



LISTE DE COURSES - BOODSCHAPPEN LIJSTJE

Fruits et légumes (5/jour)
Fruit en groenten (5/dag)

Viande (surtout blanche et pas tous les jours)
Vlees (meestal wit en niet elke dag)

Féculets (à chaque repas)
Koolhydraten (bij elke maaltijd)

Poisson (2x/semaine)
Vis (2x/week-

Produits laitiers (de préférence maigres, 2x/jour)
Zuivelproducten (bij voorkeur mager, 2x/dag)

Epices (au lieu du sel)
Specerijen (i.p.v. zout)

Matières grasses (de préférence origine végétale)
Vet (bij voorkeur plantaardige oorsprong)

Divers
Varia

Boissons (1.5 l. d'eau/jour)
Dranken (1.5 l. water/dag)



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● légumes de conservation - Bewaargroenten ● Pleine saison - Volle seizoen

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

	Asperge - Asperge					●	●	●				
	Bette - Sneibiet					●	●	●	●	●	●	
	Betterave - Biet	●	●	●		●	●	●	●	●	●	●
	Broccoli - Broccoli					●	●	●	●	●	●	●
	Carrotte - Wortel	●	●	●		●	●	●	●	●	●	●
	Celeri - Selderij						●	●	●	●	●	●
	Cerise - Kers					●	●					
	Chicon - Cichorei	●	●	●						●	●	●
	Chou fleur - Bloemkool				●	●	●	●	●	●	●	
	Chou vert - Boerenkool	●	●	●				●	●	●	●	●
	Chou blanc - Kool	●	●	●				●	●	●	●	●
	Chou rave - Kool knol	●	●	●		●	●	●	●	●	●	●
	Chou rouge - Rode kool	●	●	●				●	●	●	●	●
	Chou de Brux. - Pruitjes	●	●	●	●					●	●	●
	Concombre - Komkommer					●	●	●	●			
	Courgette - Courgette					●	●	●	●	●		
	Epinard - Spinazie				●	●	●	●	●	●	●	
	Fenouil - Venkel					●	●	●	●	●	●	
	Fraise - Aardbei				●	●	●	●	●	●	●	
	Framboise - Framboos				●	●	●	●	●	●	●	
	Haricot - Boon					●	●	●	●	●	●	
	Oignon jeune - Lente-uitje			●	●	●	●	●	●	●	●	
	Laitue - Sla			●	●	●	●	●	●	●	●	
	Navet - Raap	●	●	●		●	●	●	●	●	●	●
	Noix - Noten	●	●	●						●	●	●
	Panais - Pastinaak	●	●	●	●					●	●	●
	Poire - Peer	●	●	●				●	●	●	●	●
	Poireau - Prei	●	●	●	●	●	●	●	●	●	●	●
	Poivron - Peper						●	●	●	●	●	
	Pomme - Appel	●	●	●				●	●	●	●	●
	Pom. de terre - Aardappel	●	●	●	●	●	●	●	●	●	●	●
	Potiron - Pompoen	●	●	●				●	●	●	●	●
	Radis - Radijs				●	●	●	●	●	●	●	
	Rhubarbe - Rabarber				●	●	●	●				
	Tomate - Tomaat						●	●	●	●	●	
	Topinambour - Aardpeer	●	●	●								

