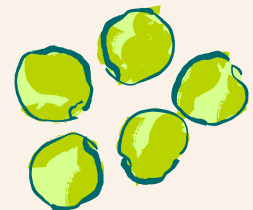
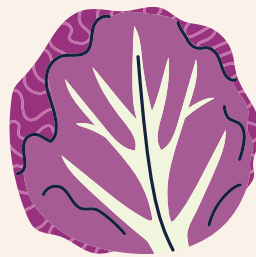
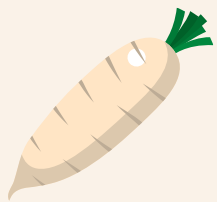


FRUITS ET LEGUMES



MOIS PAR MOIS



Légumes de Janvier



Carotte



Chou de Bruxelles

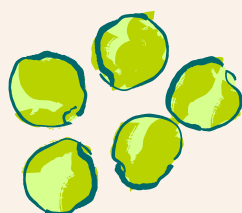
Chou rouge

Citrouille

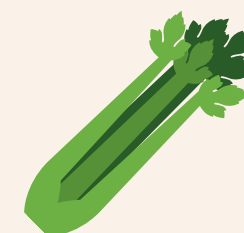


Oignon

Endive



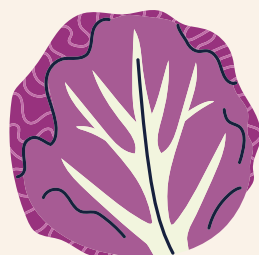
Topinambour



Pomme de terre

Chou blanc

Chou frisé



Chou-chinois

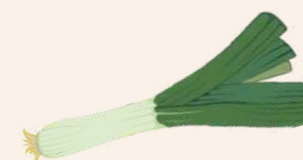
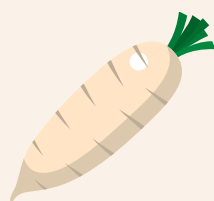
Céleri

Mâche



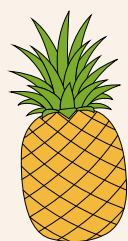
Poireau

Salsifis



...

Fruits de Janvier



Ananas

Banane



Clémentine

Grenade



Kiwi

Mandarine

Orange



Pamplemousse

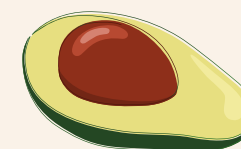
Poire

Avocat



Citron

Fruit de la passion



Kaki

Litchi

Mangue



Pomme

...



Légumes de Février



Carotte



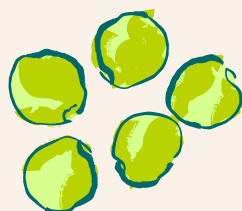
Chou rouge

Citrouille



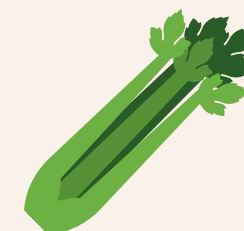
Oignon

Endive



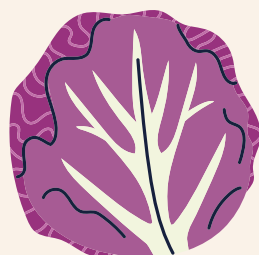
Topinambour

Pomme de terre



Chou blanc

Chou frisé



Chou-chinois

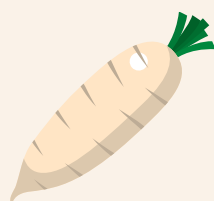
Céleri

Mâche

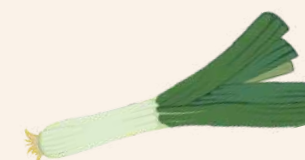


Salsifis

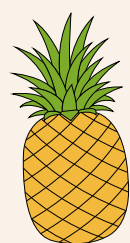
Radis



...



