



## MUSLI Z MIODEM i ORZECAMI



JOGURT



MIÓD



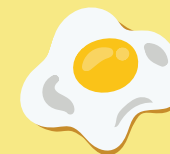
ORZECY



## JAJECZNICA



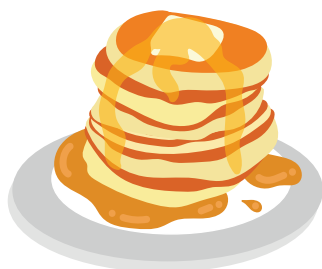
KIEŁBASA



JAJKO



CHLEB



## NALEŚNIKI



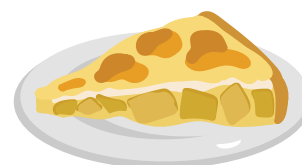
MĄKA



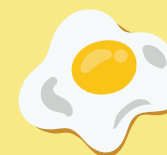
MIÓD



CUKIER



## TORTILLA Z ZIEMNIAKAMI



JAJKO



OLEJ



ZIEMNIAK

ŚNIADANIE



ŚNIADANIE

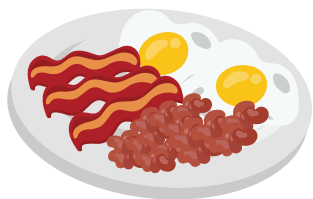


ŚNIADANIE



ŚNIADANIE





## ANGIELSKIE ŚNIADANIE



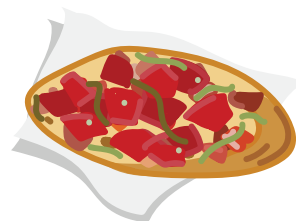
JAJKO



BEKON



FASOLA



## CROSTINI POMIDOROWE



CHLEB



POMIDOR



OLEJ



## TACO



TORTILLA



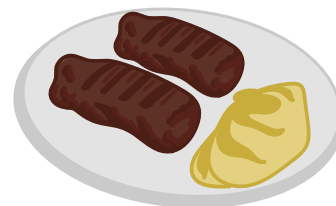
MIĘSO MIELONE



CHEDDAR



POMIDOR



## MiGi



MIĘSO MIELONE



SÓL



CHLEB



MUSZTARDA

**ŚNIADANIE**



**ŚNIADANIE**



**OBIAD**



**OBIAD**





## MAKARON Z PESTO



PARMEZAN



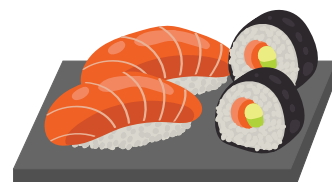
PESTO



MAKARON



BAZYLIA



## SUSHI



WODOROSTY



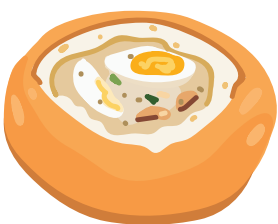
ŁOSOŚ



OGÓREK



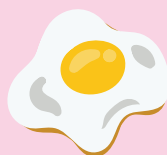
RYŻ



## ZUREK



CHLEB



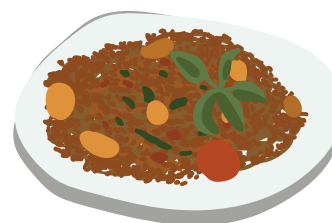
JAJKO



KIEŁBASA



DRO D E



## ZUPA Z SOCZEWICY



SOCZEWICA



POMIDOR



CZOSNEK



LIŚĆ LAUROWY

**OBIAD**



**OBIAD**



**OBIAD**



**OBIAD**





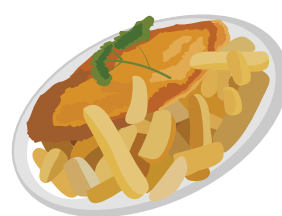
# PIZZA



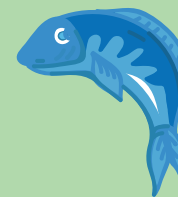
POMIDOR MOZZARELLA



BAZYLIA CIASTO



# RYBA Z FRYTKAMI



RYBA



FRYTKI



OLEJ



SÓL



# GYROS



WIEPRZOWINA



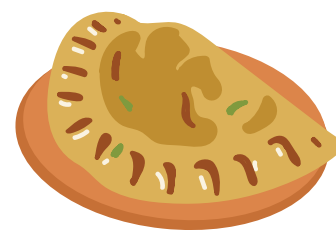
CHLEBEK  
PITA



CEBULA



TZATZIKI



# PIEROGI



MĄKA



CEBULA



BEKON



ZIEMNIAK

**KOLACJA**



**KOLACJA**



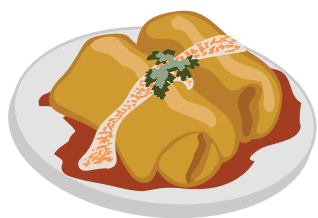
**KOLACJA**



**KOLACJA**







# SARMALE



LIŚCIE KAPUSTY



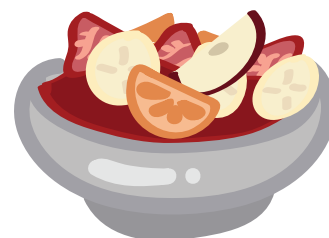
RYŻ



MIĘSO  
MIELONE



ŚMIETANKA



# SALAŃKA OWOCOWA



BANAN



JABŁKO



MIÓD



KIWI

**KOLACJA**



**KOLACJA**

