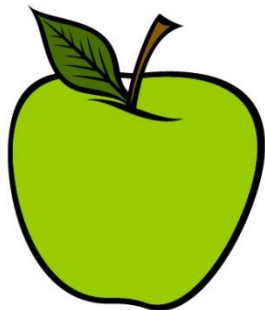
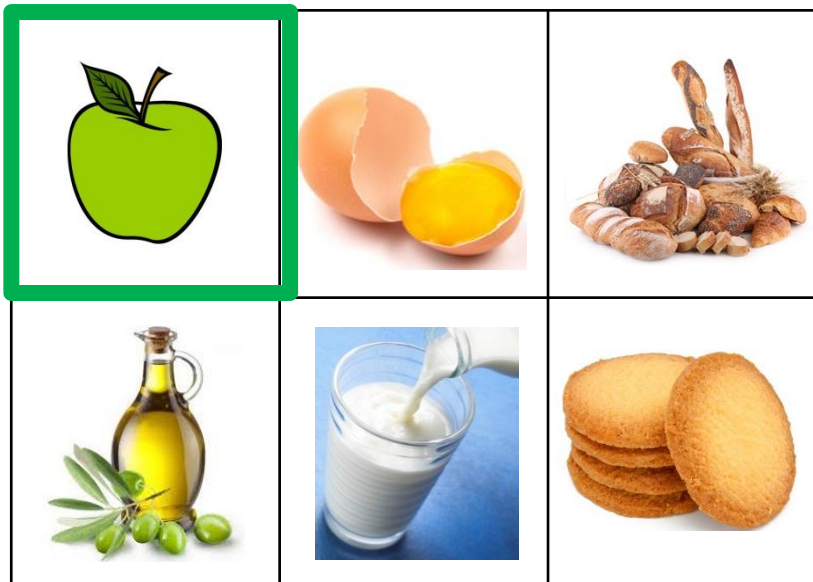


Les fruits



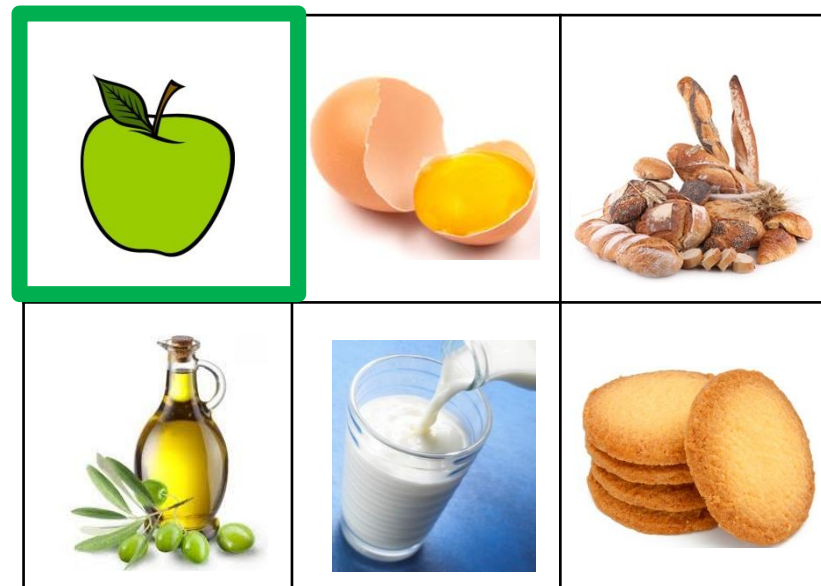
la pomme - la pomme



Les fruits



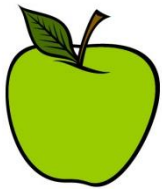





la poire - la poire



Les fruits



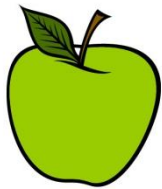





la banane - la banane

Les fruits



une orange - une orange

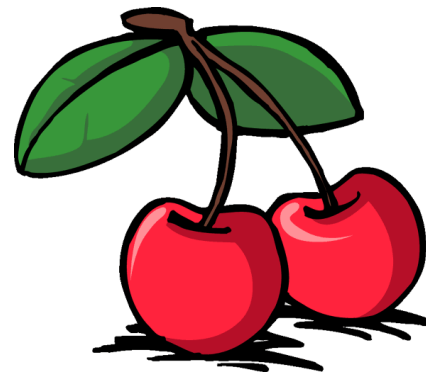
		
		

