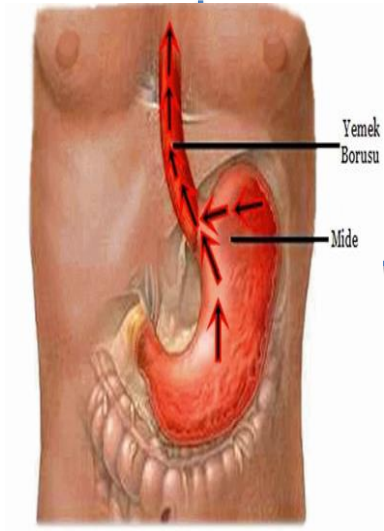
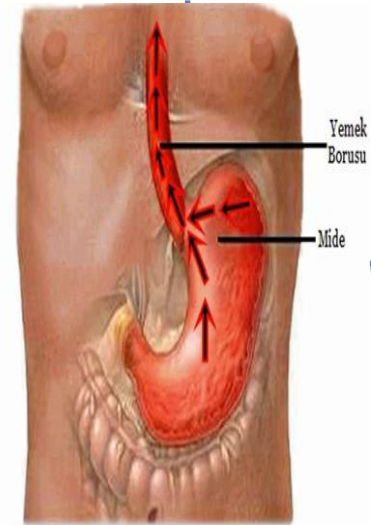






Şeftali

Tart
Marmelat
Komposto

Ispanak

Turta
Kek
Gözleme

İncir

Kuru İncir
Reçel
İncir Dolması

Mantar

Sote
Pizza
Fırında

İnce Bağırsak

Mide

A Vitamini

Göz

Tiriot

Üzüm

Üzüm Suyu
Marmelat
Pekmez

Kayısı

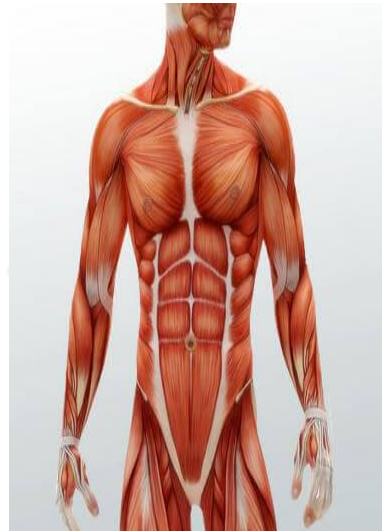
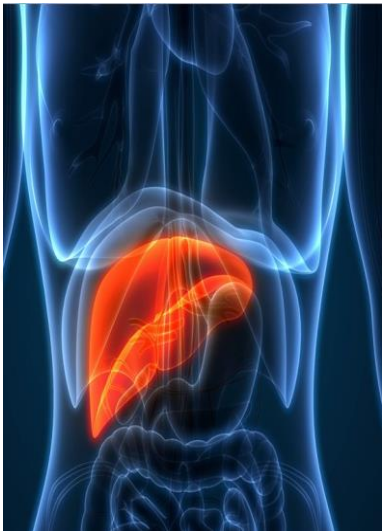
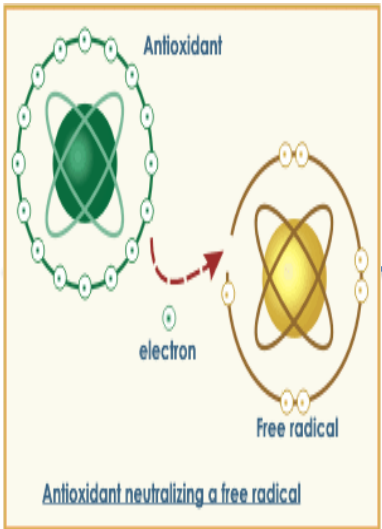
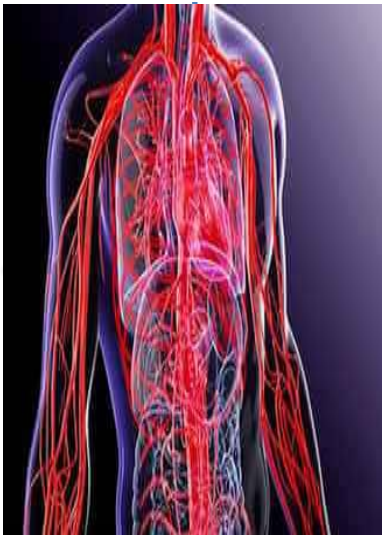
Kuru Kayısı
Komposto
Salata