Fruits de Février



Ananas

Banane



Clémentine

Grenade

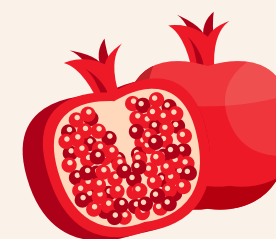


Kiwi



Mandarine

Orange



Pamplemousse

Poire

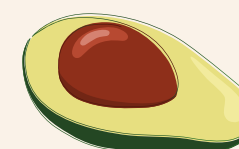


Avocat

Citron



Fruit de la passion



Litchi

Mangue

Pomme



Papaye



...

Légumes de Mars



Carotte

Chou frisé

Chou-rave

Endive

Oignon

Radis

Chou blanc

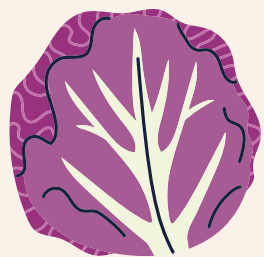
Chou rouge

Céleri

Poireau

Salsifis

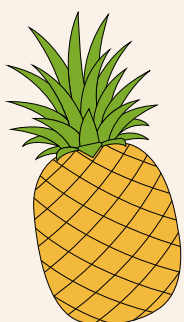
...



Fruits de Mars



Ananas



Banane



Fruit de la passion

Mandarine

Orange sanguine

Pamplemousse



Poire

Avocat

Citron

Kiwi

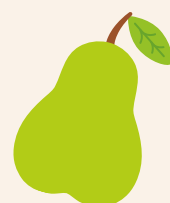
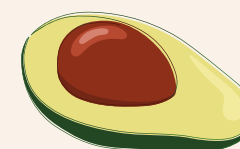


Mangue

Orange

Papaye

Pomme



...



Légumes d'Avril



Carotte

Patate douce

Chou

Asperge

Betterave

Topinambour

Endive

Artichaut

Chou-fleur

Radis

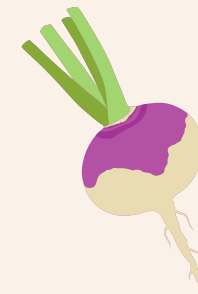
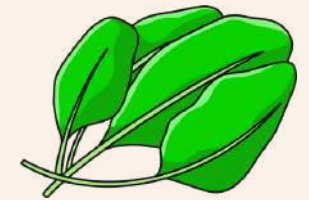
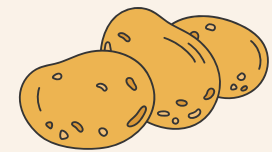
Epinard

Navet

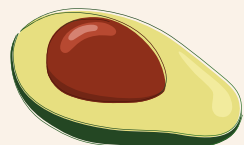
Asperge

Rutabaga

...



Fruits d'Avril



Avocat

Citron



Kiwi

Mandarine

Orange

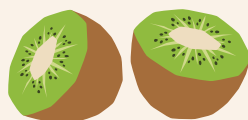


Pamplemousse

Banane

Fruit de la passion

Litchi

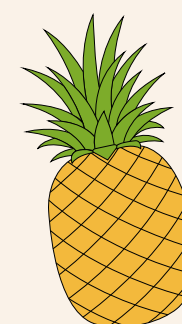


Mangue

Orange

Papaye

Pomme



...



Légumes de Mai



Ail

Asperge

Bette

Chou

Concombre

Fenouil

Oignon

Pomme de terre

Radis noir

Aubergine

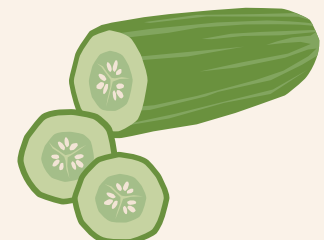
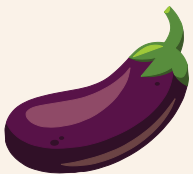
Betterave

Epinard

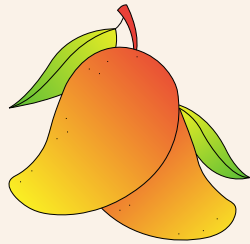
Laitue

Rhubarbe

...



