

4 lunchboxes végétaliennes

Riches en protéines

Chacun de ces repas et chacune de ces collations vous apporteront les 9 acides aminés essentiels.

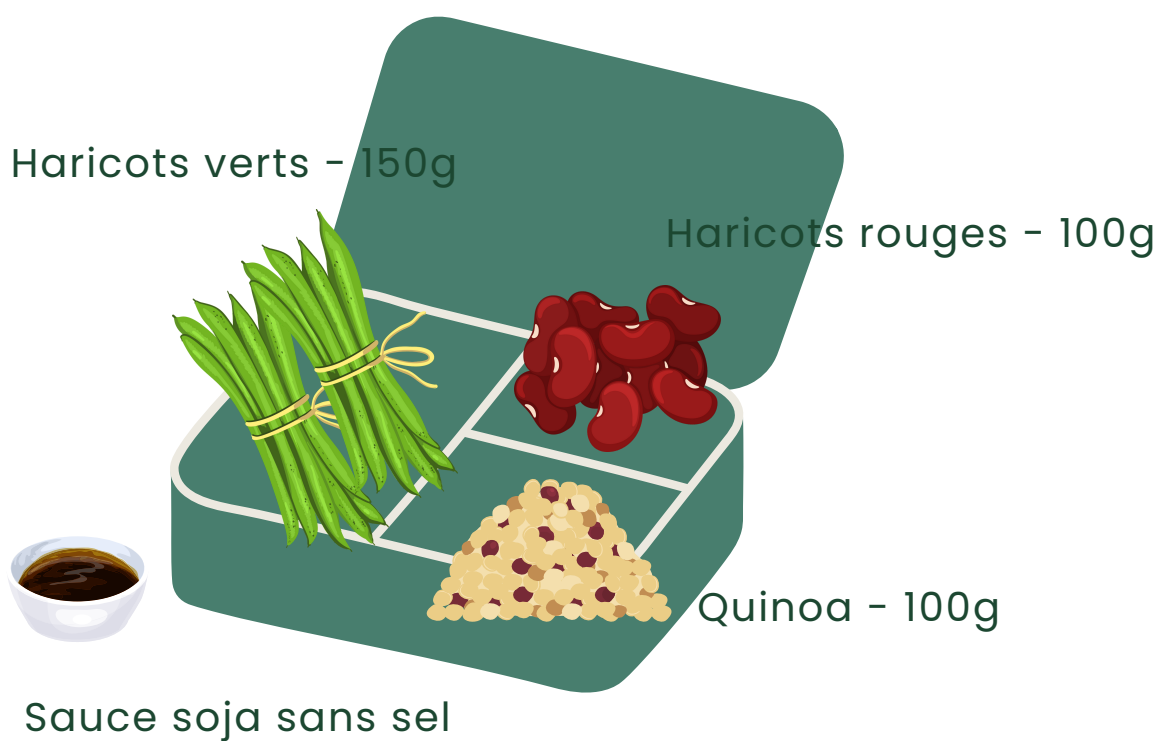
#1 Lunchbox



350 Kcal



20g



#1 Collation



300 Kcal



6g

Amandes/Graines de tournesol - 30g



1 pomme

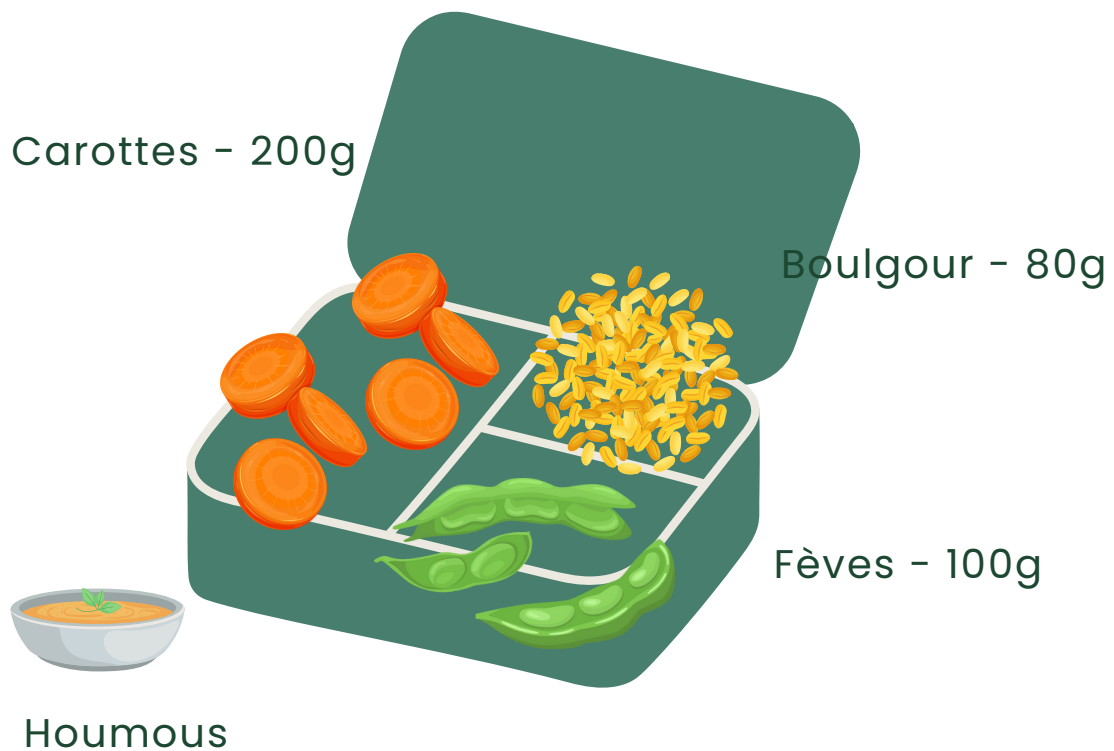
#2 Lunchbox



350 Kcal



15g



#2 Collation

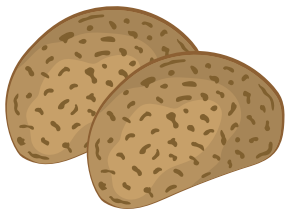


300 Kcal



12g

Pain complet - 2 tranches



Beurre de cacahuètes - 30g