Kestane

Şeker
Reçeli
Çorba

Kavun

Kavun Suyu
Sorbe
Puding



Semizotu

Zeytinyağlı
Salata
Yoğurtlu

Kuru Fasulye

Etli
Piyaz
Aşure

Bakla

Yoğurtlu
Salata
Fava

Soya

Kıyma
Sos
Salata

Antioksidan

Kas Sistemi

Damarlar

E Vitamini

Karaciğer

Buğday

Ekmek
Aşure
Salata

Ton Balığı

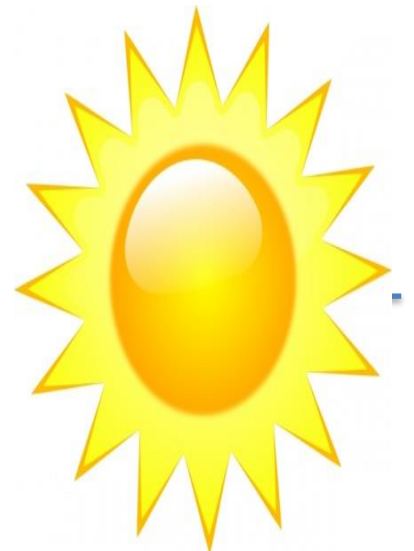
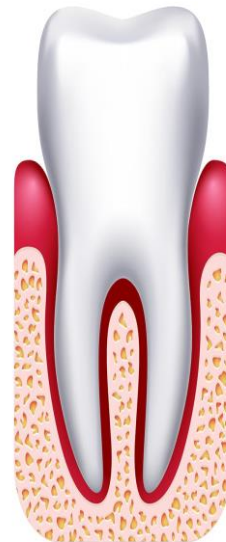
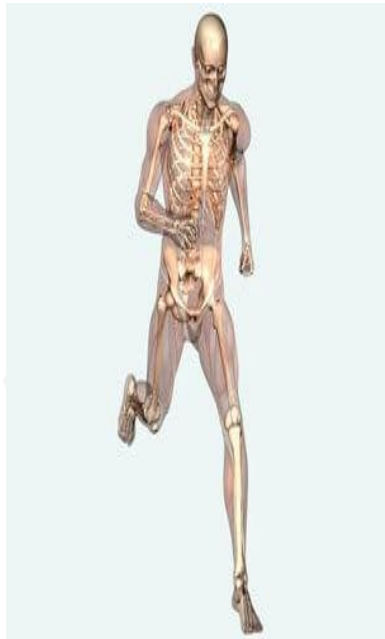
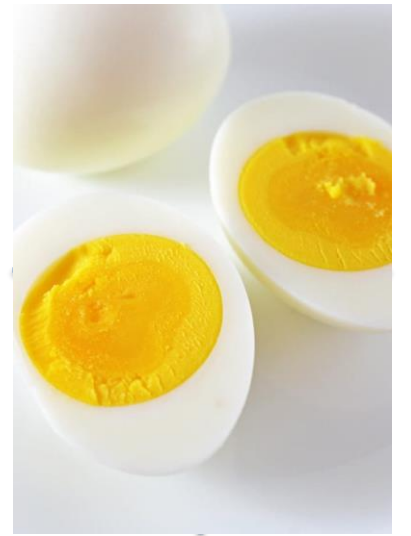
Izgara
Konserve
Pizza

