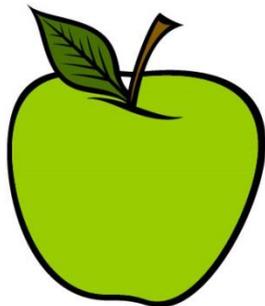
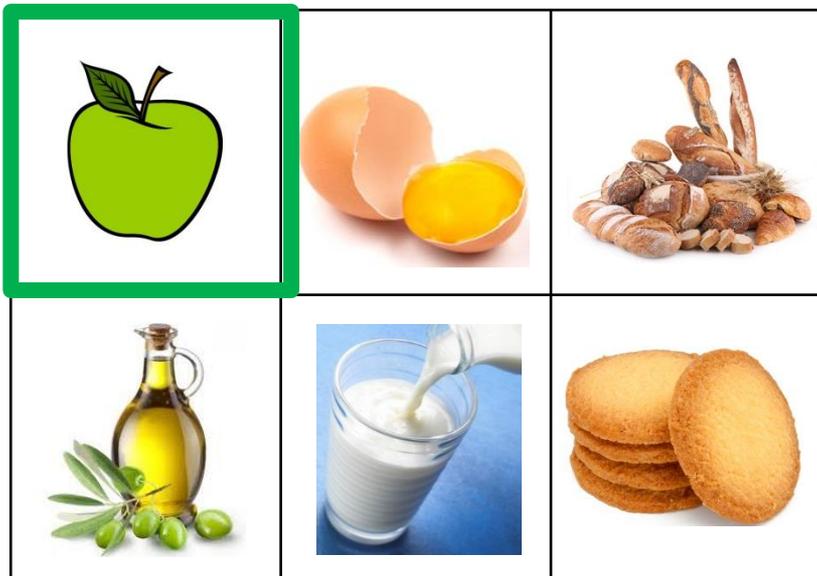