#3 Lunchbox



350 Kcal



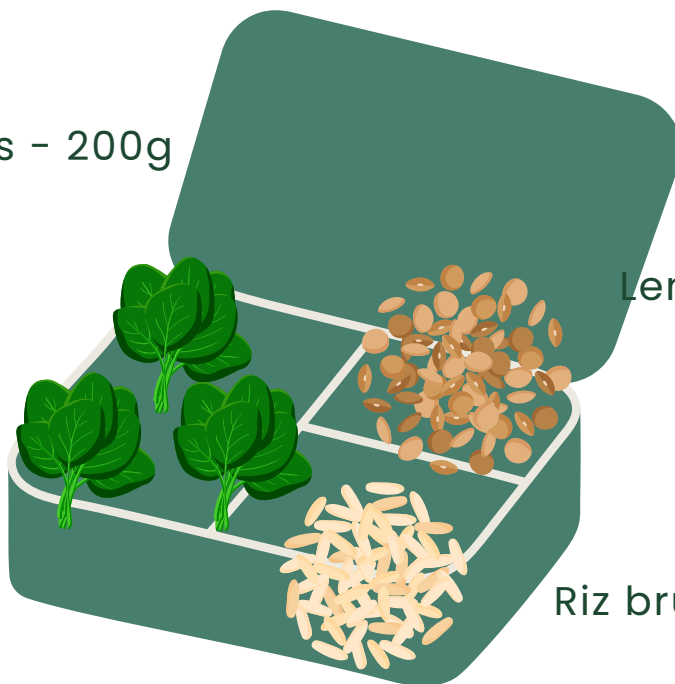
20g

Épinards - 200g

Lentilles - 150g



Ketchup maison



Riz brun - 100g

#3 Collation



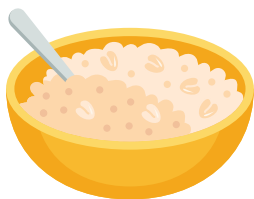
300 Kcal



8g

Porridge avoine - 150g

Graines de chia - 20g



#4 Lunchbox



450 Kcal



30g

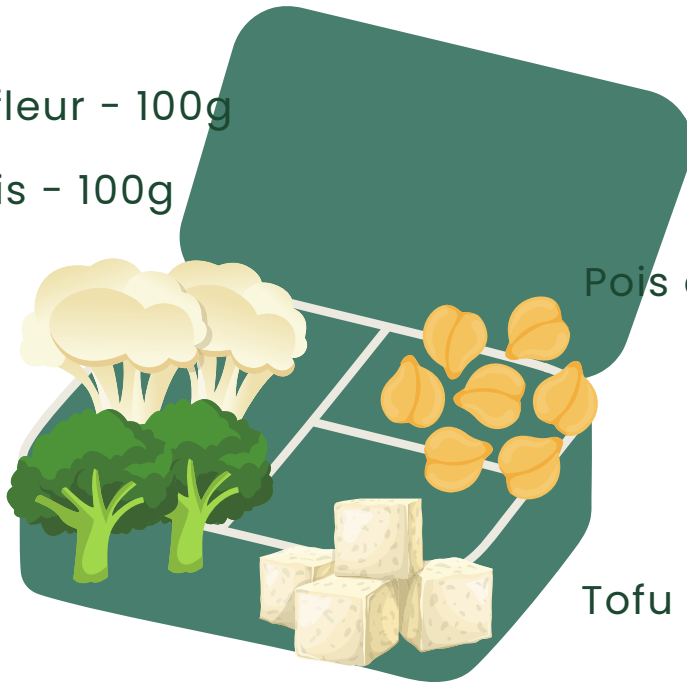
Chou fleur - 100g

Brocolis - 100g

Pois chiches - 150g



Sauce tartare diet'



Tofu - 100g

#4 Collation



280 Kcal



8g

Noix de cajou - 50g

Abricots secs - 30g

