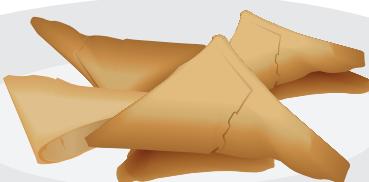




Feuilleté

UCLÉP 2.0 CC BY NC ND



Samoussas

UCLÉP 2.0 CC BY NC ND



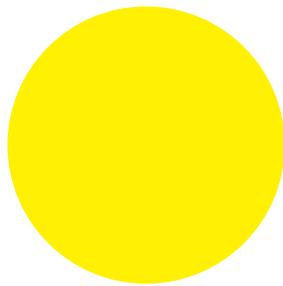
Bouchons

UCLÉP 2.0 CC BY NC ND

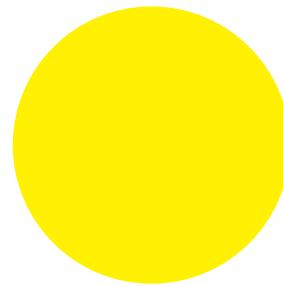


Pâte à tartiner

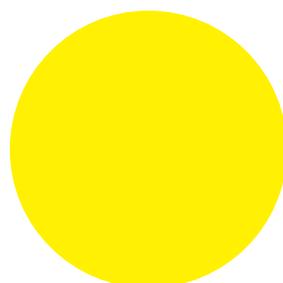
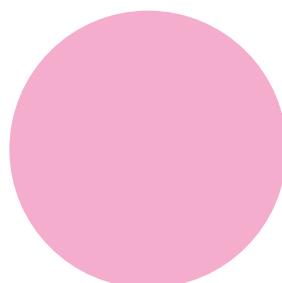
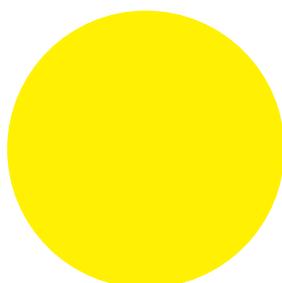
UCLÉP 2.0 CC BY NC ND



pour 3-4 bouchons



pour 2-3 feuilletés



pour 30 g pâte à tartiner



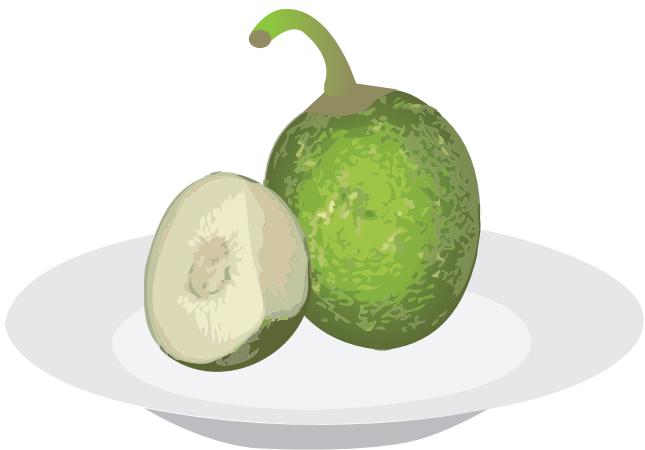
pour 2-3 samoussas





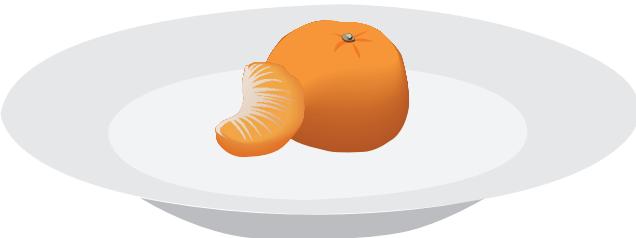
Yaourt nature sucré

UCLÉP 2.0 CC BY NC ND



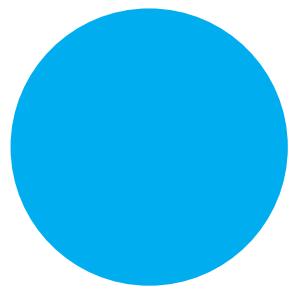
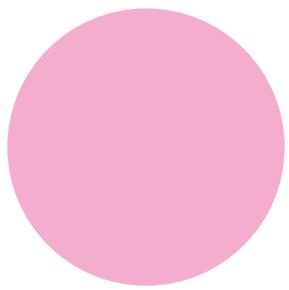
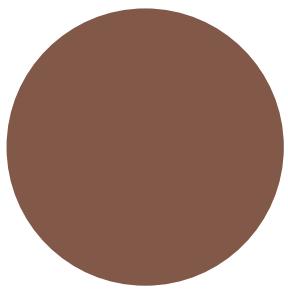
Fruit à pain

UCLÉP 2.0 CC BY NC ND

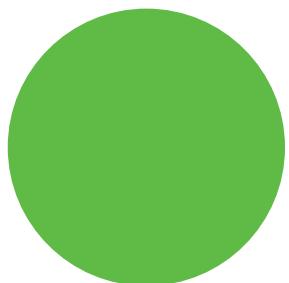


Clémentine

UCLÉP 2.0 CC BY NC ND



pour 100 g



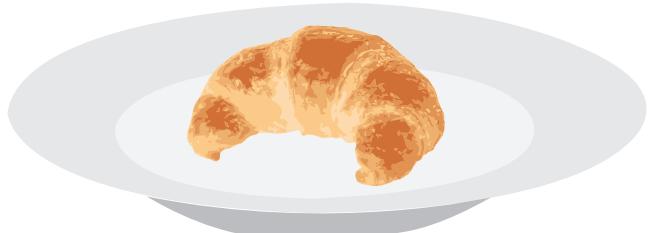


Gateau

CC-BY-NC-ND



Jus d'orange 100% pur fruit



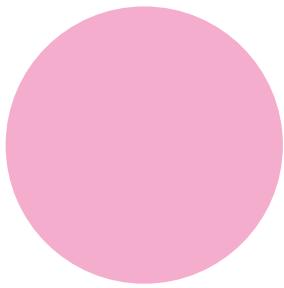
Croissant

CC-BY-NC-ND

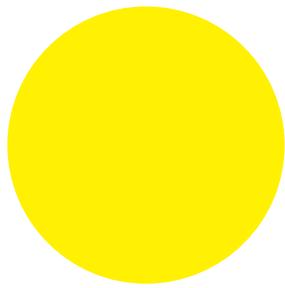


Soda

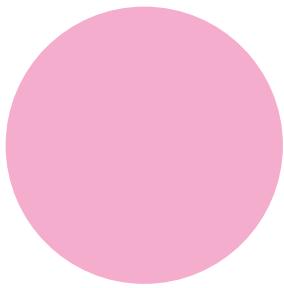
CC-BY-NC-ND



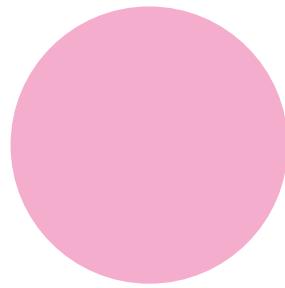
pour 1 verre



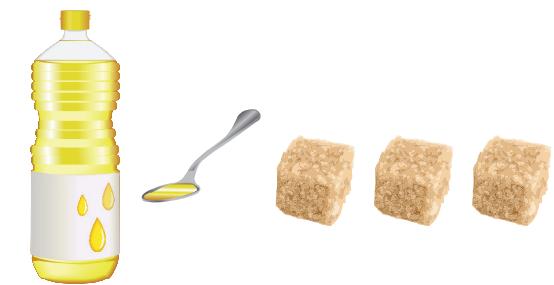
pour 100 g



pour 1 verre



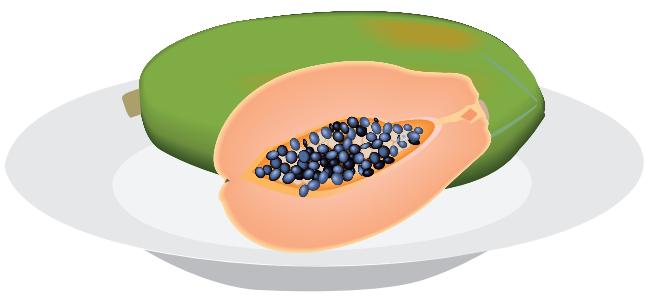
pour 1 croissant





Citrouille

UCLÉP 2.0 CC BY NC ND



Papaye

UCLÉP 2.0 CC BY NC ND



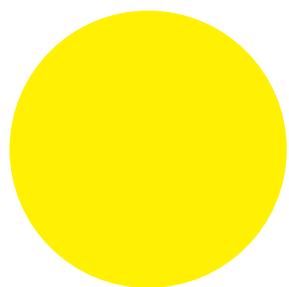
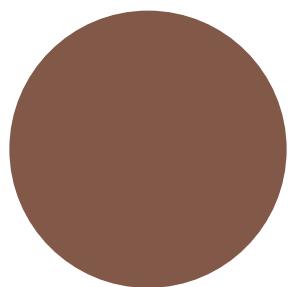
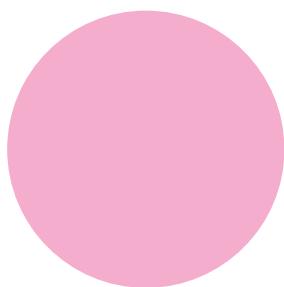
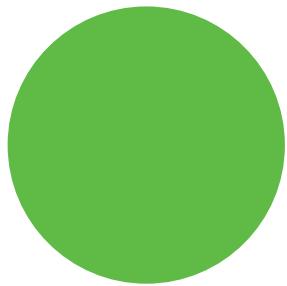
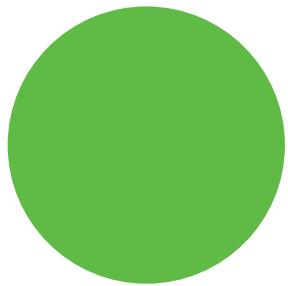
Mayonnaise

UCLÉP 2.0 CC BY NC ND



Céréales au chocolat

UCLÉP 2.0 CC BY NC ND



pour une portion de 30 g



**pour 1 cuillère
à soupe de mayonnaise**





Raisins secs

UCLIEP 2.0 CC BY NC ND

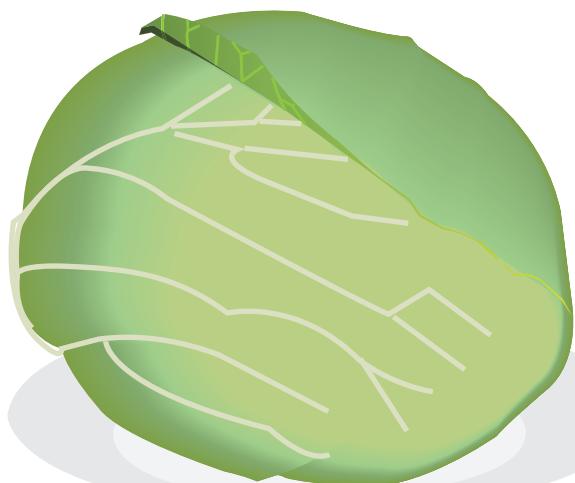
Letchis

UCLIEP 2.0 CC BY NC ND



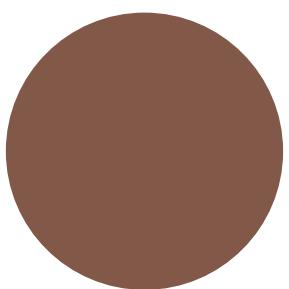
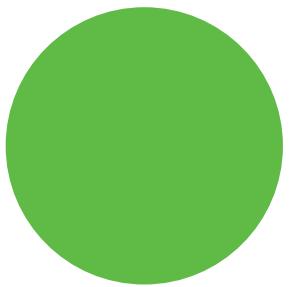
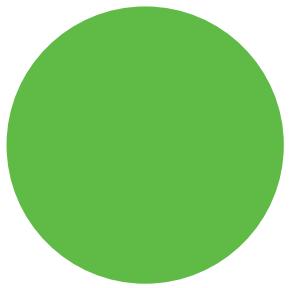
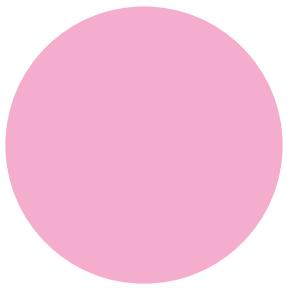
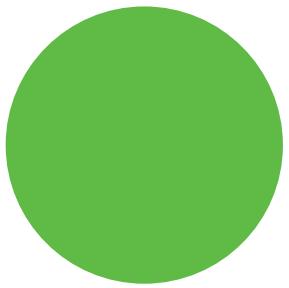
Semoule

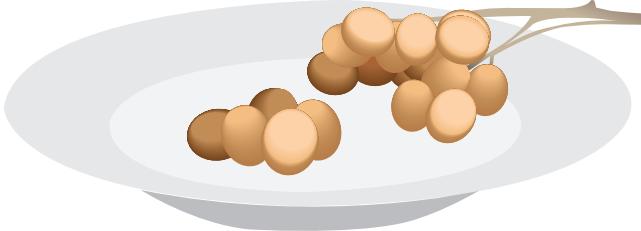
UCLIEP 2.0 CC BY NC ND



Chou

UCLIEP 2.0 CC BY NC ND





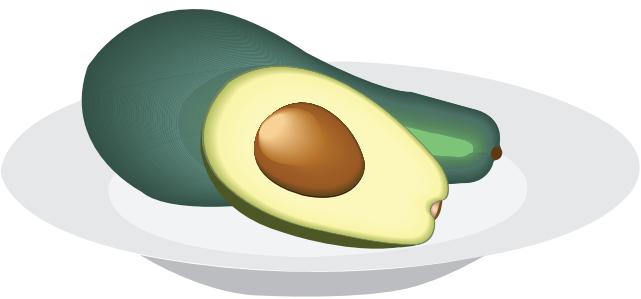
Longanis

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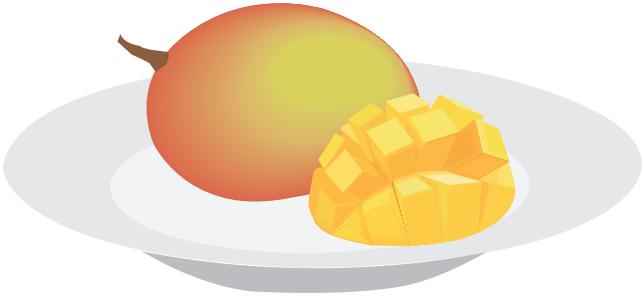
Margarine

