

Semaine 1

Les recettes de la semaine

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Jus de Citron vert

Remplir une tasse avec le jus d'un citron et de l'eau bouillante.

Ajouter de l'édulcorant.

Pizza Margherita

Couper 2 tomates et 50 grammes de mozzarella en rondelles.

Régaler sur 1 pain pizza.

Hacher quelques feuilles de basilic et les disperser sur la pizza.

Ajouter sel et poivre ainsi que 2 cuillères à café d'huile d'olive.

Passer au grill pendant 15 minutes.

Salade avoiron

Couper un demi concombre et 5 champignons en dés.

Mélanger 150 grammes de pousses de soja au vinaigre.

Ajouter sel et poivre.

Presser un demi citron et ajouter 2 cuillères à café de vinaigre balsamique.

Salade poire au chèvre

Faire bouillir de l'eau.

Ajouter 2 sachets de fét à la moutarde et une portion de saumon.

Laisser cuire pendant 15 minutes.

Égoutter puis ajouter sel et poivre au saumon poché.

Riz, tomates & aubergines au curry

Cuire l'équivalent d'un petit verre de riz.

Couper en rondelles une aubergine et 2 tomates.

Les faire revenir avec une cuillère à café d'huile d'olive, sel poivre et curry.

Une fois le tout cuit, incorporer le riz et laisser mijoter.

Chips de légumes

Prendre 2 tranches de pain complet, une tranche de jambon et une tranche de jambon séché.

Déposer le jambon et le fromage entre les 2 tranches de pain.

Passer le sandwich au grill 5 minutes.

Salade de fèves

Égoutter un litre, une poire et une orange.

Les couper en dés et les saupoudrer d'ail-ail-santé.

Laisser mijoter au réfrigérateur pendant une heure.

Pain pétririer aux fruits

Mélanger 1kg de sachet de farine pétririer naturel à un verre de lait épaissi dans une casserole.

Laisser épaissir.

Égoutter un litre, 1/2 verre et 1/2 poire, puis couper les fruits en dés.

Incorporer les fruits en dés à la pâte pétririer.

Placer au four 20 minutes à 180 °C.

Tomates farcies

Prendre une grosse tomate, couper son chapeau et enlever les graines.

Prendre un demi verre d'huile d'olive, sel, du poivre, des herbes de Provence et une tranche de mozzarella. Mélanger tout le tout. Placer la farce dans la tomate.

Passer au four 15 minutes à 180 °C.

Pommes au brocoli

Faire bouillir 2 pommes de terre (dépluchées) et quelques fleurs de brocoli avec des herbes de Provence pendant 20 minutes.

Les égoutter, ajouter une cuillère à soupe de crème fraîche allégée, sel et poivre.

Écraser et mixer pour obtenir une purée.

Concasse tomate aubergine

Battre un œuf et un litre d'eau.

Couper 2 tomates et 5 champignons en rondelles puis les faire revenir dans une poêle avec 2 cuillères à café d'huile d'olive.

Ajouter sel, poivre et curry.

Faire mijoter 5 minutes, puis incorporer les œufs.

Cuire selon vos goûts.

Salade d'asperges

Couper en rondelles un légume, le faire revenir dans 1 cuillère à café d'huile d'olive.

Faire bouillir 2 pommes de terre (dépluchées). Une fois cuites, les écraser et y ajouter une cuillère à café de crème fraîche allégée.

Déposer la purée sur un steak frites 5-10 et égoutter tout en poivre.

Passer au four pendant 10 minutes à 180 °C.

Brochettes de saumon

Décongeler un filet de saumon la veille.

Le couper en dés d'environ 2 cm sur 2 cm.

Enfiler les dés sur un pépère et faire mariner la brochette dans un mélange d'herbes de Provence et de moutarde à l'ancienne.

Passer au grill.

Cabillaud en papillote

Placer le filet de cabillaud sur une feuille d'asperges.

Ajouter sel et poivre.

Placer le tout dans une autre feuille d'asperges puis enfourner 20 minutes à 180 °C.

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Top Body Menus Gratuit

Ensheng Dong



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1. Understanding the eBook Top Body Menus Gratuit
 - The Rise of Digital Reading Top Body Menus Gratuit
 - Advantages of eBooks Over Traditional Books
2. Identifying Top Body Menus Gratuit
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Top Body Menus Gratuit
 - User-Friendly Interface
4. Exploring eBook Recommendations from Top Body Menus Gratuit
 - Personalized Recommendations
 - Top Body Menus Gratuit User Reviews and Ratings
 - Top Body Menus Gratuit and Bestseller Lists
5. Accessing Top Body Menus Gratuit Free and Paid eBooks
 - Top Body Menus Gratuit Public Domain eBooks
 - Top Body Menus Gratuit eBook Subscription Services
 - Top Body Menus Gratuit Budget-Friendly Options
6. Navigating Top Body Menus Gratuit eBook Formats

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 - Top Body Menus Gratuit Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Top Body Menus Gratuit
 - Highlighting and Note-Taking Top Body Menus Gratuit
 - Interactive Elements Top Body Menus Gratuit
 8. Staying Engaged with Top Body Menus Gratuit
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Top Body Menus Gratuit
 9. Balancing eBooks and Physical Books Top Body Menus Gratuit
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Top Body Menus Gratuit
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Top Body Menus Gratuit
 - Setting Reading Goals Top Body Menus Gratuit
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Top Body Menus Gratuit
 - Fact-Checking eBook Content of Top Body Menus Gratuit
 - Distinguishing Credible Sources
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 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
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 - Integration of Multimedia Elements
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