Susam

Simit
Yağ
Poğaça

Ayçiçeği

Yağ
Çekirdek
Ekmek



Yumurta Sarısı

Kahvaltı
Börek
Menemen

Somon

Izgara
Salata
Pizza

Ciğer

Izgara
Sote
Pilav

Peynir

Kahvaltı
Haydari
Makarna

Eklemler

D Vitamini

Diş Eti

Balık Yağı

Tablet
Şurup
Gofret

Diş

Kemikler

Güneş

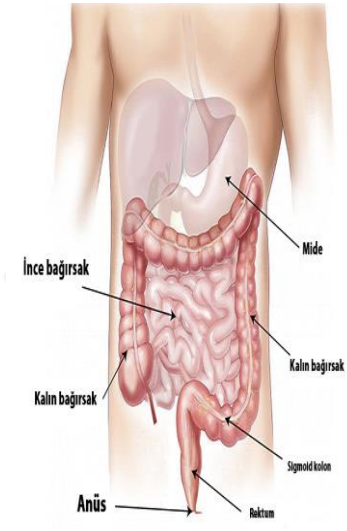
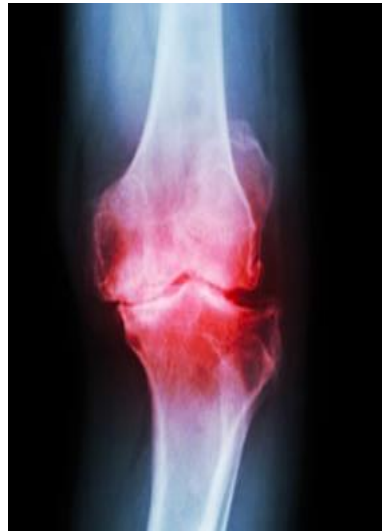
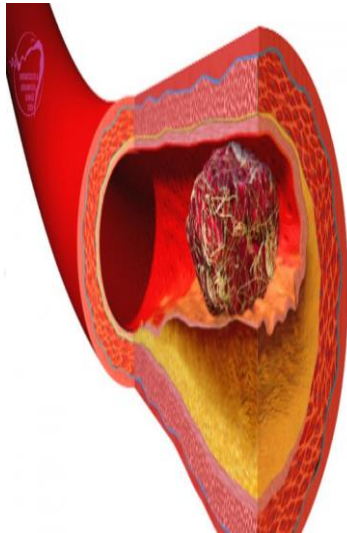
Park
Yürüyüş
Piknik

Süt

Kahvaltı
Reçeli
Çorba

Tereyağ

Kahvaltı
Kek
Simit



K.Mercimek

Çorba
M.Köfte
Salata

Kereviz

Kıymalı
Zeytinyağlı
Salata

Lahana

Dolma
Kapuska
Salata

Yonca

Yoğurtlu
Salata
B.Suyu

Kan

Kireçlenme

K Vitamini

Pıhtılaşma

Sindirim

Balık

Izgara
Fırında
Çorba

Kahve

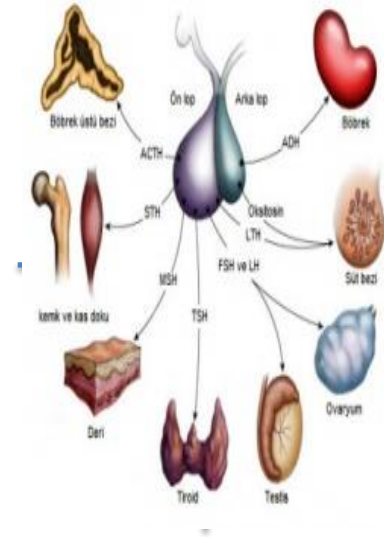
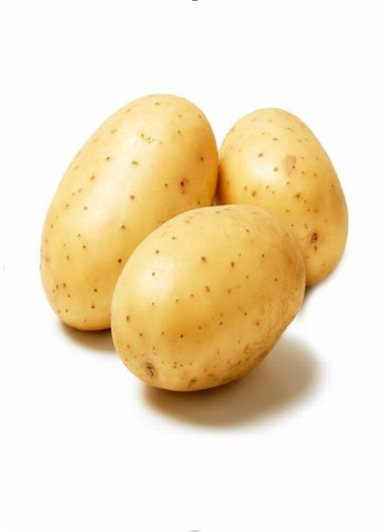
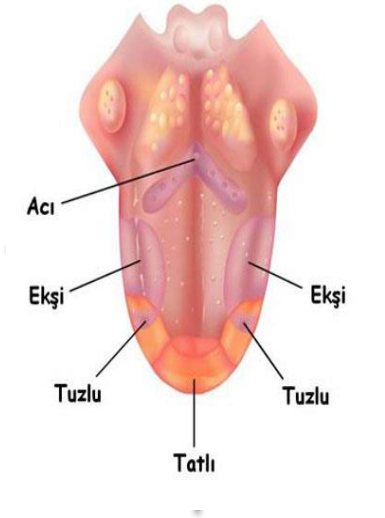
Kahvaltı
Tatlı
Dondurma

