

2018

Mémo'niak

# On fait quoi pour le dîner ?

Spécial recettes  
légères

Chaque jour, une idée  
de recette légère pour le dîner,  
avec sa liste de courses.

Des recettes à préparer  
en 15 minutes max\*  
pour tous les jours  
de la semaine.

Pour chaque recette, la liste  
détachable et pré-imprimée  
des ingrédients  
à emporter au supermarché !

12 mois : de janvier à décembre 2018

# Fait Dner Spcial Recettes Lgres

**N Noddings**



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