UCLÉP 2.0 CC BY NC ND



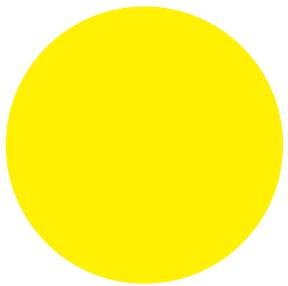
Avocat

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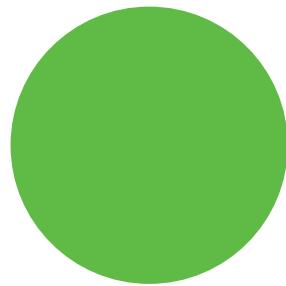
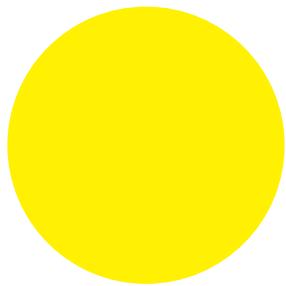
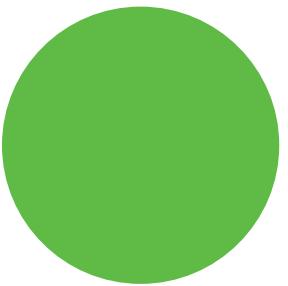
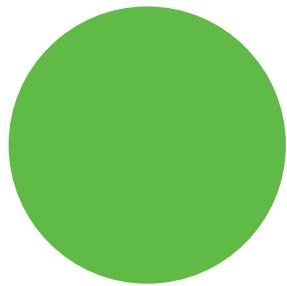


Mangue

UCLÉP 2.0 CC BY NC ND



pour 100 g



pour 100 g





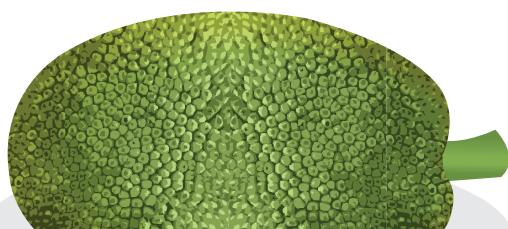
Frites

UCLIEP 2.0 CC BY NC ND



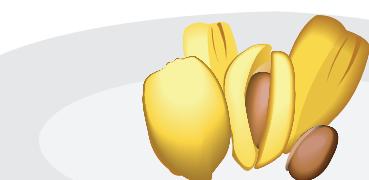
Lentilles

UCLIEP 2.0 CC BY NC ND



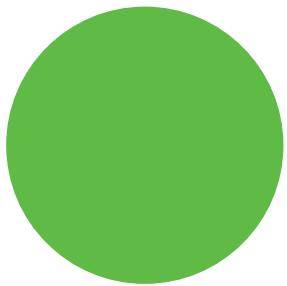
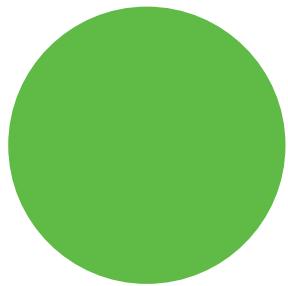
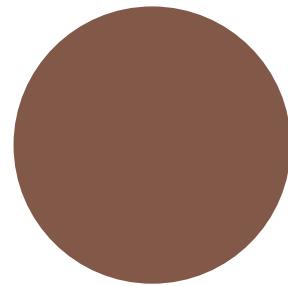
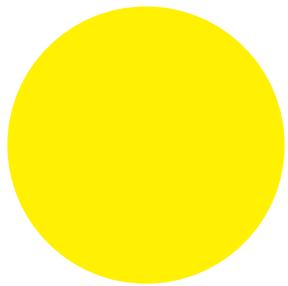
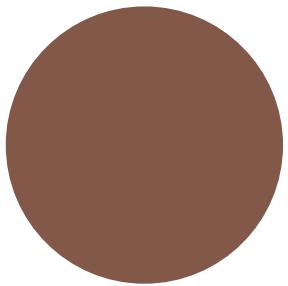
Ti Jacques

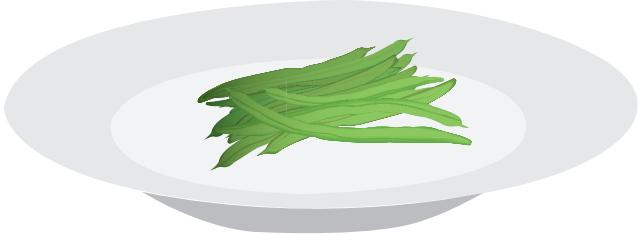
UCLIEP 2.0 CC BY NC ND



Fruit du jacquier

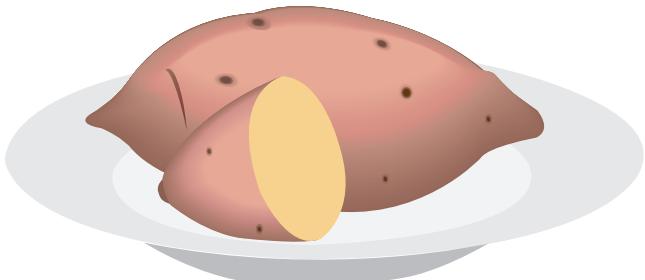
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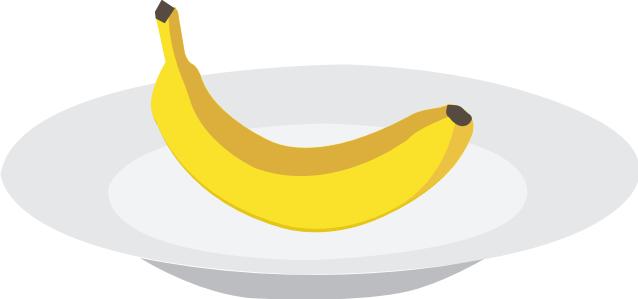
Haricots verts