Nohut

Etli
Aşure
Çorba

Pazı

Kıymalı
Salata
Dolma



Yulaf

Kahvaltı
Gofret
Smoothie

Patates

Yemek
Kızartma
Kroket

Çavdar

Kahvaltı
Ekmek
Smoothie

Muz

Puding
Salata
Pasta

Hormonlar

Dil

Tavuk

Çorba
Haşlama
Izgara

B6 Vitamini

Böbrekler

Kalp

Y.Mercimek

Çorba
Yemek
Salata

Arpa

Pilav
Ekmek
Çorba

Un

Helva
Ekmek
Çorba



Kefir

Kahvaltı
Tatlı
Çorba

Margarin

Börek
Poğaç
Gözlme

Yumurta

Kahvaltı
Menemen
Börek

Yoğurt

Yemek
Salata
Çorba

Sinirler

Beyin

B12 Vitamini

Kemik İliğı

Motor Sistem

Kaymak

Kahvaltı
Tatlı
Çorba

Hindi

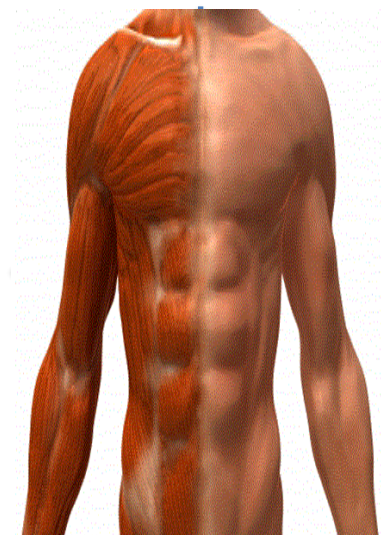
Izgara
Sote
Salata

Dalak

Izgara
Salata
Pilav

Et

Izgara
Haşlama
Börek



Mandalina

Reçel
Salata
Komposto

Çilek

Turta
Reçel
Dondurma

Limon

Reçel
Limonata
Salata

Kuşburnu

Reçel
Marmelat
Tatlı

Akciğer

Cilt

C Vitamini

Bağışıklık

Hücre
Yenilenmesi

Portakal

M.Suyu
Reçel
Salata

Böğürtlen

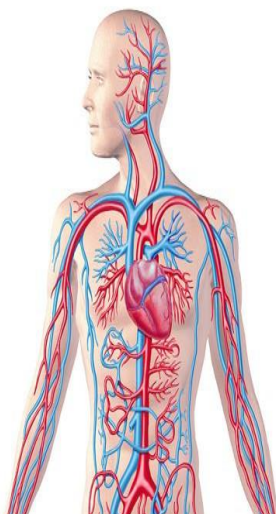
