|  |  |
| --- | --- |
| ***Description : Macintosh HD:Users:Elias:physio-osteo-naturo:administratif:logo-rothshild:logoLast.jpg*** | *Thérapie de la Tourelle*  *physiothérapie - ostéopathie - pilates - yoga - acupuncture - massage - réflexologie*  2-4 ch de la Tourelle, 1209 Genève - tél : +41 (0) 22 300 66 66  e-mail : [info@therapiedelatourelle.ch](mailto:info@therapiedelatourelle.ch) - [www.therapiedelatourelle.ch](http://www.therapiedelatourelle.ch) |

SUIVI ALIMENTAIRE HEBDOMADAIRE

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
| Petit-déjeuner |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Matinée |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Midi |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Après-midi |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Soir |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |