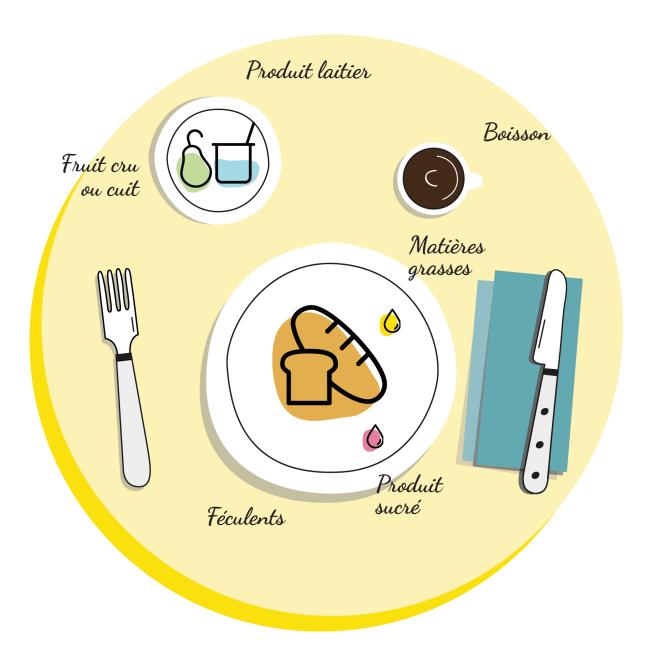
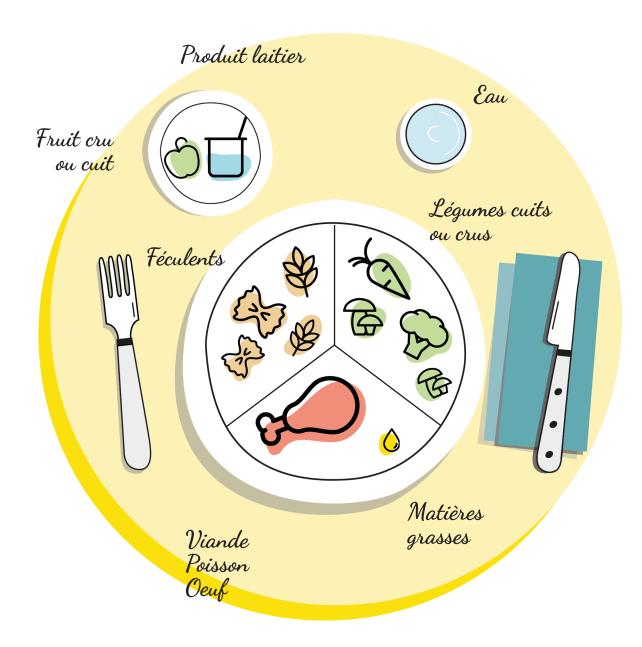
# Smart Assiette

SAVOIR COMPOSER DES REPAS ÉQUILIBRÉS

#### **Smart Petit Dej**

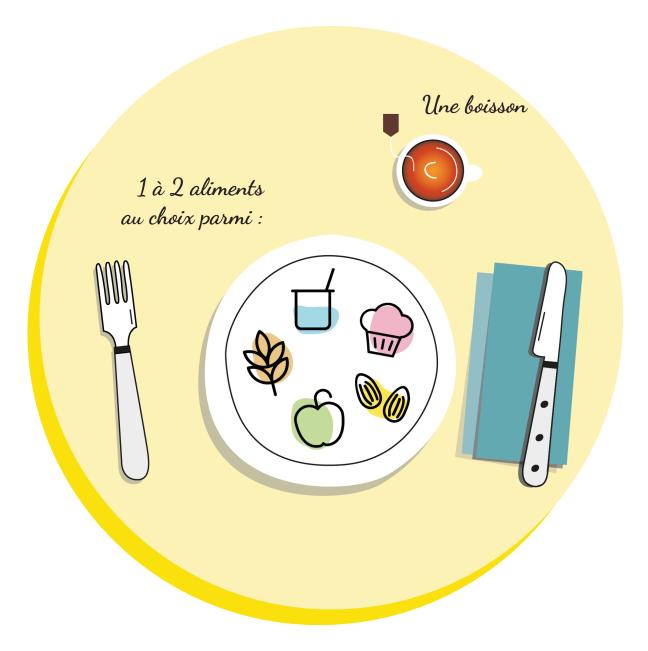


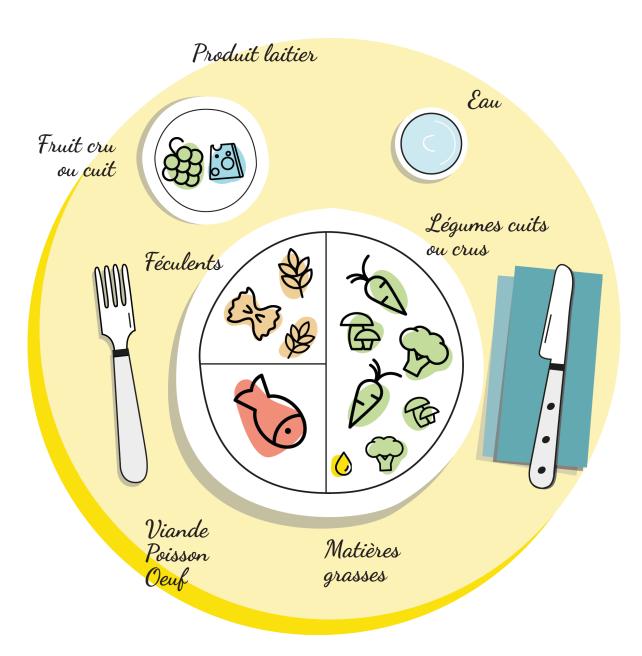
### **Smart Déjeuner**



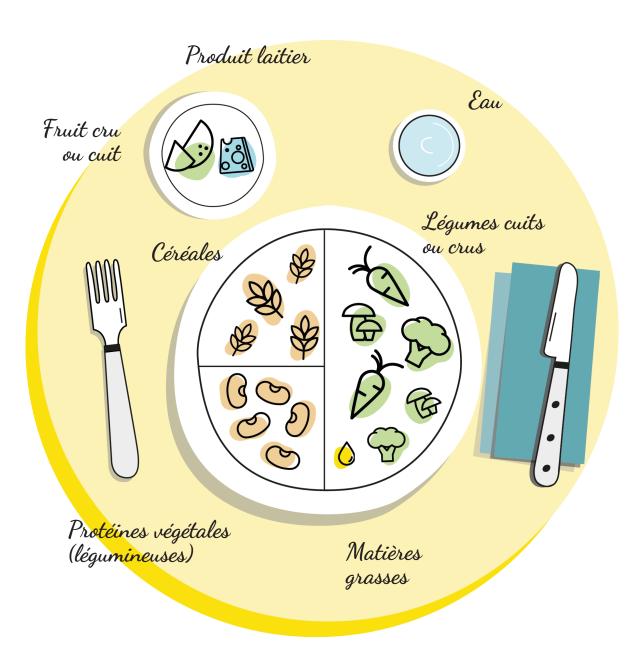
#### **Smart Collation**

La collation dépend de la faim, de l'activité physique, de l'âge, d'un état physiologique ou pathologique particulier.





## Repas végétariens



## Repas végétariens