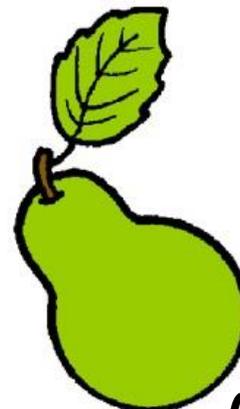
Les fruits



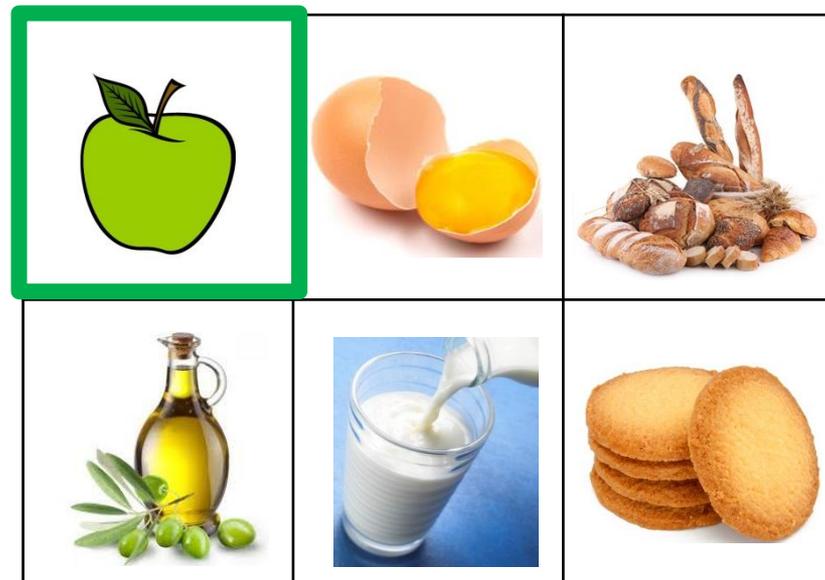
la pomme - la pomme



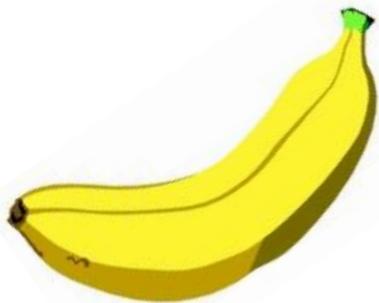
Les fruits



la poire - la poire



Les fruits



la banane - la banane

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

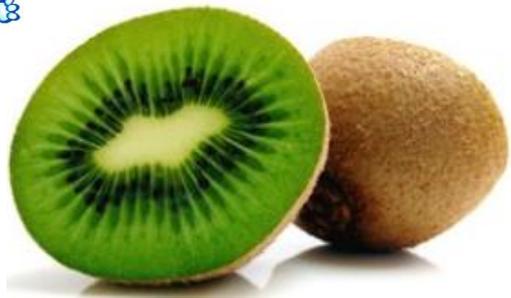
Les fruits



une orange - une orange

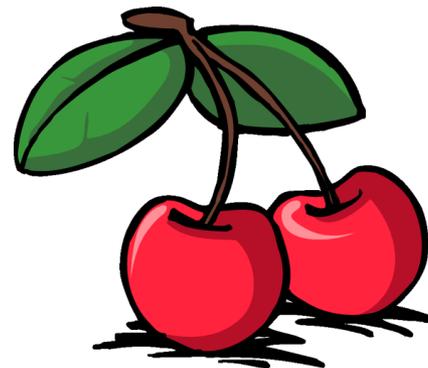
A simple illustration of a green apple with a brown stem and a single green leaf.	A cracked egg with the yolk and white separated.	A pile of various breads and nuts, including almonds and walnuts.
A glass bottle of olive oil with a green olive branch and olives next to it.	A glass of white milk with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

Les fruits

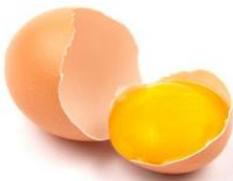
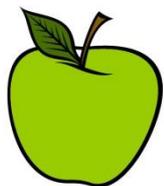


un kiwi- un kiwi

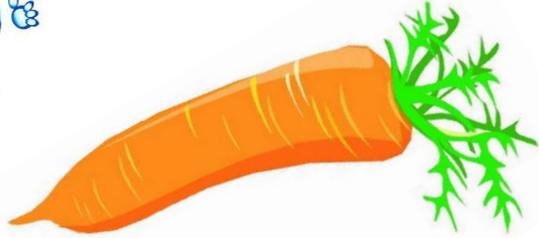
Les fruits



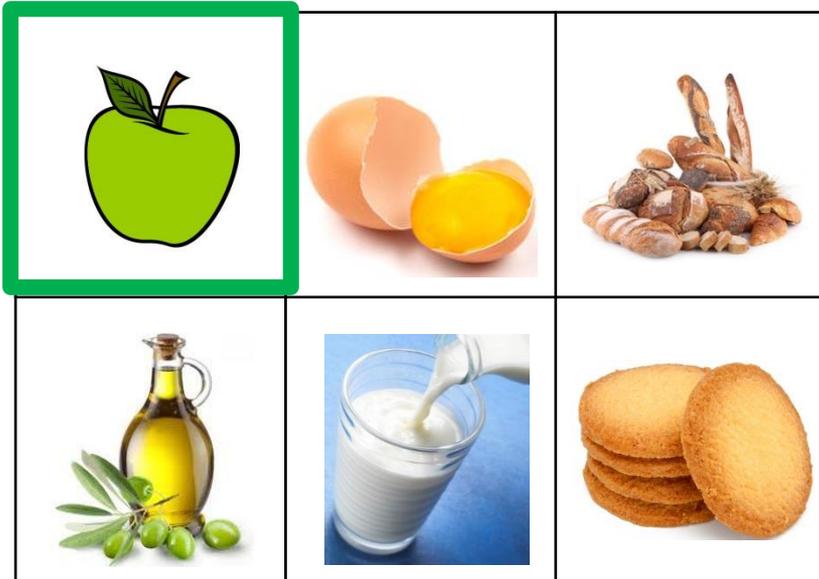
des cerises - des cerises



Les légumes



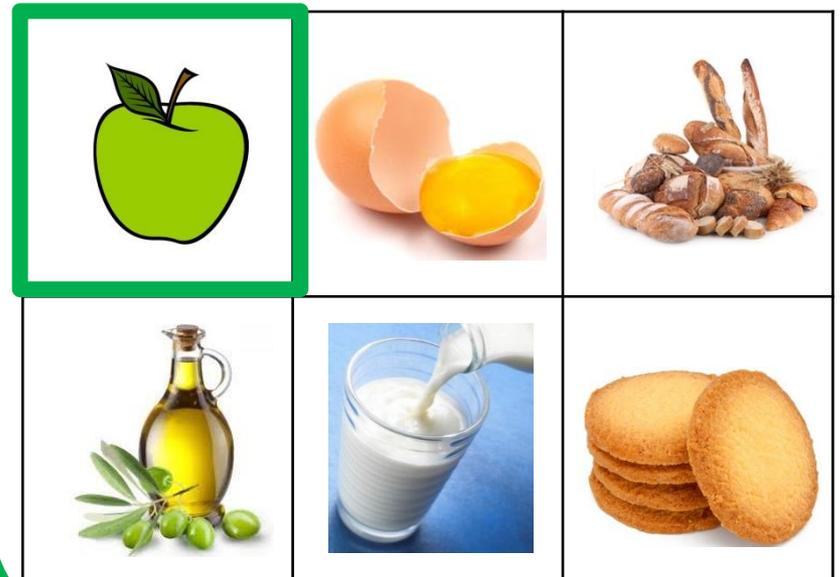
une carotte - une carotte



Les légumes



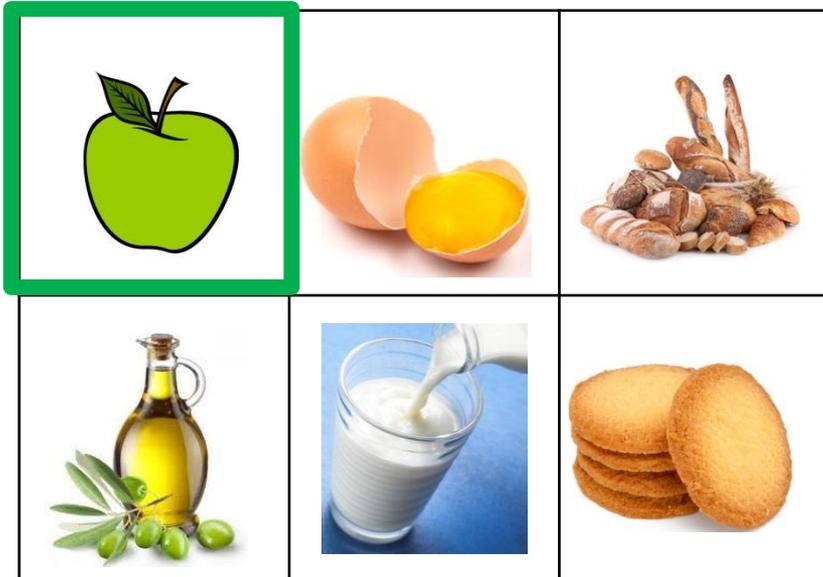
un poivron - un poivron



Les légumes



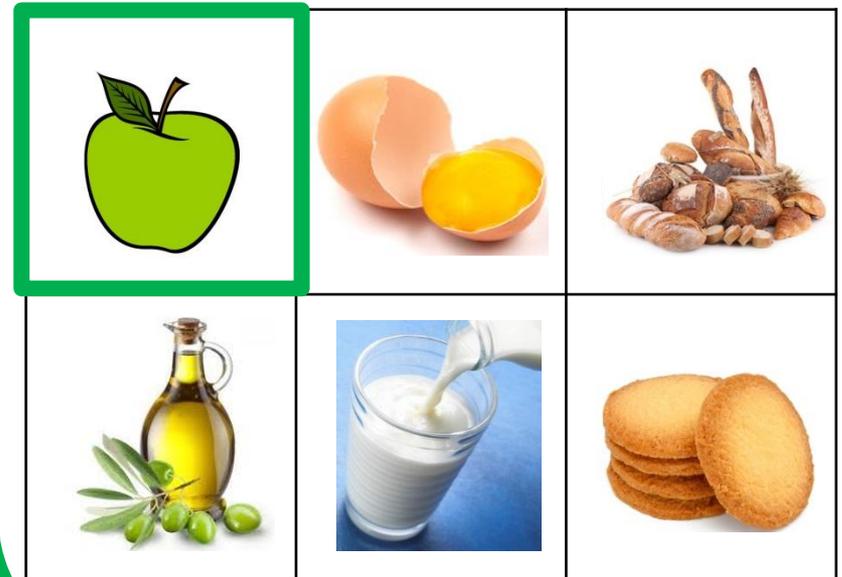
le poireau - le poireau



Les légumes



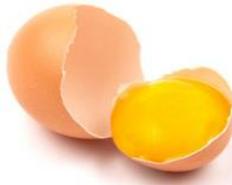
des haricots verts
des haricots verts



Les légumes



la tomate - la tomate

Les légumes



les aubergines
les aubergines

Les féculents



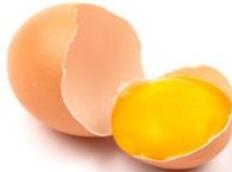
du pain - du pain

Les féculents



du riz - du riz

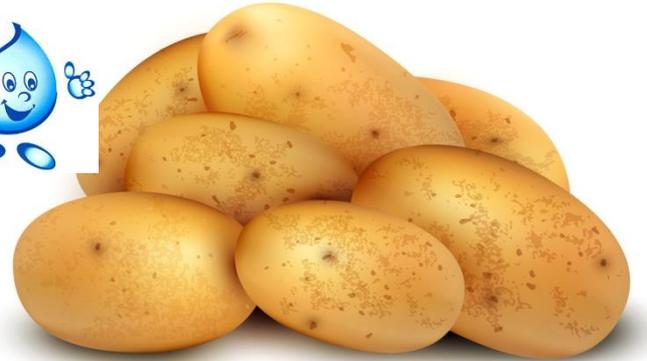
Les féculents



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 stem and a leaf.	A glass bottle of olive oil with a sprig of olives and leaves next to it.
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 biscuits.

Les féculents



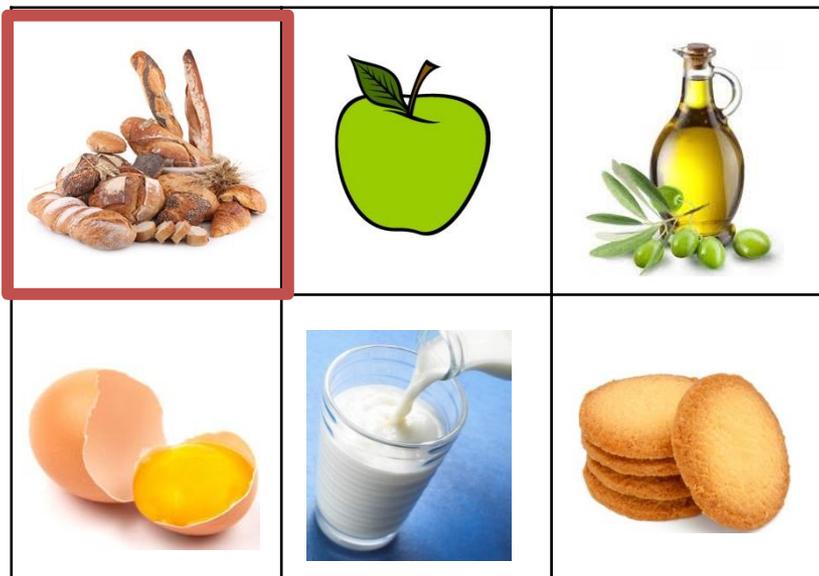
les pommes de terre
les pommes de terre

A pile of various breads and nuts, including baguettes, rolls, and almonds.	A simple illustration of a green apple with a stem and a leaf.	A glass bottle of olive oil with a sprig of olives and leaves next to it.
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 biscuits.

Les féculents



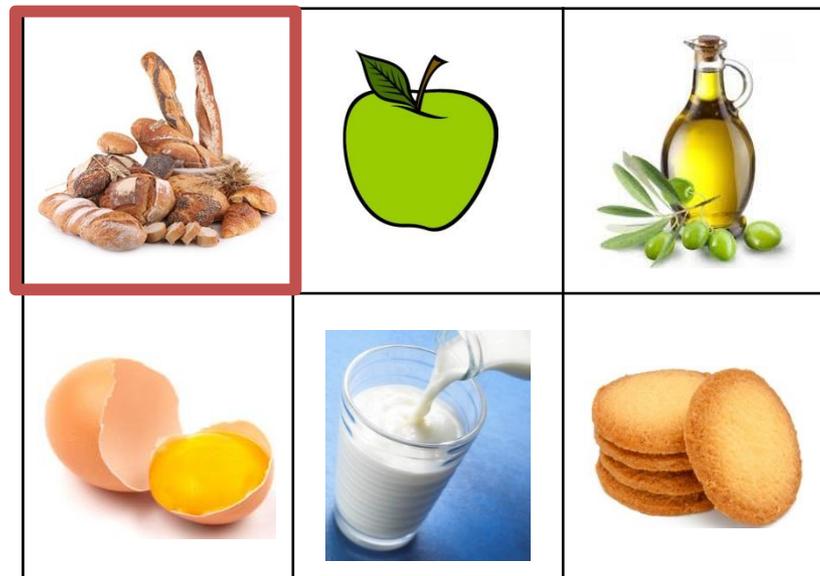
les pâtes - les pâtes



Les féculents



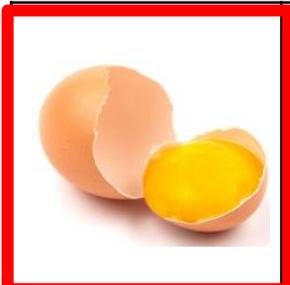
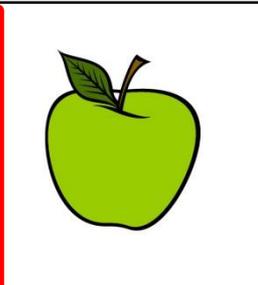
les céréales - les céréales



Les protéines



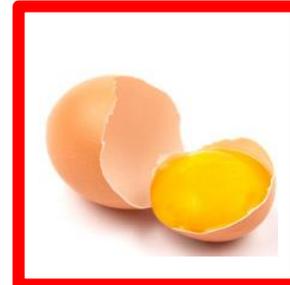
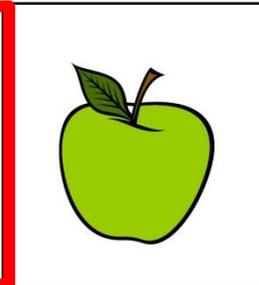
un œuf - un œuf

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 a 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 next to it.	A stack of four round, golden-brown biscuits.

Les protéines



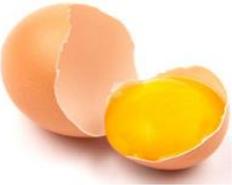
des moules - des moules

A cracked egg with the yolk and white separated.	A simple illustration of a green apple with a stem and a 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 next to it.	A stack of four round, golden-brown biscuits.

Les laitages



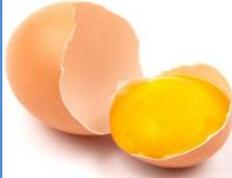
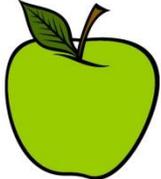
du lait - du lait

Les laitages



un yaourt - un yaourt

Les laitages



un petit suisse
un petit suisse

Les laitages

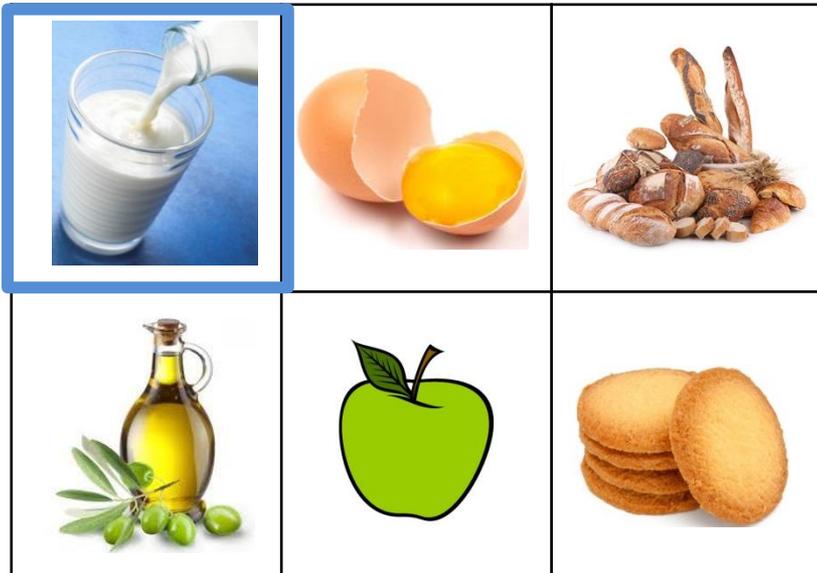


du fromage blanc -
du fromage blanc

Les laitages



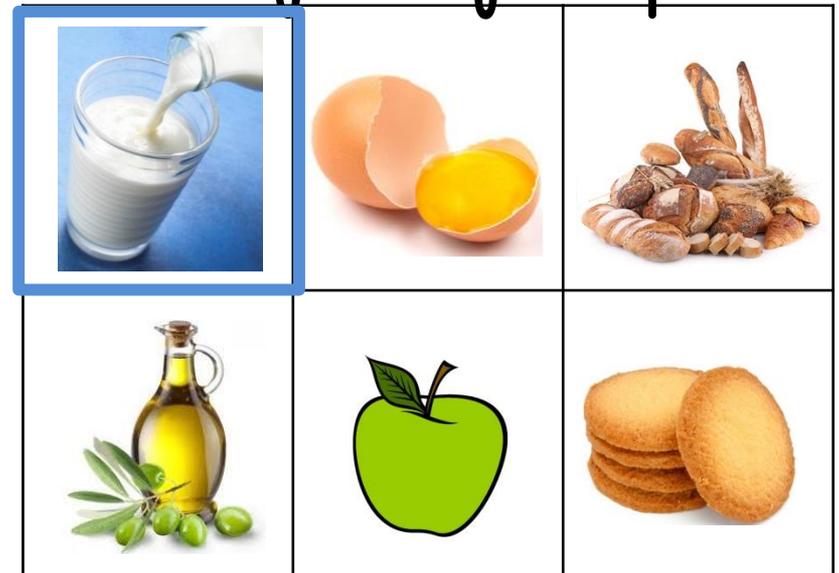
du fromage - du fromage



Les laitages



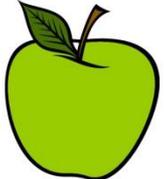
du fromage râpé
du fromage râpé



Les matières grasses



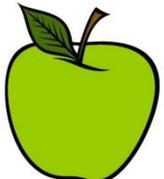
de l'huile d'olive
de l'huile d'olive

Les matières grasses



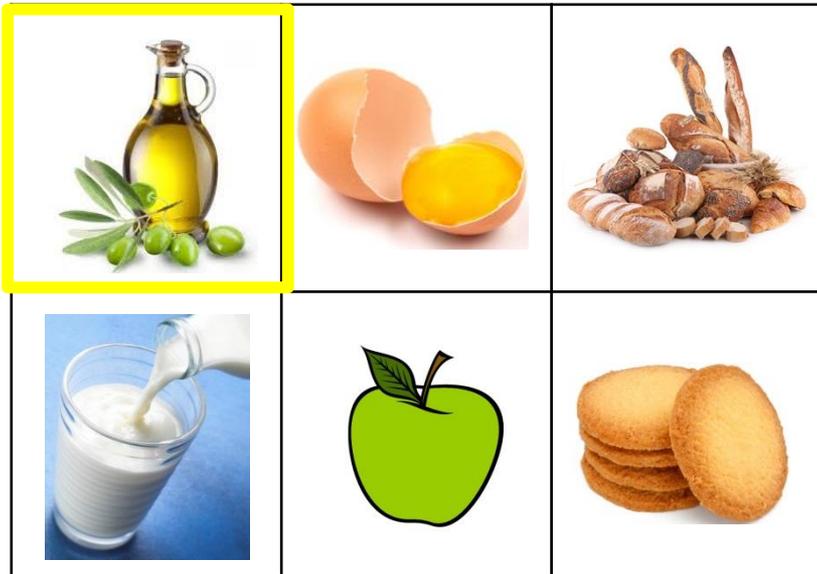
du beurre - du beurre

Les matières grasses



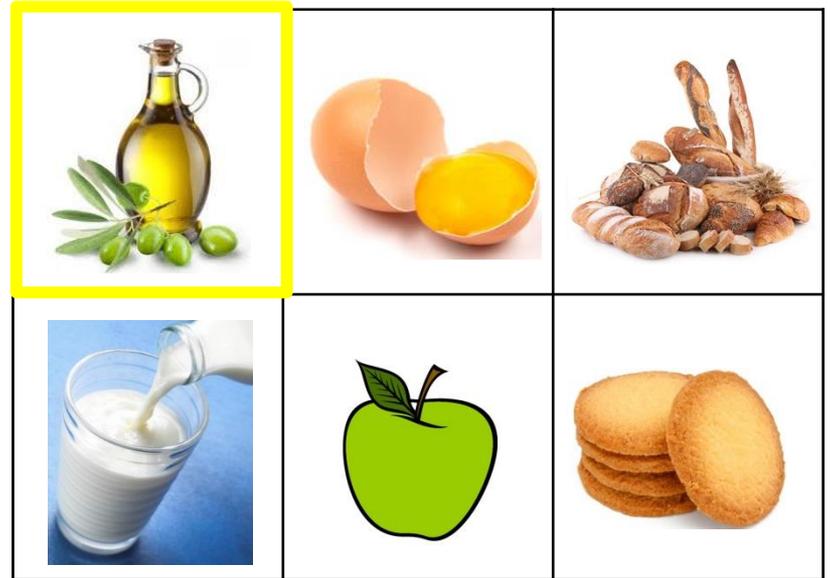
de la margarine
de la margarine



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

A stack of five round, golden-brown biscuits, with one biscuit leaning against the stack on the right side.	A cracked egg with the yolk and white separated.	A pile of various nuts, including almonds and hazelnuts.
A glass bottle of olive oil with a green olive branch and olives next to it.	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



un gâteau - un gâteau

A stack of five round, golden-brown biscuits, with one biscuit leaning against the stack on the right side.	A cracked egg with the yolk and white separated.	A pile of various nuts, including almonds and hazelnuts.
A glass bottle of olive oil with a green olive branch and olives next to it.	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 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 leaf.	A glass of milk with a white liquid being poured into it from a white pitcher.

Les petits plaisirs



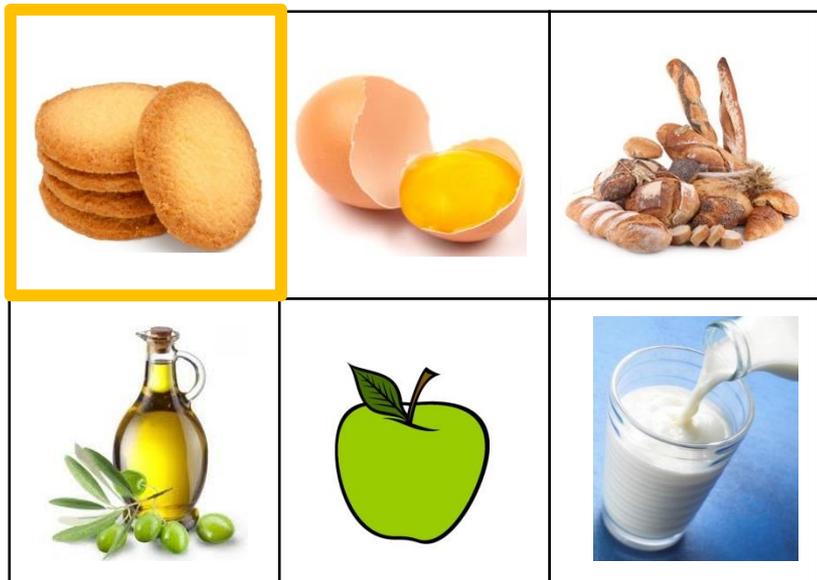
une tarte - une tarte

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 leaf.	A glass of milk with a white liquid being poured into it from a white pitcher.

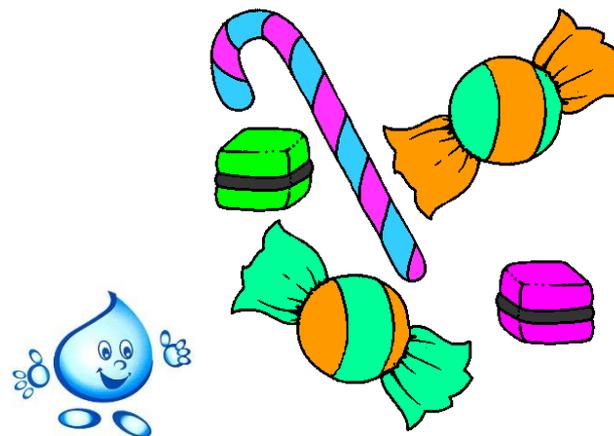
Les petits plaisirs



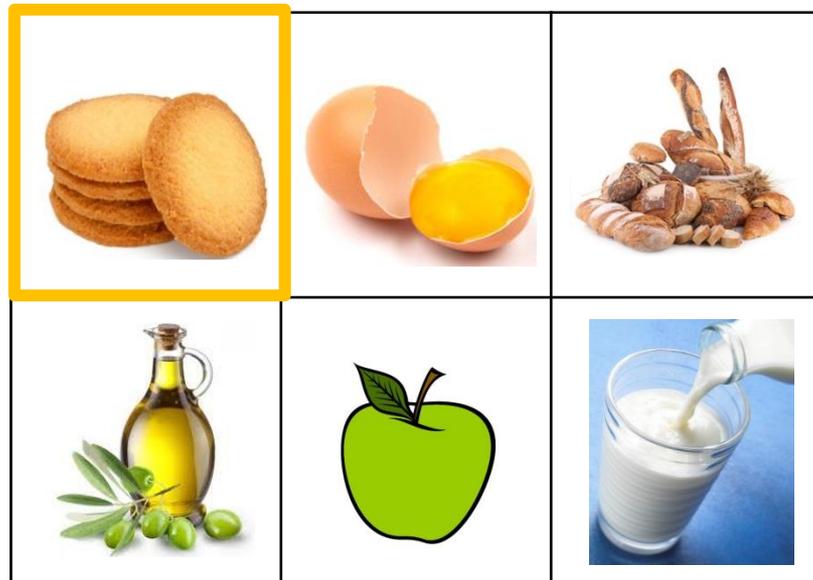
du miel - du miel



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

