



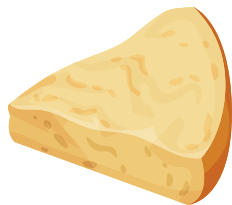
Les protéines animales



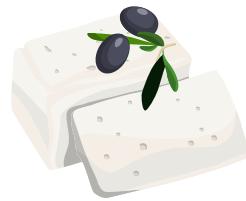
Faux-filet de bœuf
30g/100g



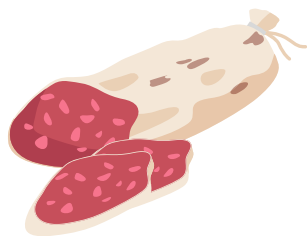
Filet de poulet
30g/100g



Parmesan
30g/100g



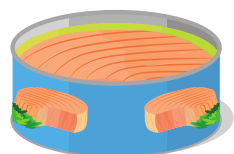
Fromage de brebis
30g/100g



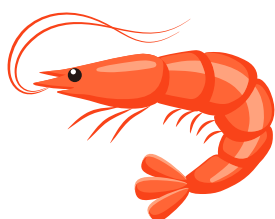
Saucisson sec
28g/100g



Steak haché 5%
25g/100g



Thon
25g/100g



Crevettes
24g/100g



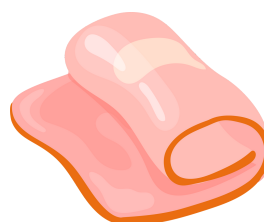
Skyr
12g/100g



Sardines
25g/100g



Saumon
25g/100g



Jambon blanc
20g/100g

Les protéines végétales



Graines de courge
30g/100g



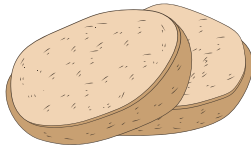
Beurre de cacahuètes
25g/100g



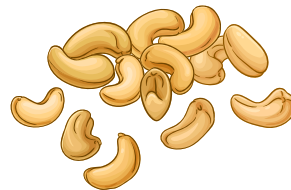
Amandes
22g/100g



Graines de tournesol
20g/100g



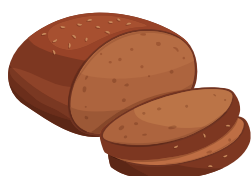
Seitan
19g/100g



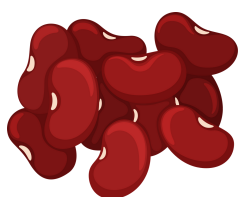
Noix de cajou
18g/100g



Tofu
14g/100g



Pain d'Ezekiel
12g/100g



haricots rouges
7g/100g



Noisettes
14g/100g



Avoine
13g/100g



Pois chiches
9g/100g