Dondurma
Reçel
Komposto

Enginar

Z.Yağlı
Salata
Gözleme

Pancar

Tatlı
Salata
Çorba



Mısır

Izgara
Salata
Çorba

T.Fasulye

Yemek
Z.Yağlı
Kavurma

Kiraz

M.Suyu
Reçel
Dondurma

Ceviz

Kahvaltı
Tatlı
Salata

Enerji

Kulak

Erik

Reçel
Marmelat
Pekmez

B1 Vitamini

Kalın
Bağırsak

Dolaşım
Sistemi

Pirinç

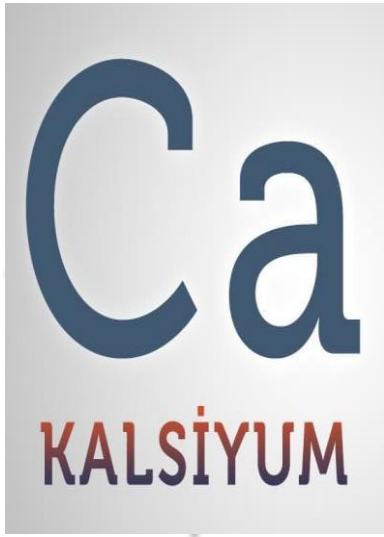
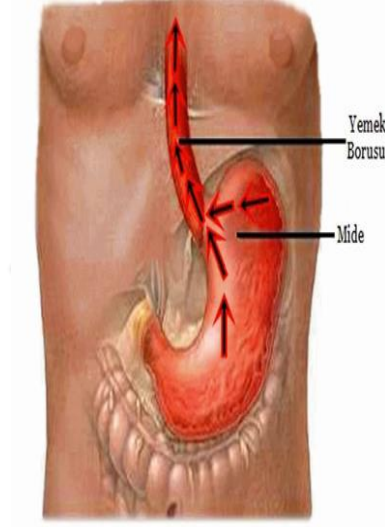
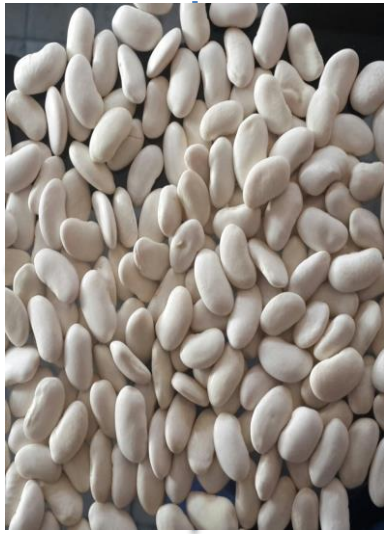
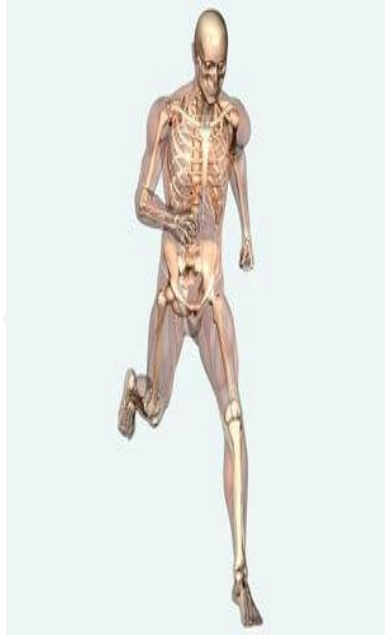
Pilav
Çorba
Salata

Fındık

Yağ
Ezmesi
Tatlı

Nar

M.Suyu
Salata
Reçeli



Yumurta Sarısı

Kahvaltı
Börek
Menemen

Kuru Fasulye

Etli
Piyaz
Aşure

Yulaf

Kahvaltı
Gofret
Smoothie

Peynir

Kahvaltı
Haydari
Makarna

Mide

Böbrekler

Kalsiyum

Kemikler

Pıhtılaşma

Buğday

Ekmek
Aşure
Salata

Dondurma

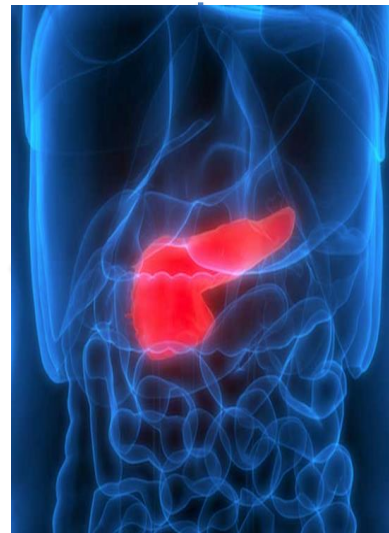
Külâh
Tatlı
Pasta

Süt

Kahvaltı
Reçeli
Çorba

Yoğurt

Yemek
Salata
Çorba



Üzüm Pekmezi 650gr (Katkısız)