Fruits de Mai



Avocat

Citron

Fruit de la passion

Kiwi



Nectarine

Orange sanguine

Pamplemousse

Prune

Tomate

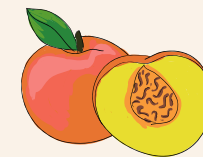
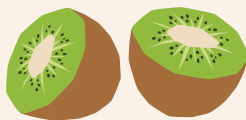
Banane

Mangue

Melon

Pêche

...



Légumes de Juin



Ail

Asperge

Aubergine

Betterave

Carotte

Chou blanc

Chou rouge

Concombre

Chou-fleur

Céleri

Fenouil

Laitue

Pois mange tout

...



Pomme de terre

Radis noir

Petit pois

Artichaut

Bette

Brocoli

Courgette

Epinard

Haricot

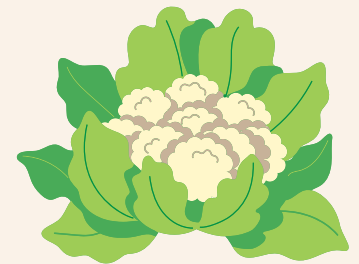
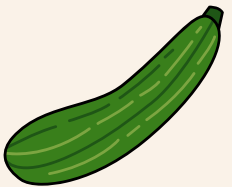
Navet

Poivron

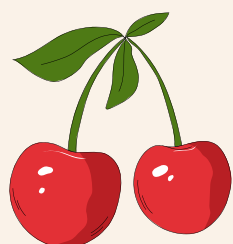
Radis

Rhubarbe

...



Fruits de Juin



Avocat

Cerise

Fraise



Fruit de la passion

Melon

Orange

Pastèque



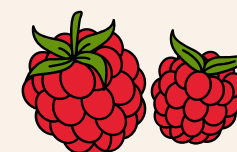
Pêche

Tomate

Banane

Citron

Framboise

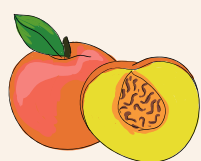


Nectarine

Prune



...



Légumes de Juillet



Ail

Artichaut

Carotte

Aubergine

Blette

Brocoli

Fève

Fenouil

Épinard

Courgette

Maïs

Navet

Oignon

Tomate

Radis

Poivron

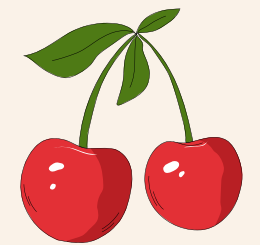
...



Fruits de Juillet

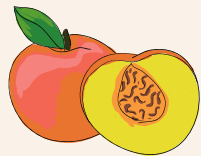


Abricot
Brugnon



Cassis

Cerise



Citron

Figue

Fraise

Framboise



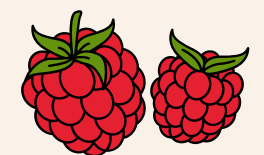
Groseille

Melon



Myrtille

Nectarine



Pêche

Poire



Prune



...

Légumes d'Aout



Ail

Bette

Carotte



Chou

Courge

Céleri



Haricot

Navet

Poivron

Artichaut



Betterave

Epinard

Laitue

Pomme de terre

Radis

Aubergine

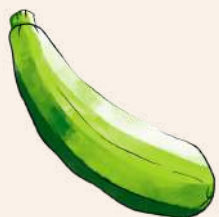
Brocoli

Maïs

Oignon

...

...



Fruits d'Aout



Abricot

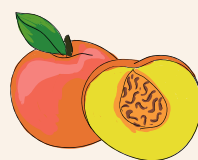


Banane

Citron

Framboise

Mirabelle



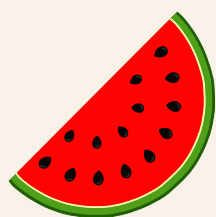
Nectarine



Pastèque

Pêche

Tomate



Groseille

Avocat



Cassis

Cerise

Quetsche



Mûre

Fraise



...

Légumes de Septembre



Ail

Bette

Carotte

Chou

Courge

Céleri

Haricot

Navet

Poivron

Artichaut

Betterave

Epinard

Laitue

Pomme de terre

...



