Date :

MENU DE LA SEMAINE

	Déjeuner	Diner
Lundi		
Mardi		
Mercredi		
Jeudi		
Vendredi		
Samedi		
Dimanche		

Liste de courses

- [ ]
- [ ]
- [ ]
- [ ]
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Dans mes placards

MES INDISPONSABLES EN CUISINE

Farine

Sucre

Pâtes

Riz

Levure chimique

Sel

Semoule

Maïs

Lait

Tomate concassée

Petits pois

Tomate concentrée

Thon

Légumes

Oeufs

Beurre

Crème fraiche

Laitue

Crème liquide

Saumon fumé

Fromage rapé

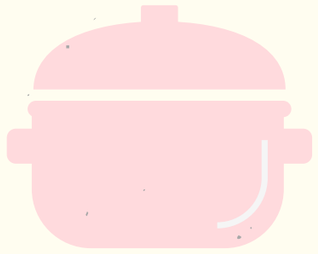
Fromage frais

Yaourt /crème dessert

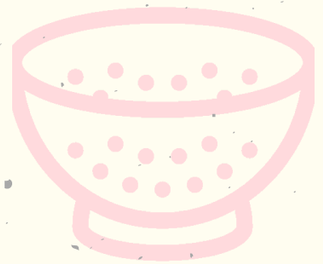
Viandes

Mes ustensiles

MES INDISPENSABLES EN CUISINE



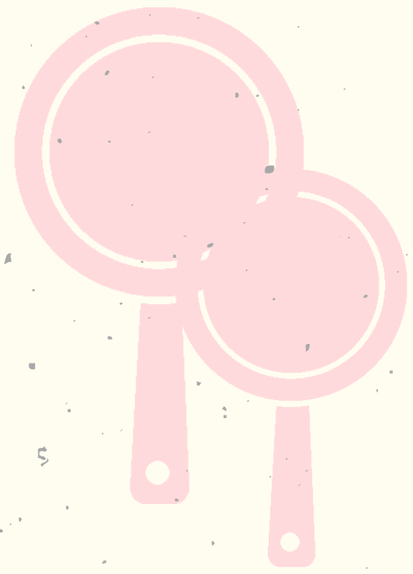
Cocotte



Passoire/chinois

Casseroles

Cuillères en bois



Poêles

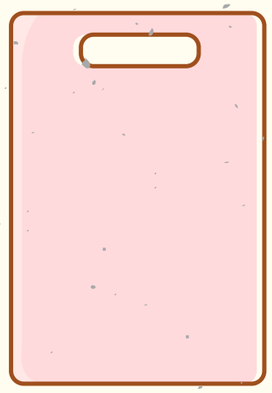


Planche à découper

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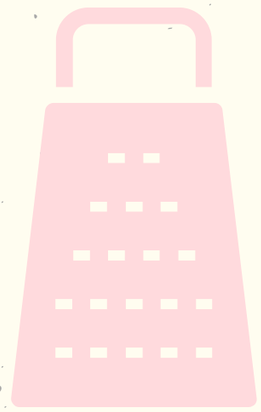
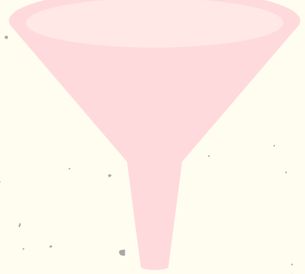
Mes ustensiles

MES INDISPENSABLES EN CUISINE

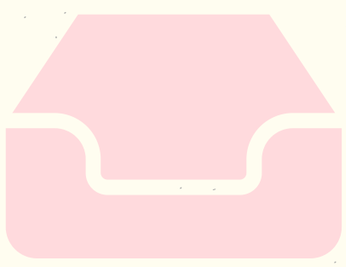


Râpe

Marmite



Entonnoir



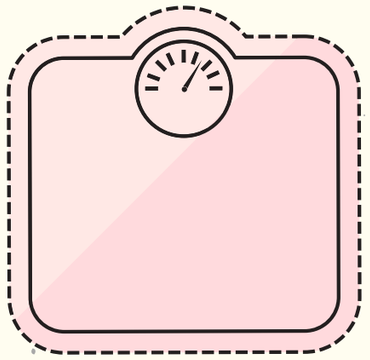
Plat à four

Blender

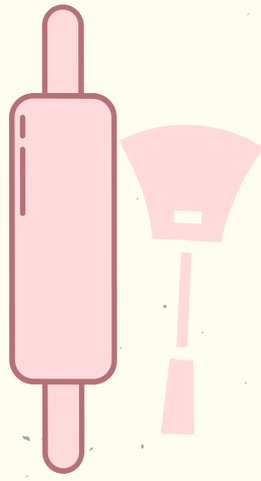
Louche/Ecumoire/
Fouet

Mes ustensiles

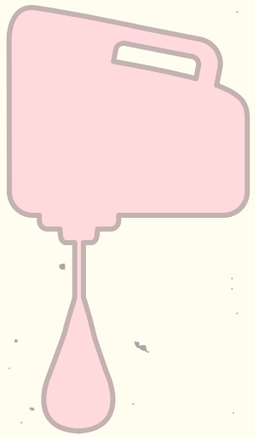
MES INDISPENSABLES EN CUISINE



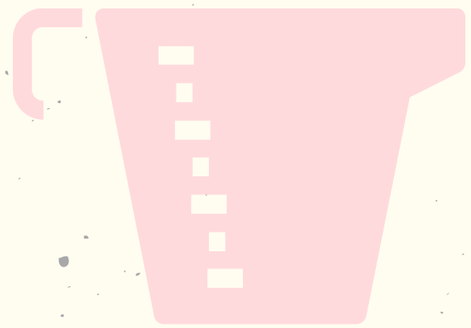
Balance



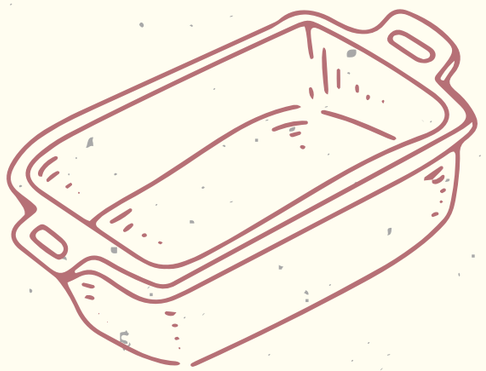
Rouleau à patisserie
/Pinceaux



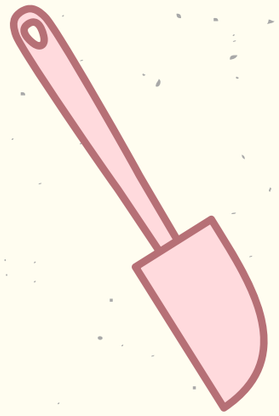
Batteur



Verre doseur



Moule à gateaux



Spatule/Maryse

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