Hurma

Oruç
Tatlı
Şerbet

Kuru Üzüm

Kahvaltı
Kek
Aşure

Pancar

Tatlı
Salata
Çorba

Roka

Balık
Salata
Börek

Akciğer

Karaciğer

Buğday

Ekmek
Aşure
Salata

Demir

Pankreas

Kan

Pekmez

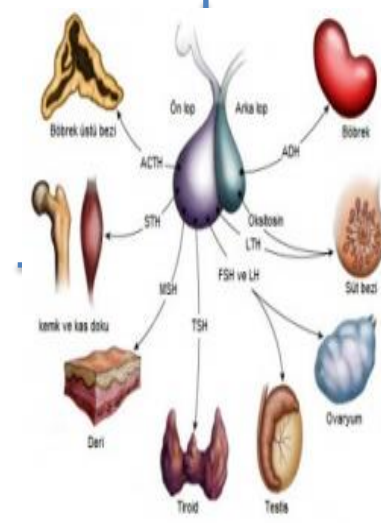
Kahvaltı
Tatlı
Salata

Dalak

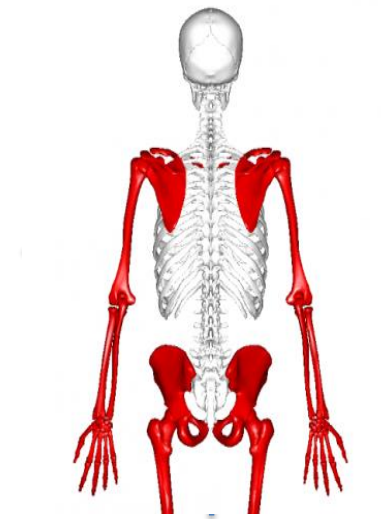
Izgara
Salata
Pilav

Pazı

Kıymalı
Salata
Dolma



P
FOSFOR



Kaymak

Kahvaltı
Tatlı
Çorba

Et

Izgara
Haşlama
Börek

Tavuk

Çorba
Haşlama
Izgara

Kefir

Kahvaltı
Tatlı
Çorba

Hormonlar

Eklemler

Enerji

Bağışıklık

Balık

Izgara
Fırında
Çorba

Fosfor

Yumurta

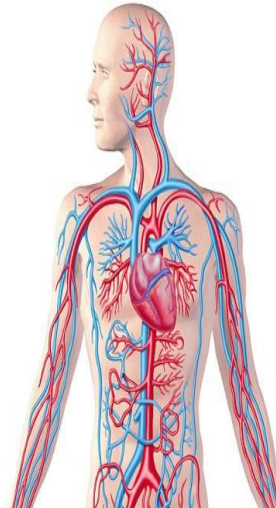
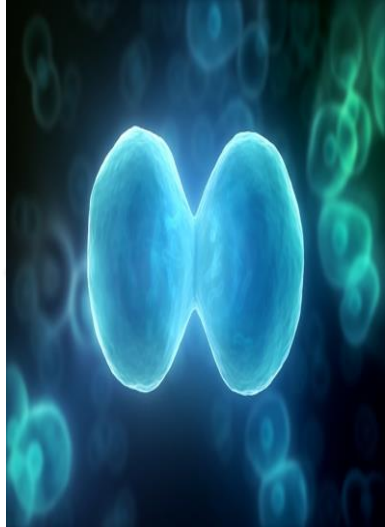
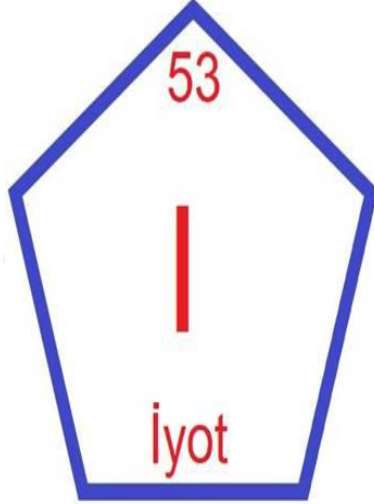
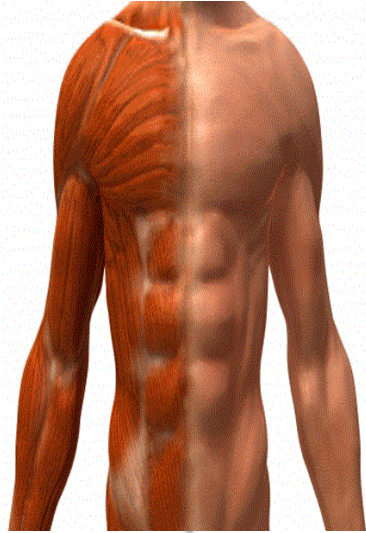
Kahvaltı
Menemen
Börek