UCLÉP 2.0 CC BY NC ND



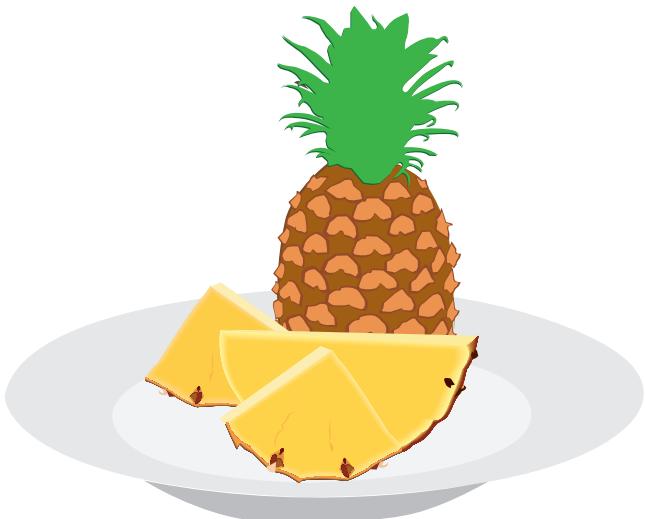
Patate douce

UCLÉP 2.0 CC BY NC ND



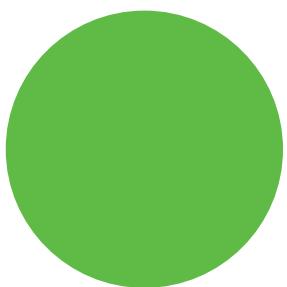
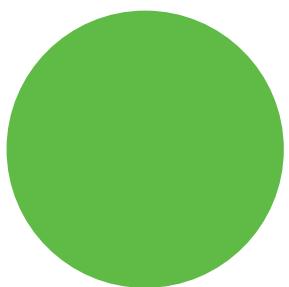
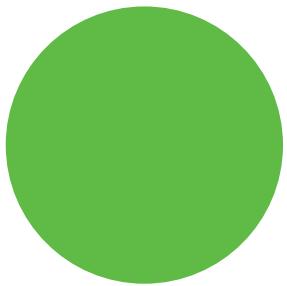
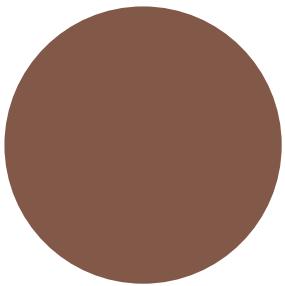
Banane

UCLÉP 2.0 CC BY NC ND



Ananas

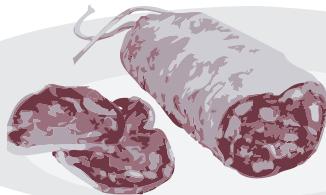
UCLÉP 2.0 CC BY NC ND





Paté

UCLIEP 2.0 CC BY NC ND



Saucisson

UCLIEP 2.0 CC BY NC ND



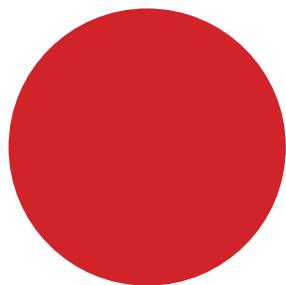
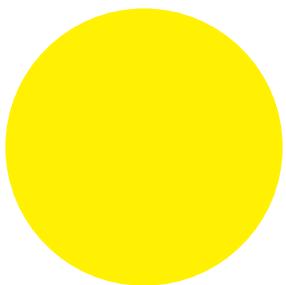
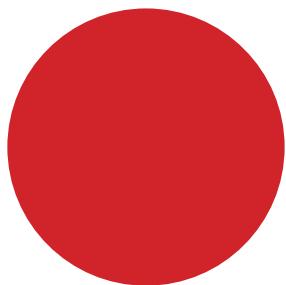
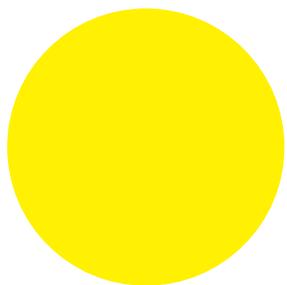
Bonbons

UCLIEP 2.0 CC BY NC ND



Brèdes

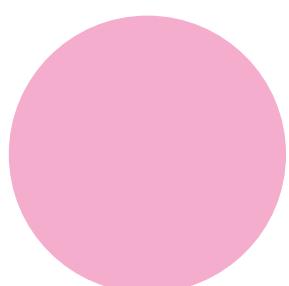
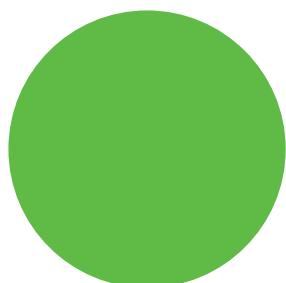
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pour 5 tranches

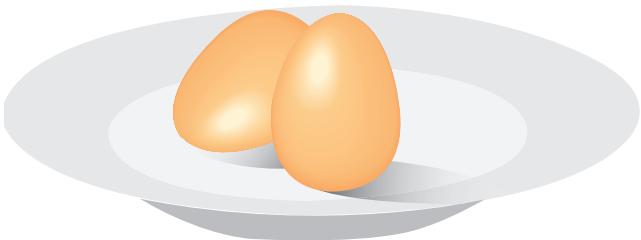


pour 100 g

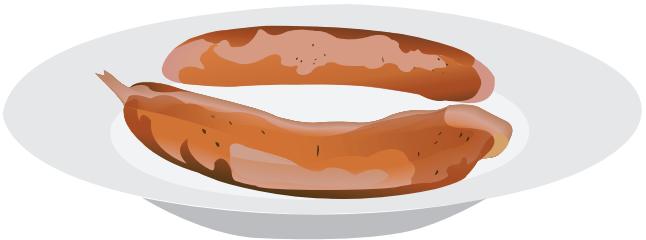


pour 100 g





Oeufs

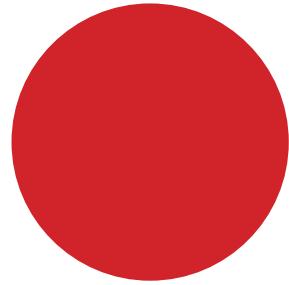
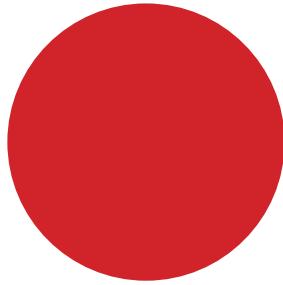
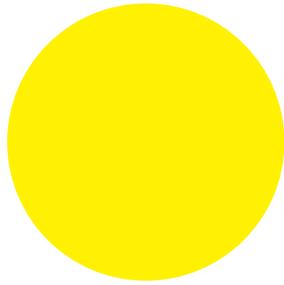


Saucisses

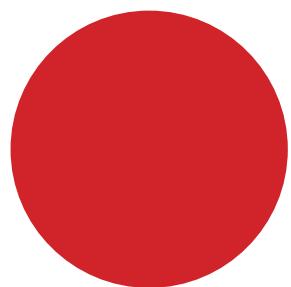
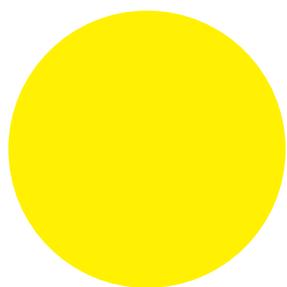


