

	Petit Déjeuner	Déjeuner	Collation	Dîner
Lundi	1/2 tasse de céréales 1 verre de lait 1 fruit Thé vert ou café	100 g de steak haché Haricots verts pommes de terre au four 1 pêche	Glace à la banane	saucisses aux lentilles Légumes à la vapeur 1 yaourt allégé
Mardi	Milkshalce de lait d'amandes ou soja aux fruits rouges 2 toasts confiture Thé vert ou café	100 g de veau en brochettes Ratatouille 1 bol de riz cuit Yaourt allégé	1 bol de fraises au citron	Papillotes de saumon au four pommes de terre et carottes sautées 1 pomme
Mercredi	Thé ou café 1 tranche de pain complet 1 c.à.c. de confiture allégée 1 poire	100 g de blanc de poulet émincé Julienne de légumes pâtes cuites 1/2 bol de fraises	1 fromage blanc et fruits secs	Taboulé léger 1 escalope de poulet au four 1 yaourt allégé
Jeudi	Thé ou café 1 tranche de pain complet 1 oeuf à la coque 1 kiri, des fraises	Tomates à la provençale risotto crevettes et courgettes Yaourt allégé	1 poire ou pomme	1 gaspacho 120 g de filet mignon à la crème avec riz cuit 1 yaourt
Vendredi	Thé ou café 1 tranche de pain complet 1 c.à.c. de confiture allégée 1 poire	1 croque-monsieur salade composée 2 petits suisse 2 noix	2 cookies légers avec thé ou café	Salade terrinerie de poisson purée de carottes 1 yaourt
Samedi	1/2 tasse de céréales 1 verre de lait 1 fruit Thé vert ou café	2 cuisses de poulet au citron au four Poêlée de courgette et pomme de terre 1 bol de framboises	1 poire 1 yaourt allégé	Salade Quiche lorraine sans pâte 1 fruit 1 yaourt allégé
Dimanche	Thé ou café 2 pancakes légers 1 cuillère à café de sirop d'érable 1 fruit	100 g de steak thon poêlé Gratin de légumes du soleil Yaourt allégé	1 tranche de gâteau léger au fromage blanc	Gratin de légumes à la béchamel 1 steak haché poêlé 1 compote de fruit

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Peipei Pang



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