Nohut

Etli
Aşure
Çorba

Tereyağ

Kahvaltı
Kek
Simit



Nar

M.Suyu
Salata
Reçeli

Tuz

Kahvaltı
Balık
Ayran

Maden Suyu

Yemeklerde
Börek
Tavuk

Sarımsak

Salata
Yemekler
Ekme

Tiroit

Cilt

Kabak

Yemek
Mücver
Börek

İyot

Dolaşım
Sistemi

Hücre
Yenilenmesi

Ton Balığı

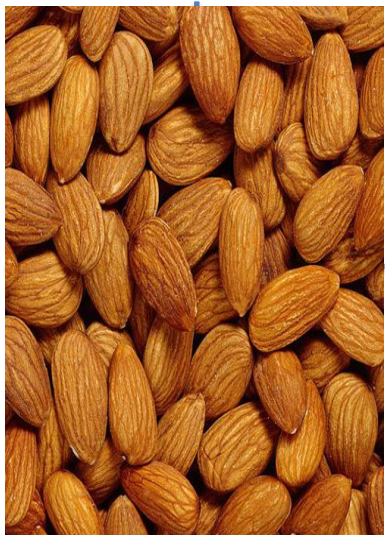
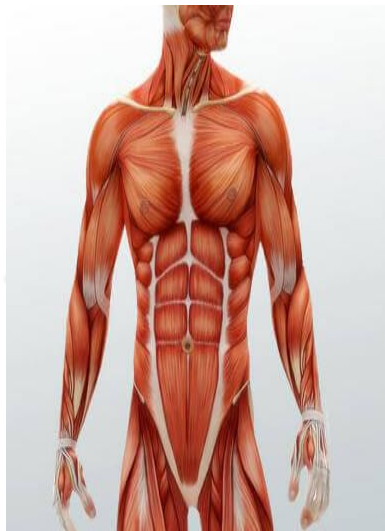
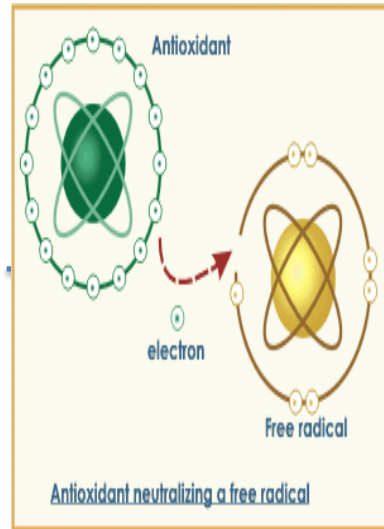
Izgara
Konserve
Pizza

Deniz
Yosunu

Suşi
Salata
Çorba

Akçağaç
Şurubu

Tatlı
İçecek
Dondurma



Semizotu

Zeytinyağlı
Salata
Yoğurtlu

Ispanak

Turta
Kek
Gözleme

Çekirdek

Kuruyemiş
Ekmek
Yağ

Soya

Kıyma
Sos
Salata

Antioksidan

Tansiyon

Sinir Sistemi

Magnezyum

Kas Sistemi

Mısır

Izgara
Salata
Çorba

Yarma

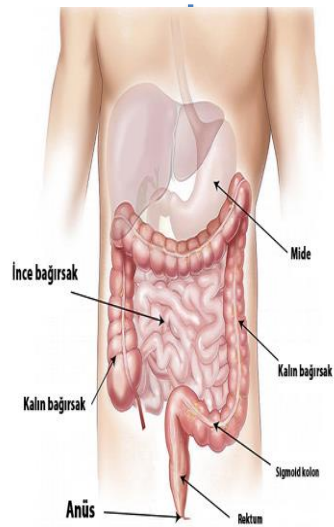
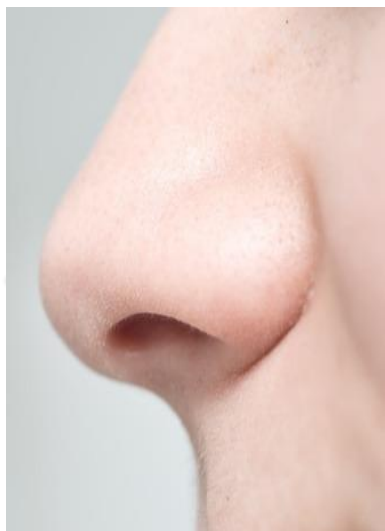
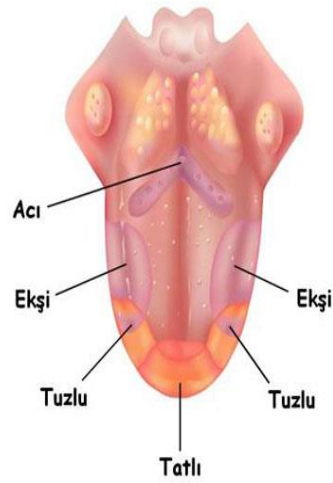
Çorba
Aşure
Salata

Mantar

Sote
Pizza
Fırında

Badem

Kuruyemiş
Tavuk
Yağ



K.Mercimek

Çorba
M.Köfte
Salata

Ceviz

Kahvaltı
Tatlı
Salata

Bakla

Yoğurtlu
Salata
Fava

Soya

Kıyma
Sos
Salata

Göz

Dil

Ciğer

Izgara
Sote
Pilav

Çinko

Sindirim

Burun

Bezelye

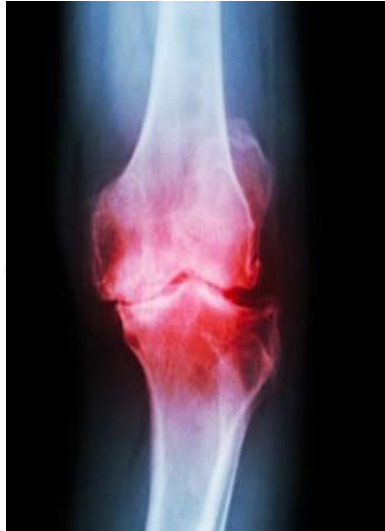
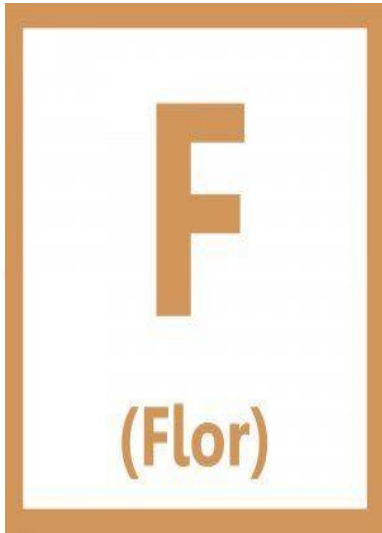
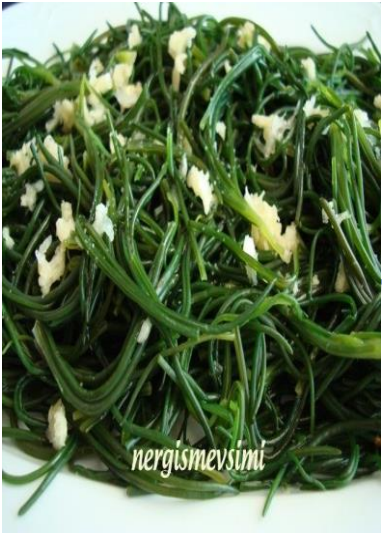
Yemek
Börek
Salata

Susam

Simit
Yağ
Poğaça

Fıstık

Kuruyemiş
Ezme
Yağ



Midye

Dolma
Izgara
Çorba

Somon

Izgara
Salata
Pizza

Maden Suyu

Yemeklerde
Börek
Tavuk

Karides

Tava
Izgara
Makarna

Diş

Diş Eti

Deniz
Fasulyesi

Z.Yağlı
Salata
Kavurma

Flor

Kireçlenme

Kalın
Bağırsak

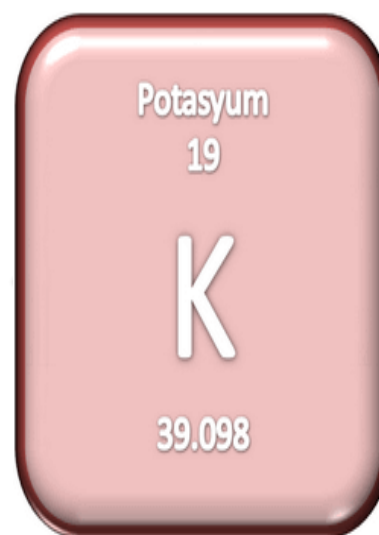
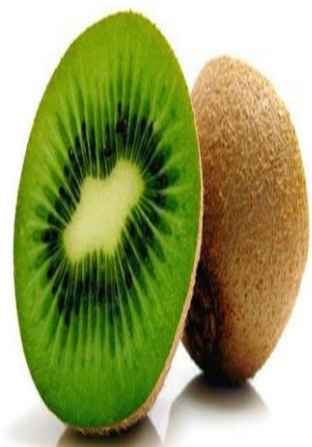
Çay

Kahvaltı
Kokteyl
Salata

Su

Deniz
Börülcesi

Z.Yağlı
Salata
Çorba



Kavun

Kavun Suyu
Sorbe
Puding

Bal Kabağı

Tatlı
Çorba
Çekirdek

Kivi

Tatlı
M.Suyu
Dondurma

Kayısı

Kuru Kayısı
Komposto
Salata

İnce Bağırsak

Damarlar

Potasyum

Beyin

Kalp

Marul

Salata
Bitki Suyu
Börek

Muz

Puding
Salata
Pasta

Patates

Yemek
Kızartma
Kroket

Karpuz

Karpuz Suyu
Tatlı
Dondurma