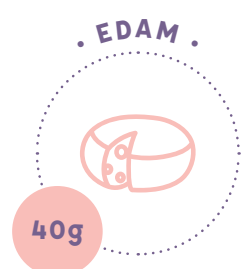
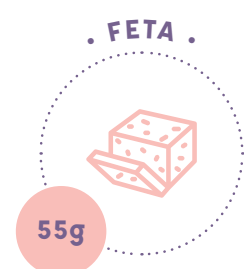
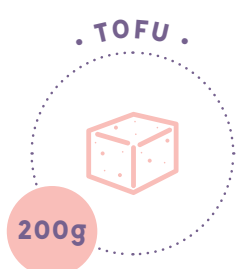
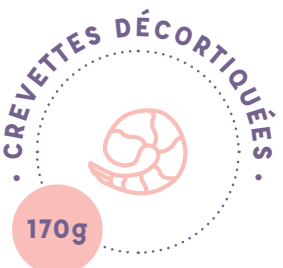
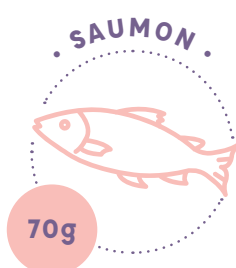
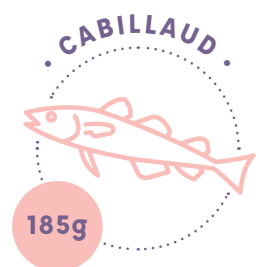
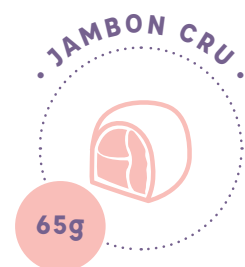
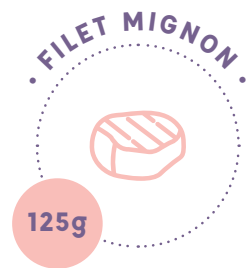
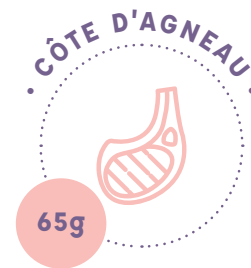
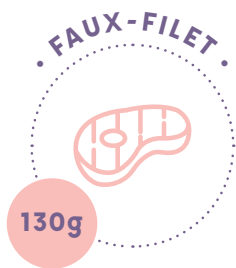
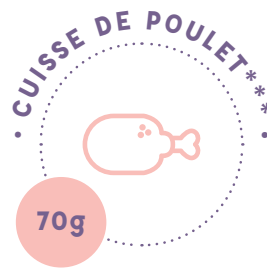
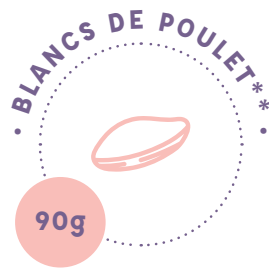
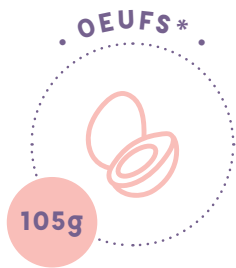


# LES PROTÉINES

La source principale de calories dans les aliments ci-dessous sont les protéines. Les quantités sont exprimées en grammes et représentent les doses maximales que tu peux manger à chaque repas (tu peux bien sûr en consommer moins).



\* 1 oeuf = 60g environ. \*\*sans peau. \*\*\* sans peau et sans os. \*\*\*\* au naturel.