Pilon de Poulet





pour 100 g

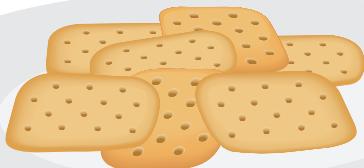


pour 100 g





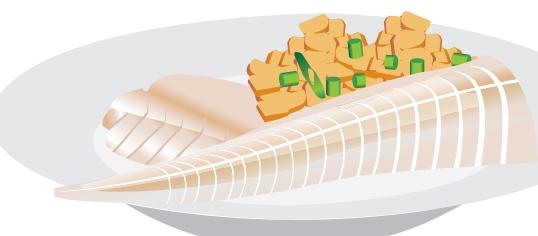
Huile



Biscuits
apéritifs salés

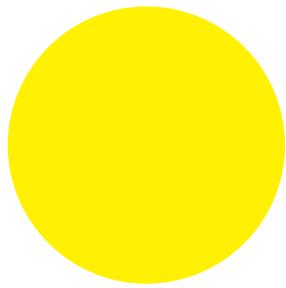


Sorbet
à l'eau

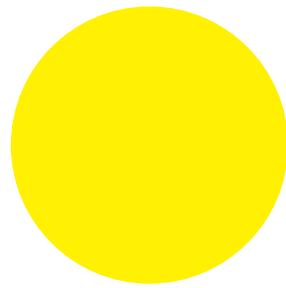


Morue

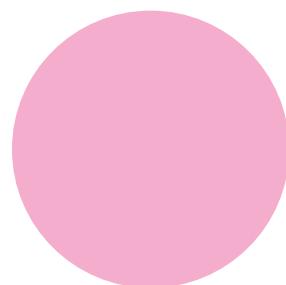
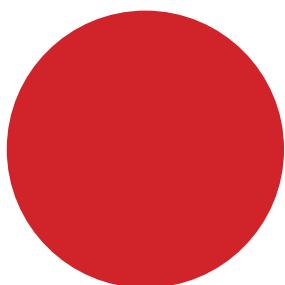
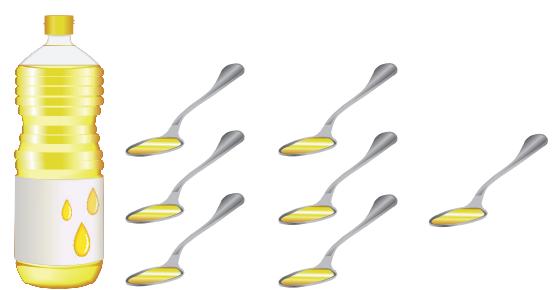




pour 100 g

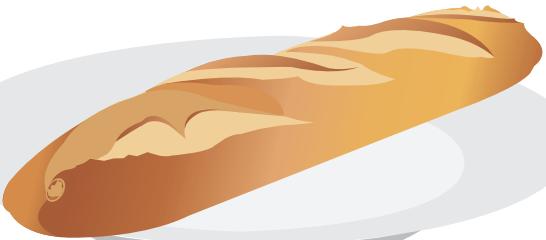


pour 100 g



pour 100 g





Pain

UCLÉP 2.0 CC BY NC ND

Poisson
pané

UCLÉP 2.0 CC BY NC ND



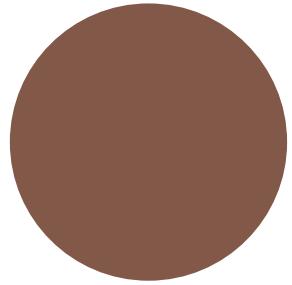
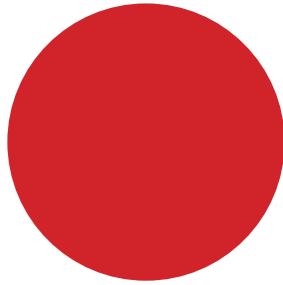
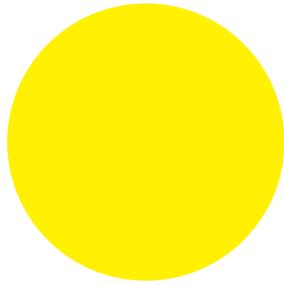
Glace

UCLÉP 2.0 CC BY NC ND

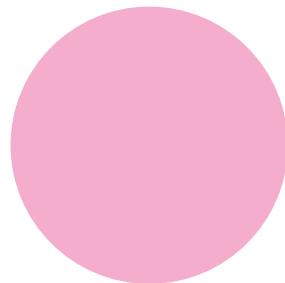
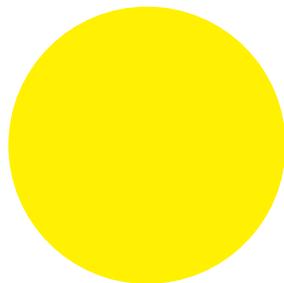
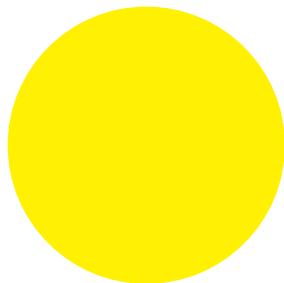
Pâte de
cacahuètes

UCLÉP 2.0 CC BY NC ND





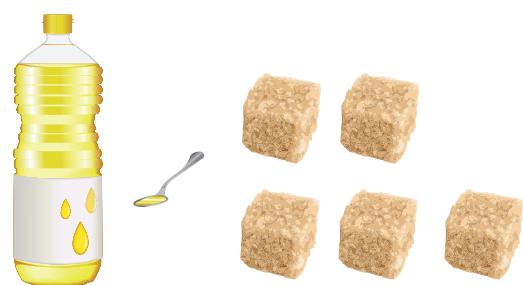
pour 100 g

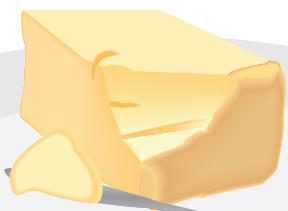


**pour 1 cuillère
à soupe de pâte
de cacahuètes**



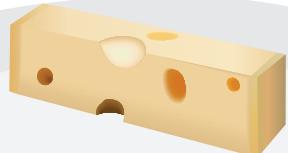
pour 100 g





Beurre

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Fromage

UCLÉP 2.0 CC BY NC ND



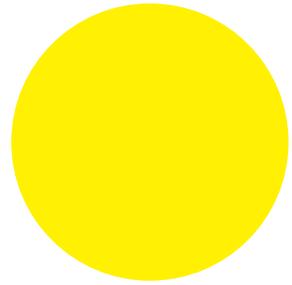
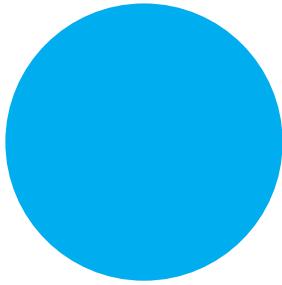
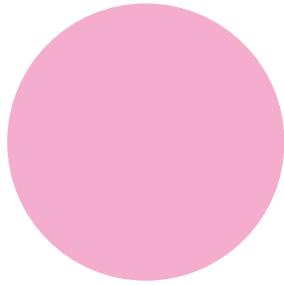
Crème dessert