Les fruits



un kiwi - un kiwi

Les fruits



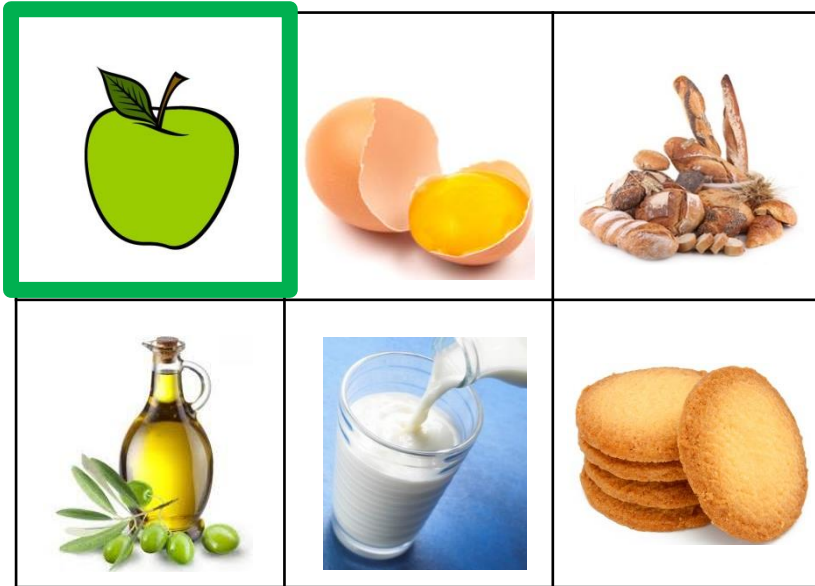
des cerises - des cerises



Les légumes



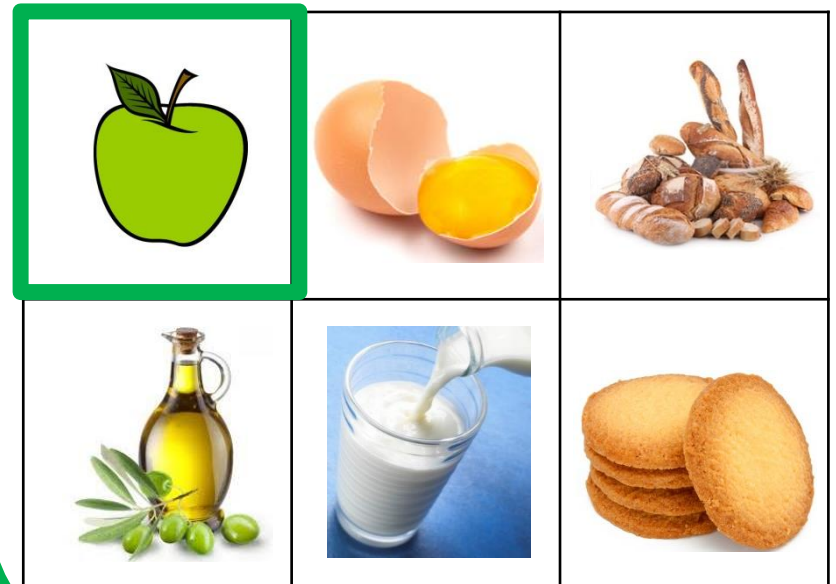
une carotte - une carotte



Les légumes



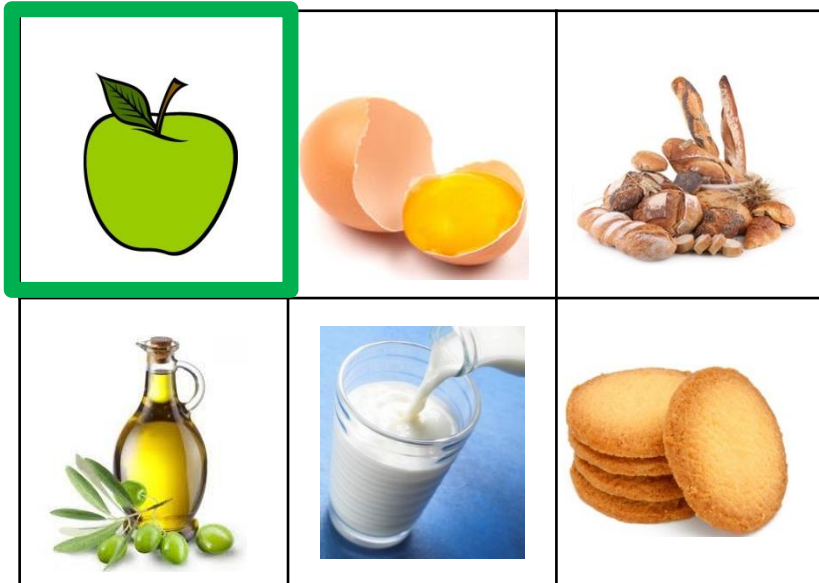
un poivron - un poivron



Les légumes



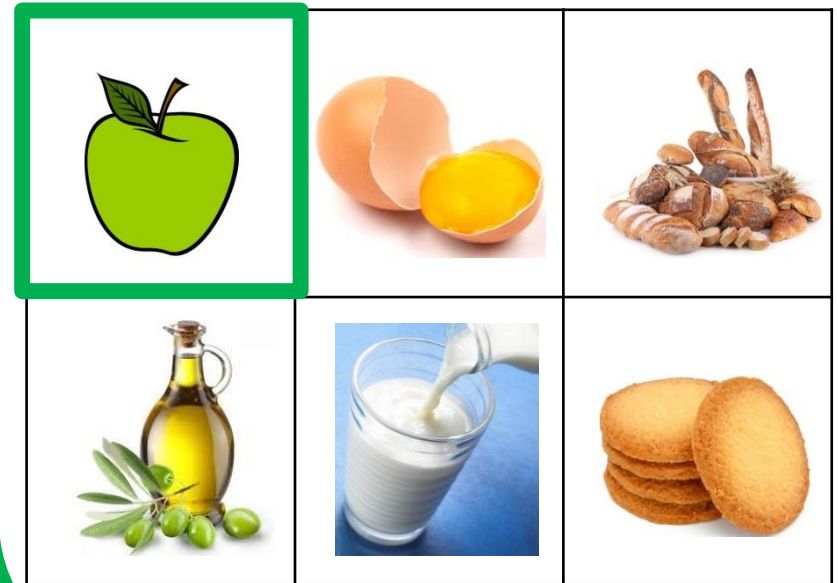
le poireau - le poireau



Les légumes









des haricots verts
des haricots verts



Les légumes









la tomate - la tomate

Les légumes









les aubergines
les aubergines

Les féculents









du pain - du pain

Les féculents



du riz - du riz

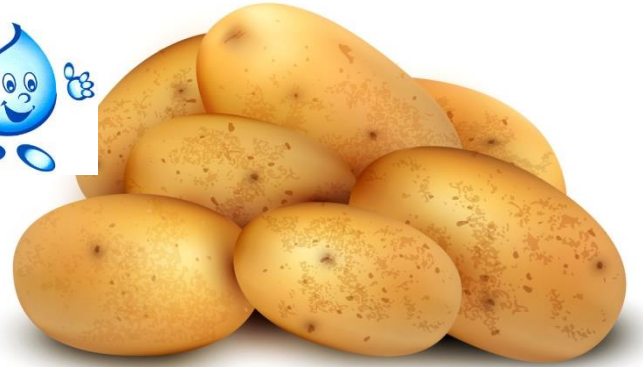
Les féculents



des biscottes
des biscottes

A pile of various breads and nuts, including baguettes, rolls, and almonds.	A simple illustration of a green apple with a single leaf.	A glass bottle of olive oil with a sprig of olives.
A cracked egg with the yolk and white separated.	A glass of milk with a white liquid being poured into it.	A stack of four round, golden-brown biscuits.

