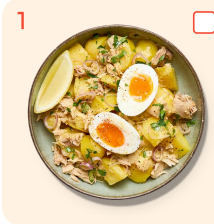


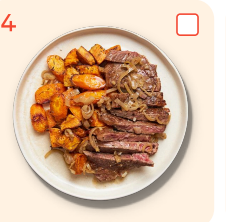
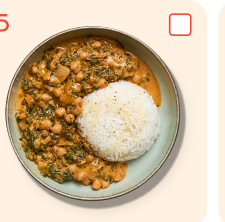
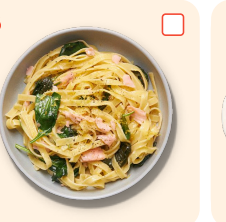
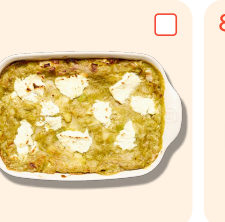

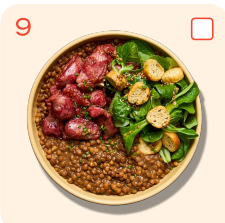
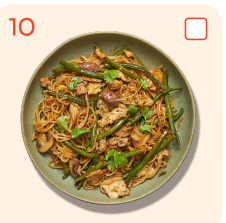
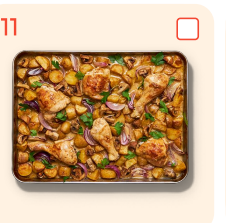
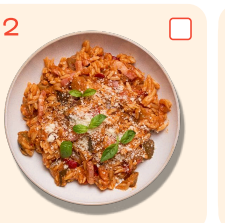
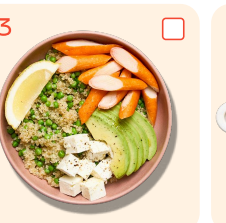
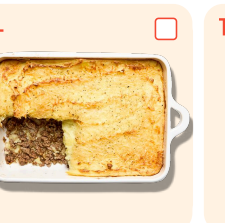

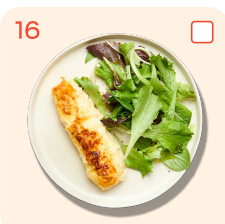
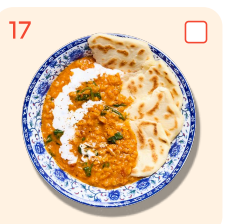
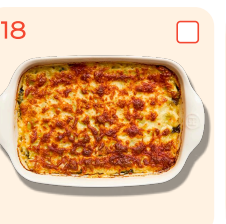
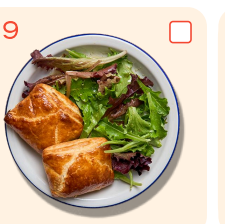
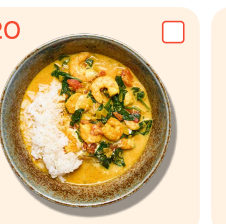
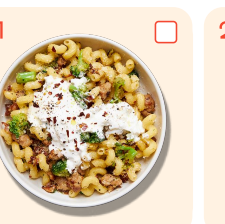

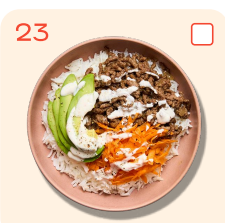
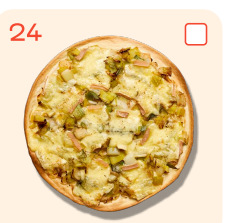
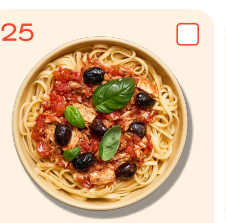
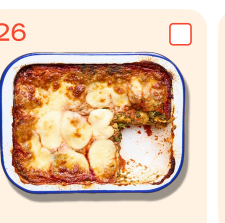
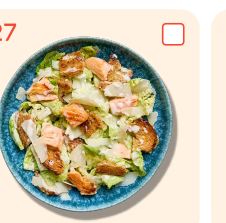
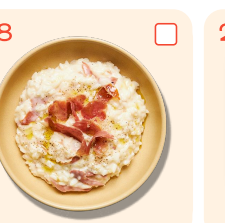

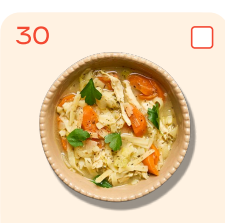
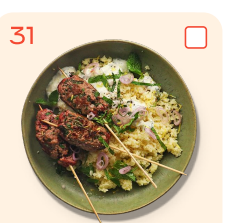


Recettes du mois de mars

1. Salade de pommes de terre au thon & œuf mollet
2. Bouillon de tortellini, saucisse & pesto
3. Quiche aux poireaux, jambon & Pavé d'Affinois
4. Faux-filet, sauce à l'échalote & légumes rôtis
5. Pois chiches crémeux au coco & riz
6. Tagliatelle saumon épinards
7. Lasagnes aux poireaux, chèvre & pesto
8. Frittata feta & épinard
9. Bowl de lentilles & gésiers
10. Nouilles sautées aux légumes & œufs
11. One pan poulet & champignons à la crème
12. Orzo ratatouille & lardons
13. Bowl de quinoa, surimi & feta
14. Hachis parmentier
15. Tortilla façon pizza Parma
16. Quenelles gratinées & salade
17. Curry de lentilles & cheese naan à La Vache Qui Rit®
18. Gratin de ravioles aux épinards
19. Feuilletés jambon & La Vache qui rit®
20. Curry de crevettes aux épinards & riz
21. Pâtes brocoli, saucisse & burrata
22. Bowl falafel & mélange de céréales
23. Bowl protéiné riz & bœuf haché
24. Tarte fine poireaux & morbier
25. Linguine au thon & olives
26. Lasagnes d'épinards à la ricotta & sauce tomate
27. Salade César au saumon
28. Risotto au crottin de chèvre & jambon de Parme
29. Pita poulet grillé, tzatziki & frites
30. Soupe de poulet & nouilles réconfortante
31. Semoule & kefta sauce yaourt

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
						1 
2 	3 	4 	5 	6 	7 	8 
9 	10 	11 	12 	13 	14 	15 
16 	17 	18 	19 	20 	21 	22 
23 	24 	25 	26 	27 	28 	29 
30 	31 					

Scanne-moi ou [clique ici](#)

Commandez vos recettes du mois en 1 clic grâce à Jow