UCLÉP 2.0 CC BY NC ND

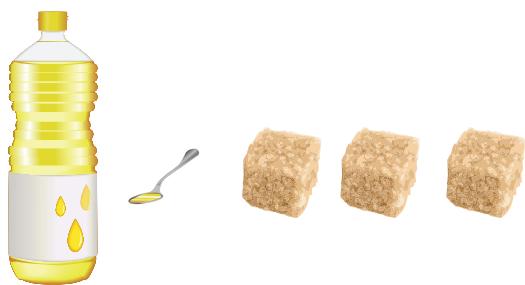


Lait

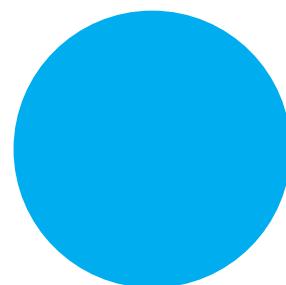
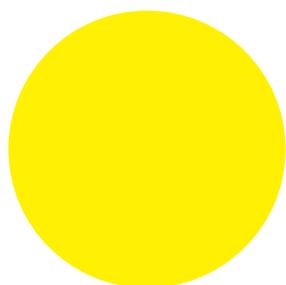
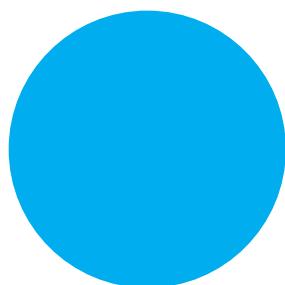
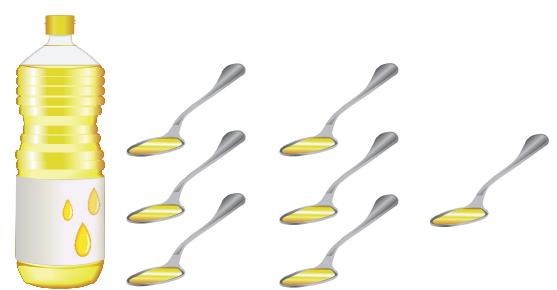
UCLÉP 2.0 CC BY NC ND



pour 100 g



pour 100 g



pour 100 g



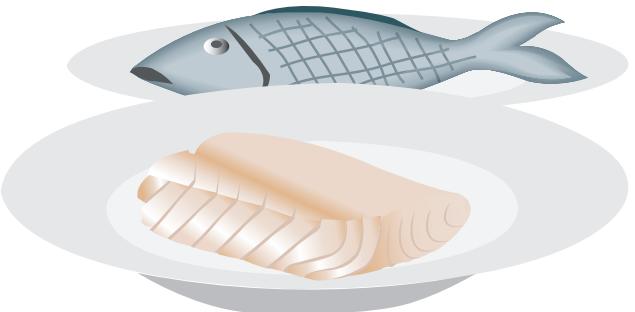


Manioc

UCLÉP 2.0 CC BY NC ND

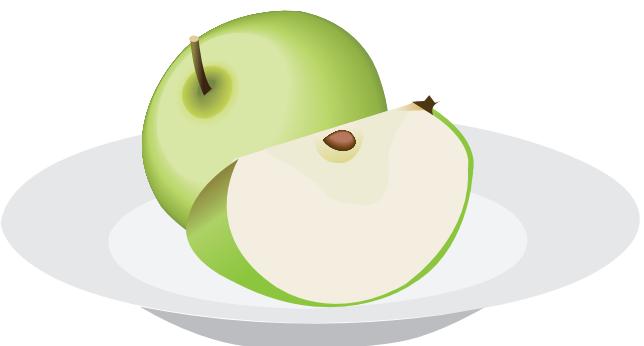


Riz



Poisson Blanc

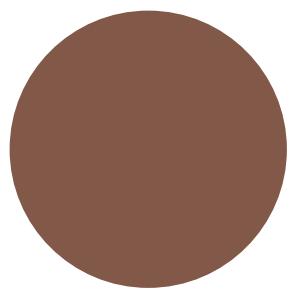
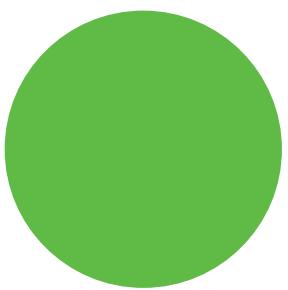
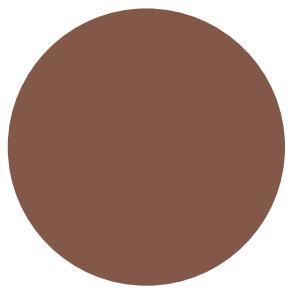
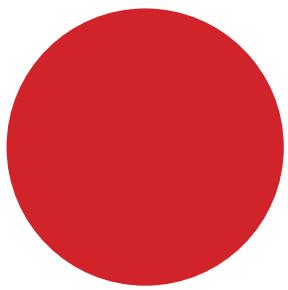
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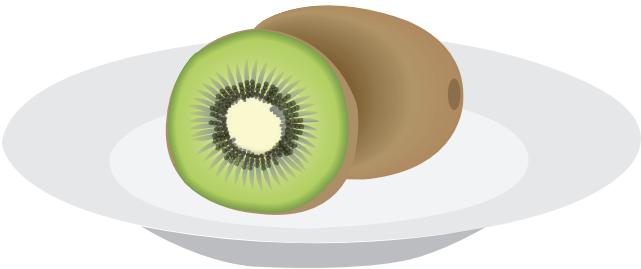


Pomme

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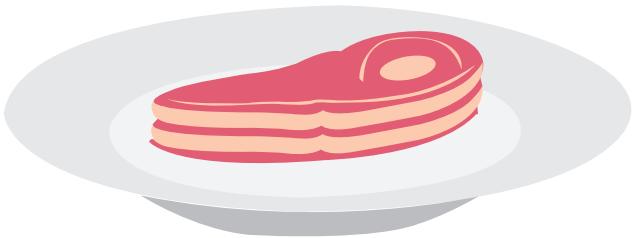
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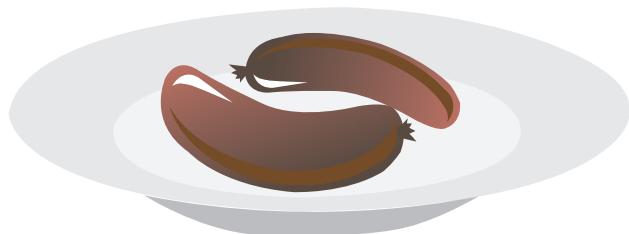
Kiwi

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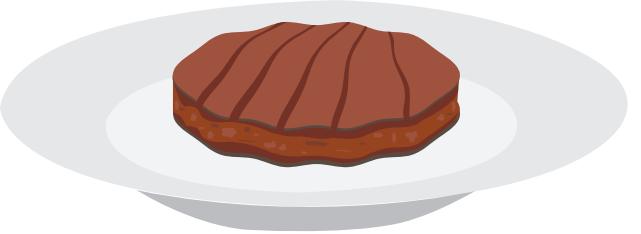
Boeuf (steak)