Les féculents



les pommes de terre
les pommes de terre

A pile of various breads and nuts, including baguettes, rolls, and almonds.	A simple illustration of a green apple with a single leaf.	A glass bottle of olive oil with a sprig of olives.
A cracked egg with the yolk and white separated.	A glass of milk with a white liquid being poured into it.	A stack of four round, golden-brown biscuits.

Les féculents



les pâtes - les pâtes

A pile of various breads and nuts, including baguettes, rolls, and almonds.	A simple illustration of a green apple with a single leaf.	A glass bottle of olive oil with a sprig of olives and leaves.
A cracked egg with the yolk and white separated.	A glass of milk with a white liquid being poured into it from a white pitcher.	A stack of four round, golden-brown cookies.

Les féculents



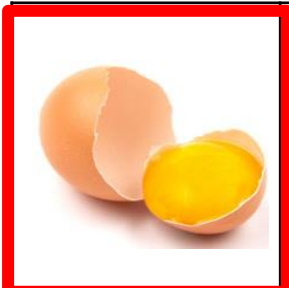
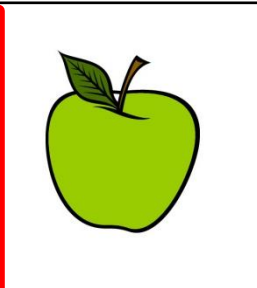




les céréales - les céréales

A pile of various breads and nuts, including baguettes, rolls, and almonds.	A simple illustration of a green apple with a single leaf.	A glass bottle of olive oil with a sprig of olives and leaves.
A cracked egg with the yolk and white separated.	A glass of milk with a white liquid being poured into it from a white pitcher.	A stack of four round, golden-brown cookies.

Les protéines



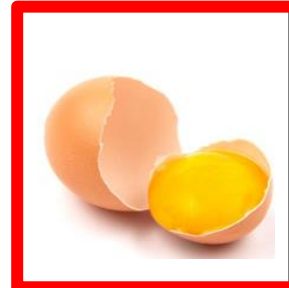
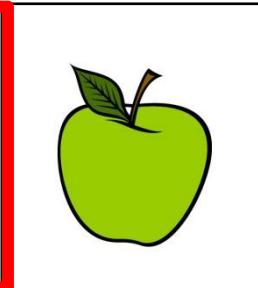




un œuf - un œuf

Les protéines



du jambon - du jambon

Les protéines



un poulet - un poulet

A cracked egg with the yolk and white separated.	A simple illustration of a green apple with a stem and leaf.	A pile of various breads and nuts, including almonds and walnuts.
A glass of milk with a stream of milk being poured into it from a white pitcher.	A glass bottle of olive oil with a green olive branch and olives in front of it.	A stack of four round, golden-brown cookies.

Les protéines



du saucisson
du saucisson

A cracked egg with the yolk and white separated.	A simple illustration of a green apple with a stem and leaf.	A pile of various breads and nuts, including almonds and walnuts.
A glass of milk with a stream of milk being poured into it from a white pitcher.	A glass bottle of olive oil with a green olive branch and olives in front of it.	A stack of four round, golden-brown cookies.

Les protéines



un poisson - un poisson

A cracked egg with the yolk and white separated.	A simple illustration of a green apple with a stem and leaf.	A pile of various breads and nuts.
A glass of milk with milk being poured into it from a white pitcher.	A bottle of olive oil with olives and leaves.	A stack of round, golden-brown biscuits.

Les protéines









des moules - des moules

A cracked egg with the yolk and white separated.	A simple illustration of a green apple with a stem and leaf.	A pile of various breads and nuts.
A glass of milk with milk being poured into it from a white pitcher.	A bottle of olive oil with olives and leaves.	A stack of round, golden-brown biscuits.

