



# Ma liste d'épicerie

## FRUITS & LÉGUMES

♥ Canneberges Patience Fruit & co

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## VIANDES & POISSONS

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## PRODUITS LAITIERS

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## PRODUITS CONGELÉS

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## GARDE-MANGER / RIZ & PÂTES

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## PAIN / PÂTISSERIE / CÉRÉALES

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## BREUVAGES

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## AUTRES

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# Mes menus de la semaine

LUNDI

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MARDI

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MERCREDI

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JEUDI

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VENDREDI

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SAMEDI

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DIMANCHE

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