UCLÉP 2.0 CC BY NC ND



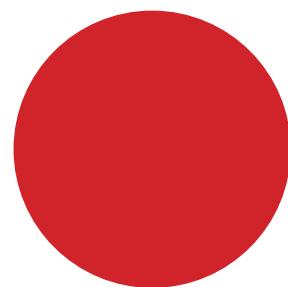
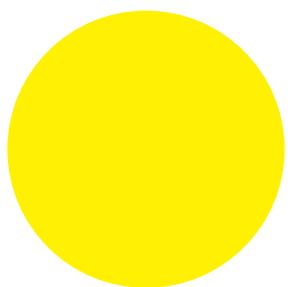
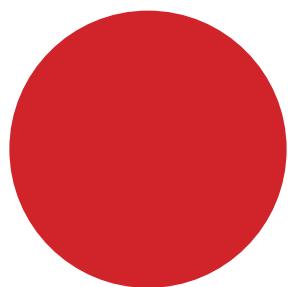
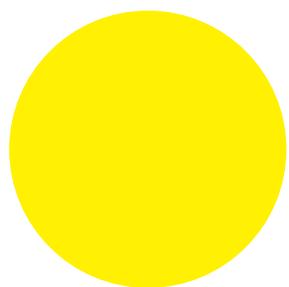
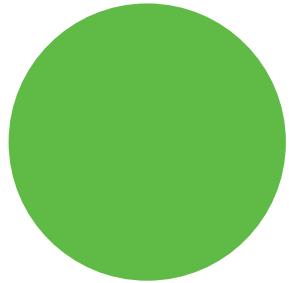
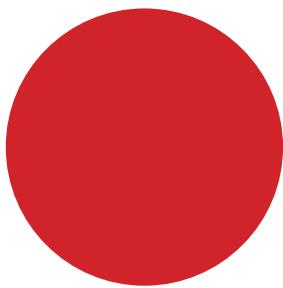
Boudins

UCLÉP 2.0 CC BY NC ND



Steak haché

UCLÉP 2.0 CC BY NC ND

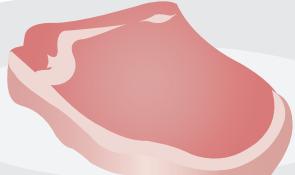


pour 100 g



pour 100 g





Porc
(échine)

UCLÉP 2.0
BY NC ND

**Pommes
de terre**

UCLÉP 2.0
BY NC ND



Riz complet

UCLÉP 2.0
BY NC ND

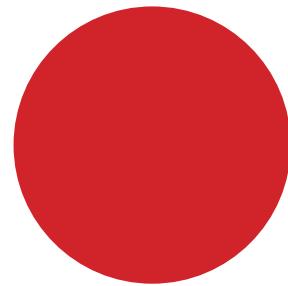
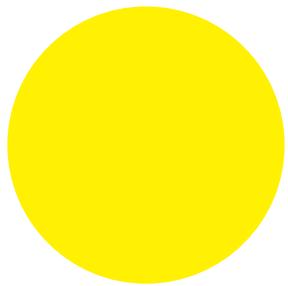
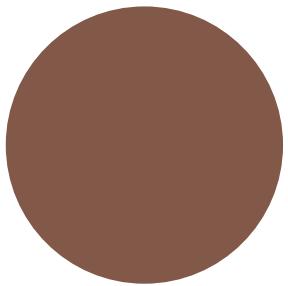
Pâtes

UCLÉP 2.0
BY NC ND

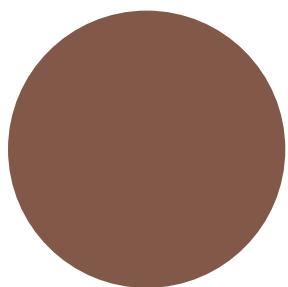
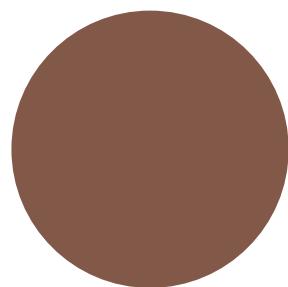


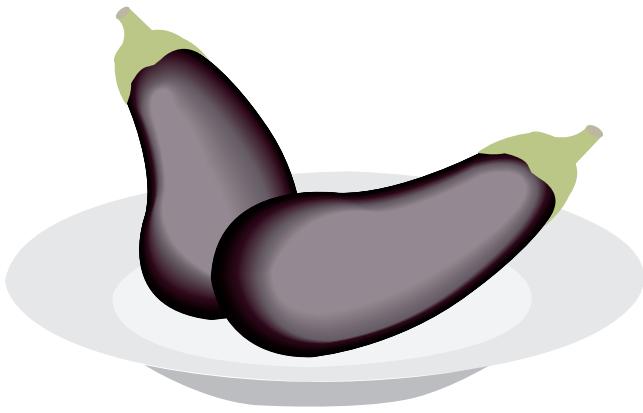
**Pommes
de terre**





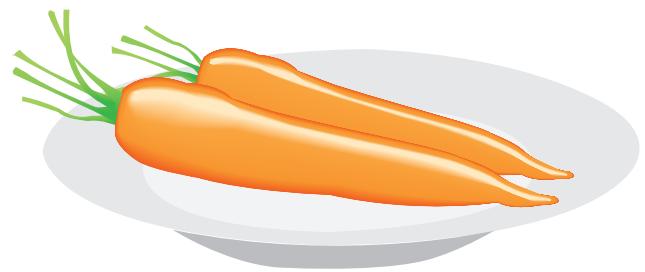
pour 100 g





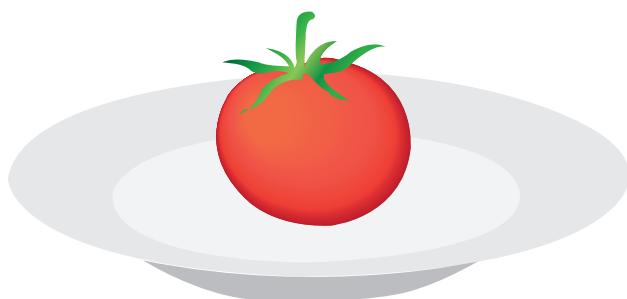
Bringelles

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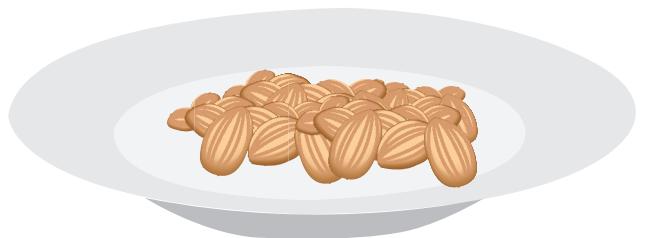
Carottes