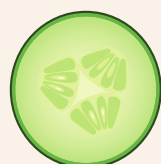
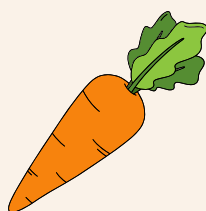
Radis
Aubergine

Brocoli

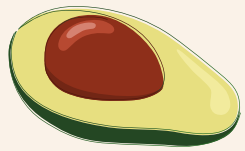
Maïs

Oignon

...



Fruits de Septembre



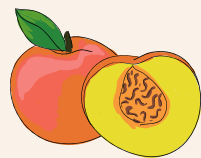
Avocat

Banane



Coing

Melon



Mûre

Noix

Poire



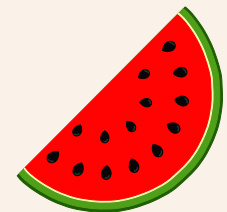
Quetsche

Tomate

Figue

Mirabelle

Nectarine



Fraise

Noisette

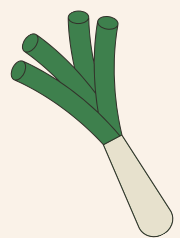
Pastèque

Reine-claude



...

Légumes d'Octobre



Radis long
Pomme de terre

Oignon

Laitue



Courge

Chou

Brocoli

Topinambour

Panais

Poivron

Epinard

Betterave

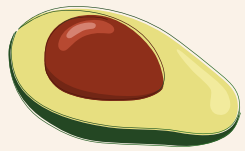
Poireau

Carotte

...



Fruits d'Octobre



Avocat

Citron

Figue

Fruit de la passion

Kaki

Mandarine

Mangue

Noisette

Papaye

Pomme

Questche

Fraise des bois

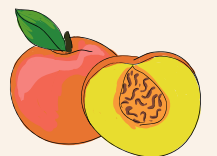
Banane

Coing

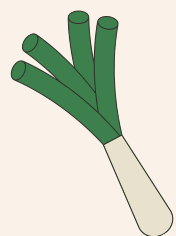
Kiwi

Marron

...



Légumes de Novembre



Mâche

Chou frisé

Chou vert

Chou chinois

Chou rouge

Oignon

Poireau

Radis

Salsifis

Topinambour

Endive

Panais

Courge

Catotte

...



Fruits de Novembre

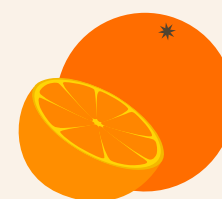


Ananas
Banane
Clémentine

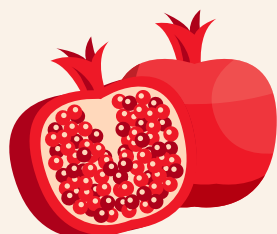


Fruit de la passion

Mandarine



Mangue



Noix

Papaye

Avocat



Citron



Grenade

Kaki

Kiwi

Marron



Orange



...

Légumes de Décembre



Mâche

Pomme de terre

Chou vert

Chou de Bruxelles

Chou rouge

Oignon

Poireau

Radis

Salsifis

Maïs

Endive

Panais

Courge

Catotte

...



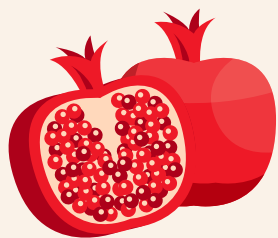
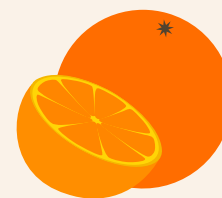
Fruits de Décembre



Ananas
Banane
Clémentine
Marron



Mandarine
Mangue
Noix
Poire



Pamplemousse
Citron
Grenade



Kaki
Kiwi

Marron

Litchi

...





Qui suis-je ?

GURY Marina

Diététicienne - Nutritionniste

Consultation au cabinet ou à distance

Rdv, infos :

<https://marinadiet.weebly.com>

Ou au : 06.75.67.31.03

Prise de rendez-vous en ligne sur :
<https://calendly.com/marinadiet/consultation>

