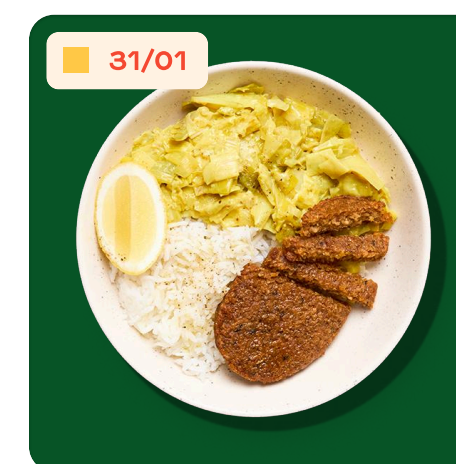
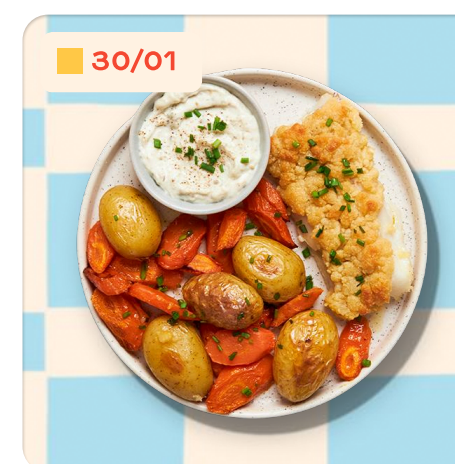
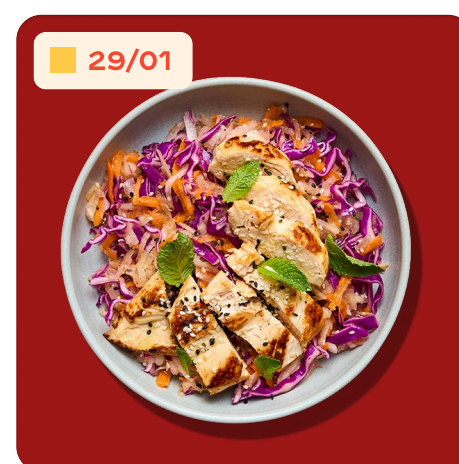
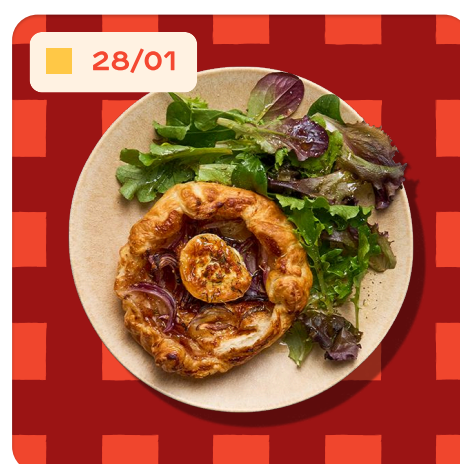
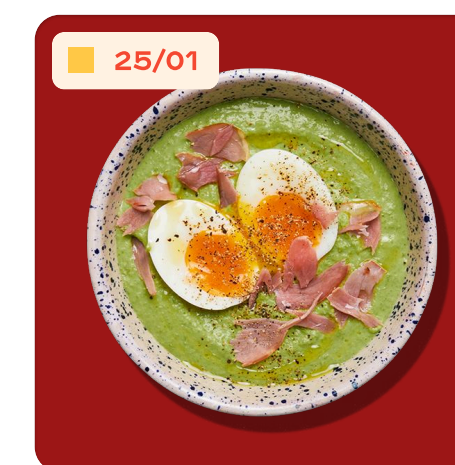
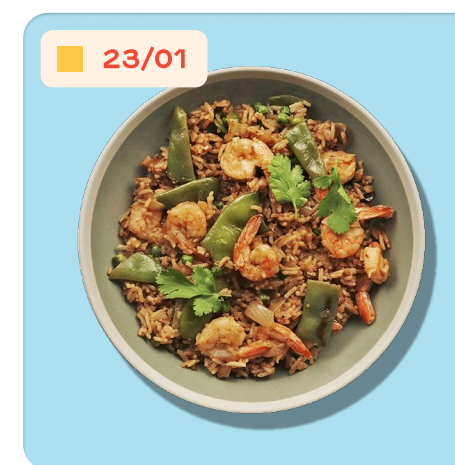
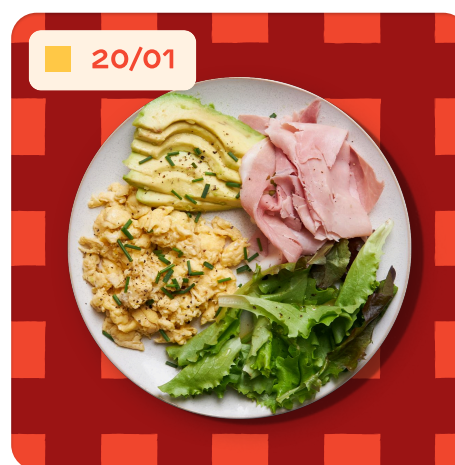
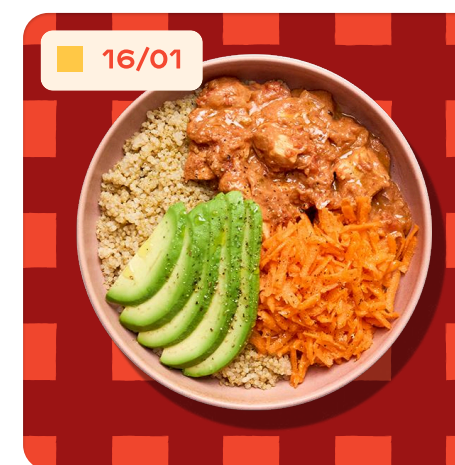
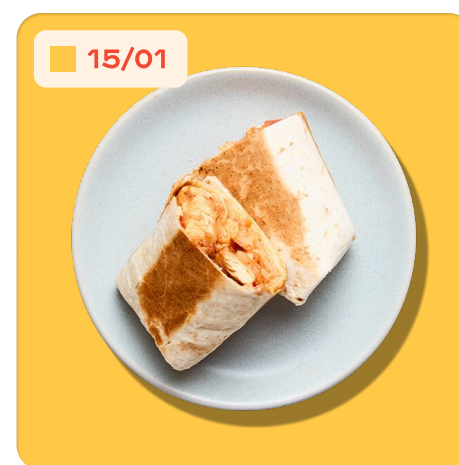
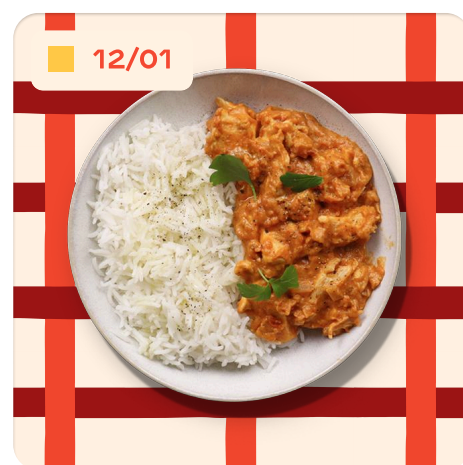
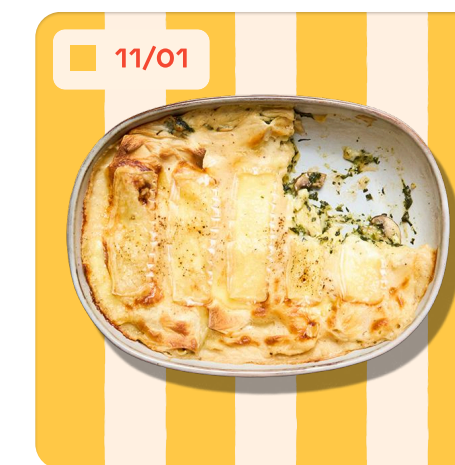
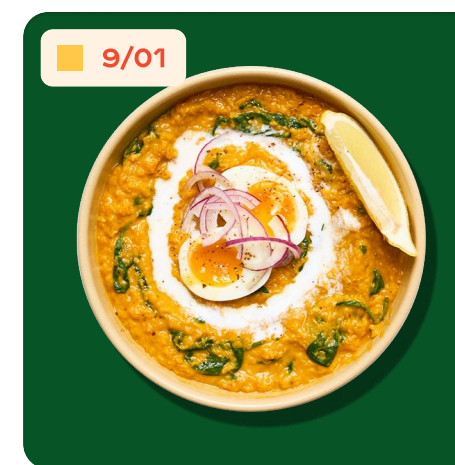
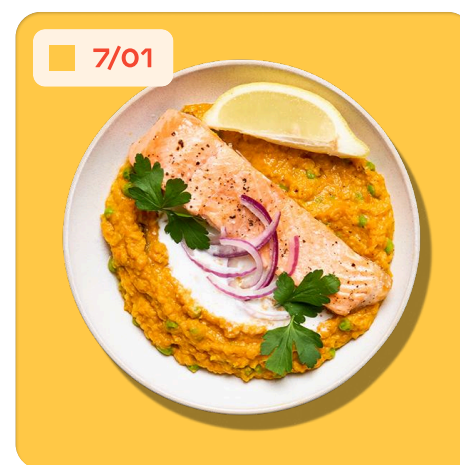
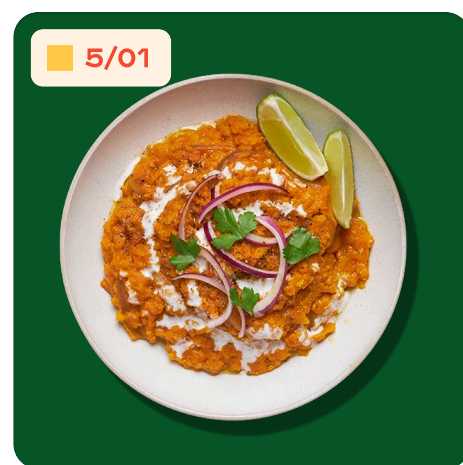
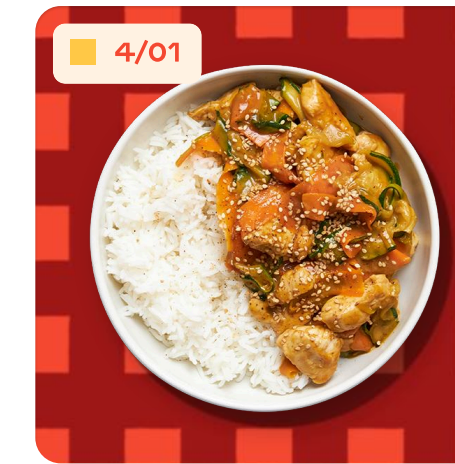
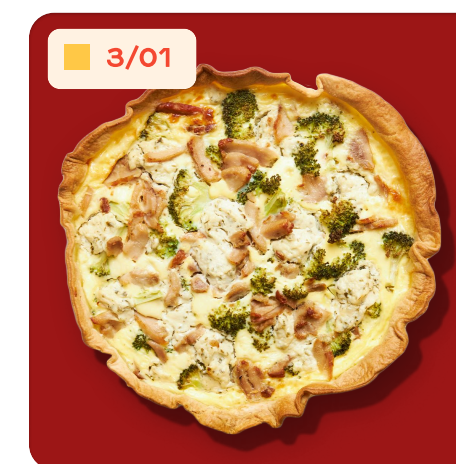
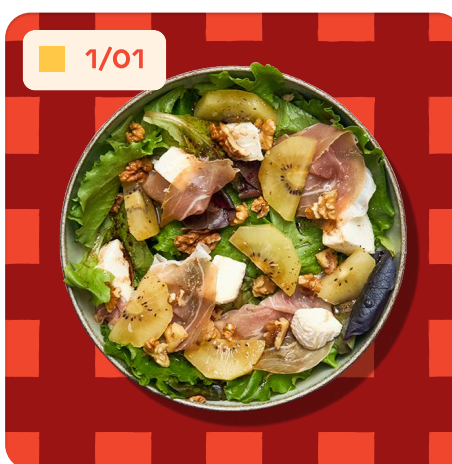


# Recettes du mois de janvier : check ☒





# Janvier

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