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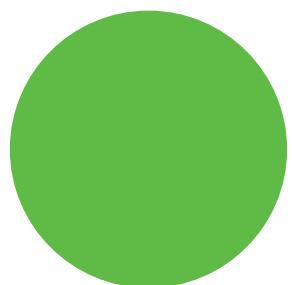
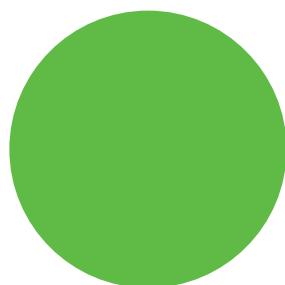
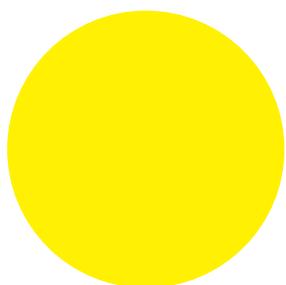
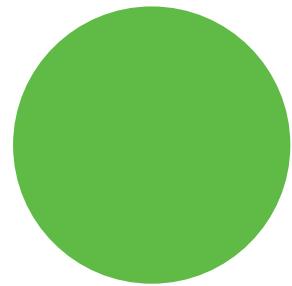
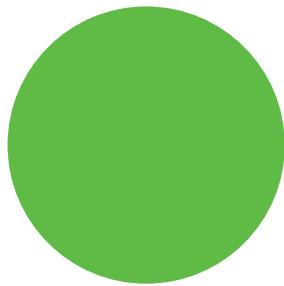
Tomate

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Amandes

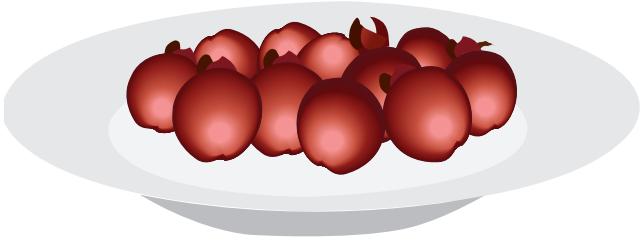
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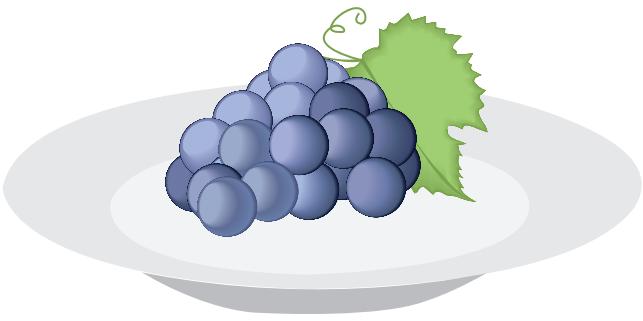
pour 30 g

Fait partie des fruits oléagineux (noix, noisettes, cacahuètes, noix de cajou)





Goyaviers



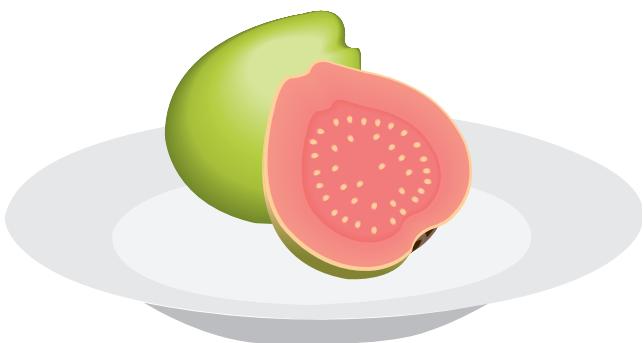
Raisins

UCLÉP 2.0 CC BY NC ND



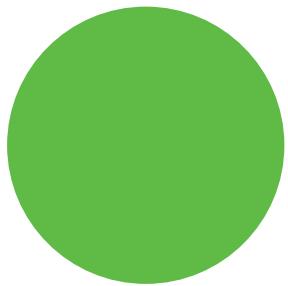
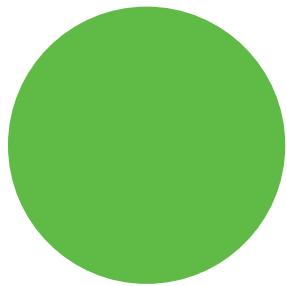
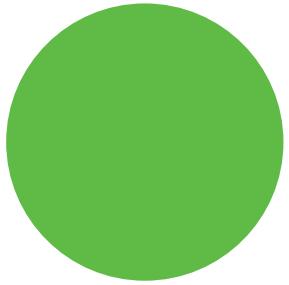
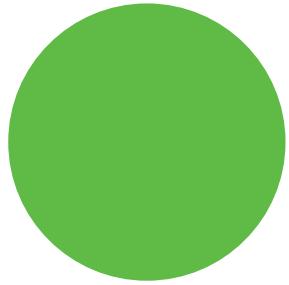
Fraises

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Goyave

UCLÉP 2.0 CC BY NC ND





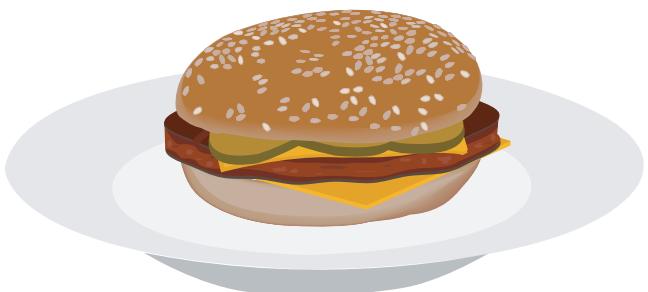
Pizza

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Pain bouchons gratinés

UCLÉP 2.0 CC BY NC ND



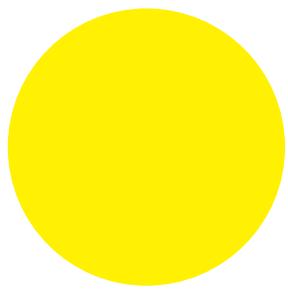
Hamburger

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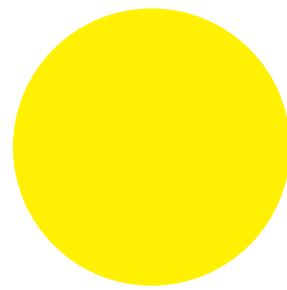


Plat préparé

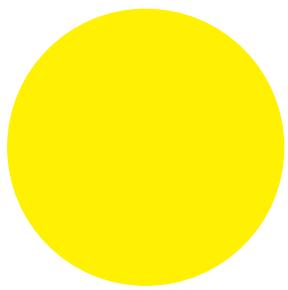
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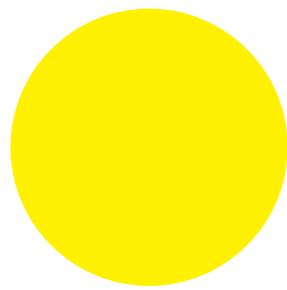
pour 100 g



pour 100 g



pour 100 g



pour 100 g