Les laitages









du lait - du lait

Les laitages



un yaourt - un yaourt

Les laitages



un petit suisse
un petit suisse

Les laitages

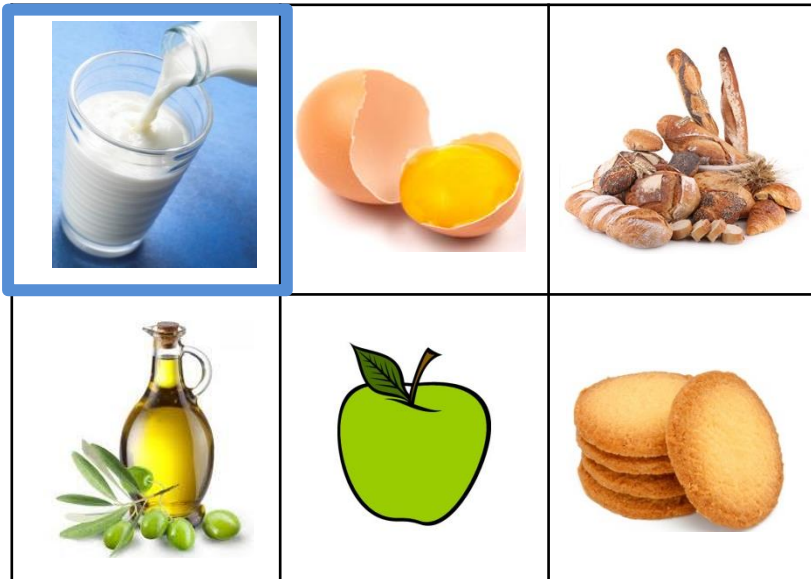


du fromage blanc -
du fromage blanc

Les laitages



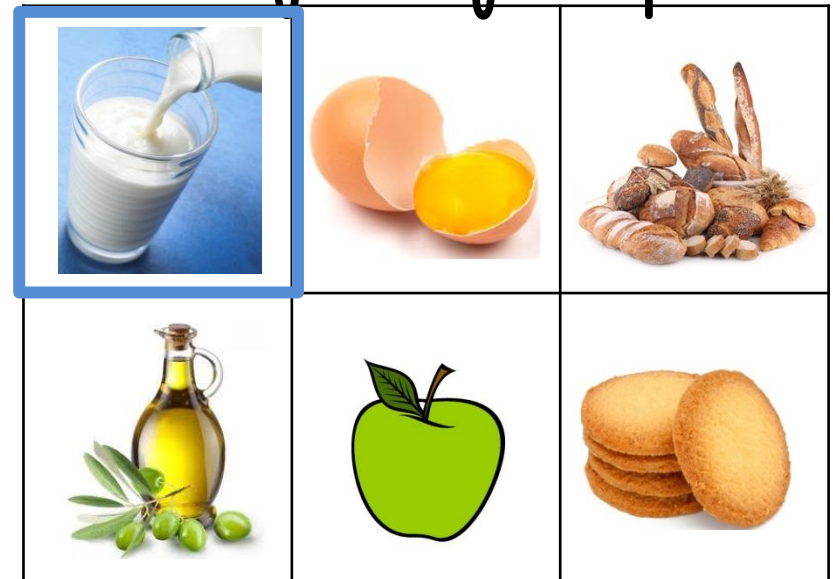
du fromage - du fromage



Les laitages









du fromage râpé
du fromage râpé



Les matières grasses









de l'huile d'olive
de l'huile d'olive

Les matières grasses



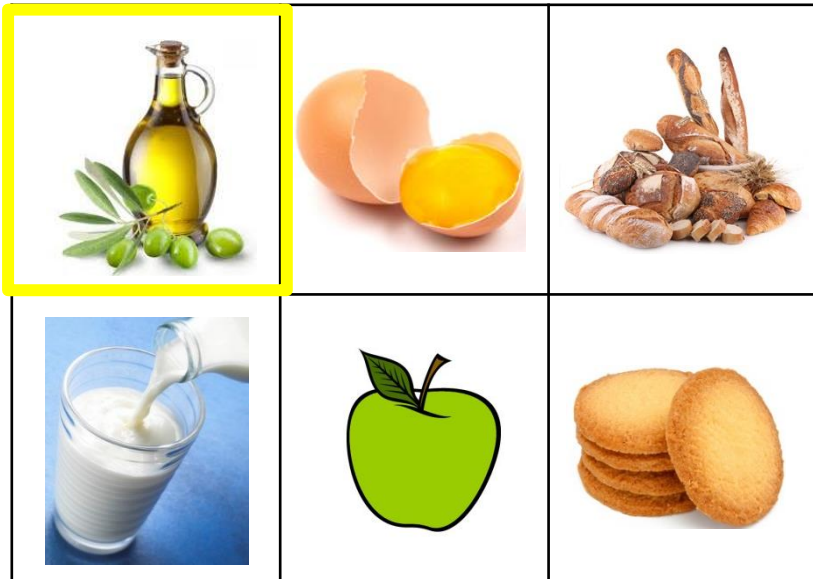
du beurre - du beurre

Les matières grasses



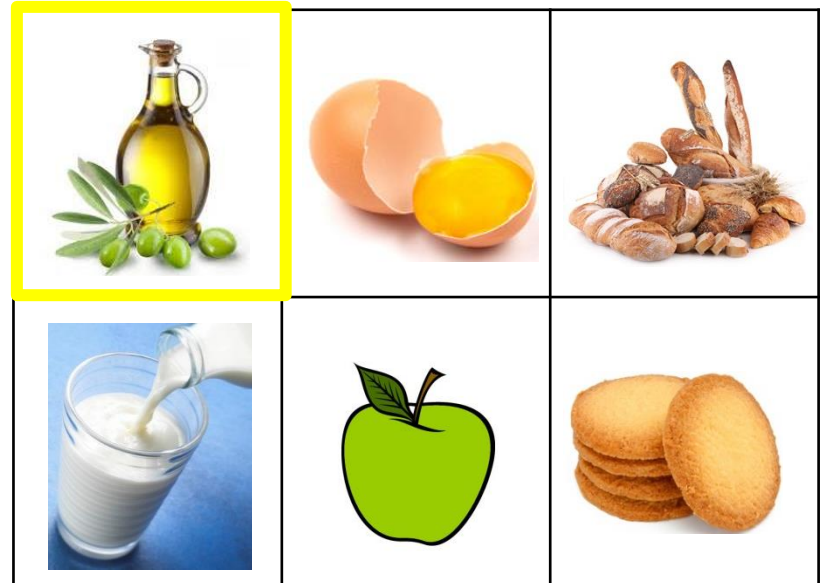
de la margarine
de la margarine



Les matières grasses







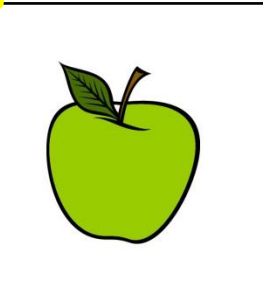

de l'huile de tournesol
de l'huile de tournesol



Les matières grasses







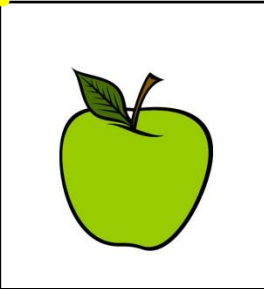

de l'huile d'arachide
de l'huile d'arachide

Les matières grasses









de la crème fraîche
de la crème fraîche

Les petits plaisirs









des biscuits - des biscuits

Les petits plaisirs



un gâteau - un gâteau

Les petits plaisirs



une glace - une glace

A stack of three round, golden-brown biscuits.	Two cracked eggs, one whole and one with the yolk separated.	A pile of various nuts, including almonds and hazelnuts.
A glass bottle of olive oil with olives and a branch of an olive tree.	A simple illustration of a green apple with a stem and a leaf.	A glass of milk with a white liquid being poured into it from a white pitcher.

Les petits plaisirs



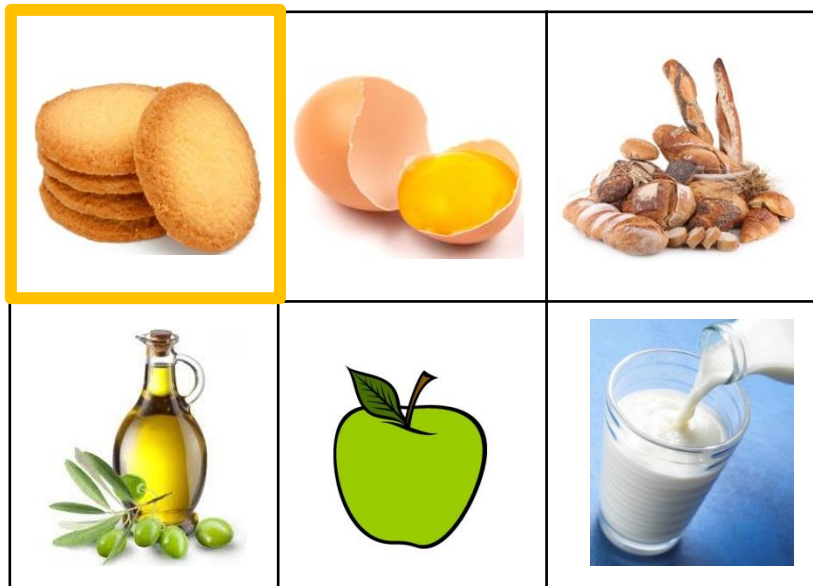
une tarte - une tarte

A stack of three round, golden-brown biscuits.	Two cracked eggs, one whole and one with the yolk separated.	A pile of various nuts, including almonds and hazelnuts.
A glass bottle of olive oil with olives and a branch of an olive tree.	A simple illustration of a green apple with a stem and a leaf.	A glass of milk with a white liquid being poured into it from a white pitcher.

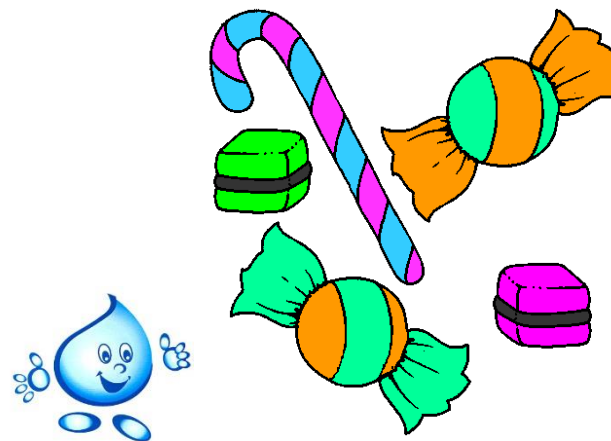
Les petits plaisirs



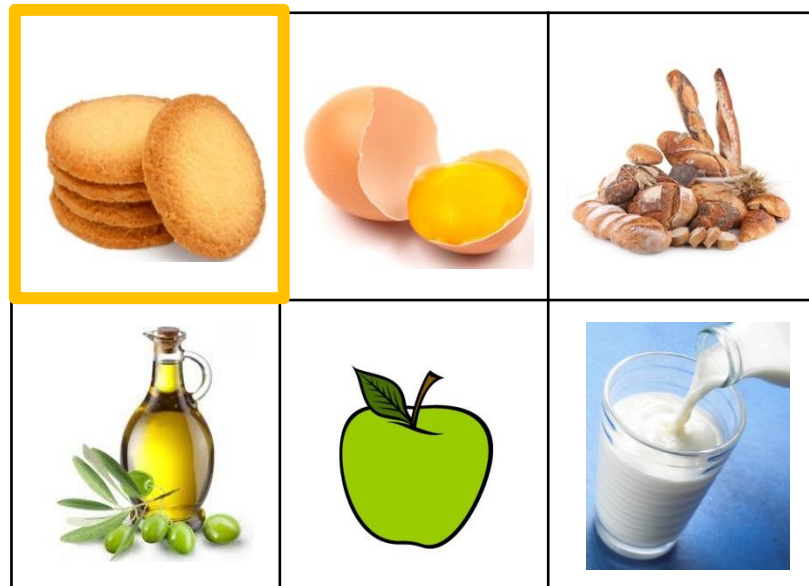
du miel - du miel



Les petits plaisirs



des bonbons - des bonbons



JOKER



de l'eau - de l'eau

JOKER



de l'eau - de l'eau

BONUS



de l'eau - de l'eau

BONUS



de l'eau - de l'eau



Une
alimentation
équilibrée



Une
alimentation
équilibrée