			<div><input type="checkbox"/> 1/01</div> Salade vitaminée au jambon & chèvre	<div><input type="checkbox"/> 2/01</div> Cabillaud & poêlée de fenouil	<div><input type="checkbox"/> 3/01</div> Quiche poulet & brocolis	<div><input type="checkbox"/> 4/01</div> Wok légumes sautés, poulet & sauce cacahuète
<div><input type="checkbox"/> 5/01</div> Curry de lentilles & patates douces	<div><input type="checkbox"/> 6/01</div> Velouté lentilles, potimarron & noisettes	<div><input type="checkbox"/> 7/01</div> Curry de lentilles, saumon & petits pois	<div><input type="checkbox"/> 8/01</div> Falafels, patate douce & haricots	<div><input type="checkbox"/> 9/01</div> Curry de lentilles, épinards & œuf mollet	<div><input type="checkbox"/> 10/01</div> Steak bowl, quinoa & tzatziki	<div><input type="checkbox"/> 11/01</div> Lasagnes aux champignons, épinards & Pont-l'Évêque
<div><input type="checkbox"/> 12/01</div> Poulet façon mafé & riz	<div><input type="checkbox"/> 13/01</div> Croquettes carottes quinoa & salade	<div><input type="checkbox"/> 14/01</div> Quinoa aux légumes sautés & crevettes	<div><input type="checkbox"/> 15/01</div> Wrap au poulet façon mafé & crudités	<div><input type="checkbox"/> 16/01</div> Bowl au poulet façon mafé & quinoa	<div><input type="checkbox"/> 17/01</div> Quiche chèvre, épinards & jambon	<div><input type="checkbox"/> 18/01</div> One pan de gnocchis, champignons & tomme
<div><input type="checkbox"/> 19/01</div> Boulettes teriyaki & riz	<div><input type="checkbox"/> 20/01</div> Œufs brouillés, jambon & avocat	<div><input type="checkbox"/> 21/01</div> Bowl au riz crispy & œuf au plat	<div><input type="checkbox"/> 22/01</div> Gratin de brocoli & chou-fleur	<div><input type="checkbox"/> 23/01</div> Riz sauté aux crevettes	<div><input type="checkbox"/> 24/01</div> Poulet parmigiana & potatoes	<div><input type="checkbox"/> 25/01</div> Velouté de petit pois & lard
<div><input type="checkbox"/> 26/01</div> Tortellini crémeux aux poireaux & noix	<div><input type="checkbox"/> 27/01</div> Hachis parmentier express	<div><input type="checkbox"/> 28/01</div> Tartelettes aux oignons, chèvre, figue & salade	<div><input type="checkbox"/> 29/01</div> Salade thaï & poulet grillé	<div><input type="checkbox"/> 30/01</div> Cabillaud en croûte de parmesan & légumes rôtis	<div><input type="checkbox"/> 31/01</div> Galette végété, fondue de poireaux au curry & riz	

Scanne-moi !  
Commandez vos  
recettes du mois  
en 1 clic grâce à **jow**

