salade+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>	<div><div>Avocat+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>	<div><div>oeuf+pain+fruit</div><div>Brioche+cafe+yaourt</div><div>pancake</div><div>fraise+jus</div></div>	<div><div>oeuf+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>	<div><div>oeuf+pain+fruit</div><div>pancake</div><div>fraise+jus</div><div>Brioche+cafe+yaourt</div></div>

Régime HEALTHY

Régime pour GAGNE de poids

Régime pour PERTE de poids

Nom Régime

Date_début

Date_fin

perte de poids

09/07/2024

15/07/2024

Enregistrer