

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.

Répartir 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 four 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 à l'ail-pignons et ciboulette

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

Couper en rondelles une oignonette 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 gruyère 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-sonnet.

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 débordant et enlever les 5/8 du contenu de la tomate.

Prendre un demi verre d'huile, 1/2 cuillère à café de 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 avec brocolis

Faire bouillir 2 pommes de terres (dépluchées) et quelques flocons de brocolis 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 oignons

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 Pommes

Couper en rondelles un oignon, 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 haché 5-10 et ajouter sel et 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'aluminium.

Ajouter sel et poivre.

Placer la viande dans une autre feuille d'aluminium puis enfourner 20 minutes à 180 °C.

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Top Body Menus Gratuit

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