

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

Régime HEALTHY

Régime pour GAGNE de poids

Régime pour PERTE de poids

Enregistrer

Nom Régime

Date\_début:

Date\_fin:

healthy

07/07/2024

07/07/2024

HOME