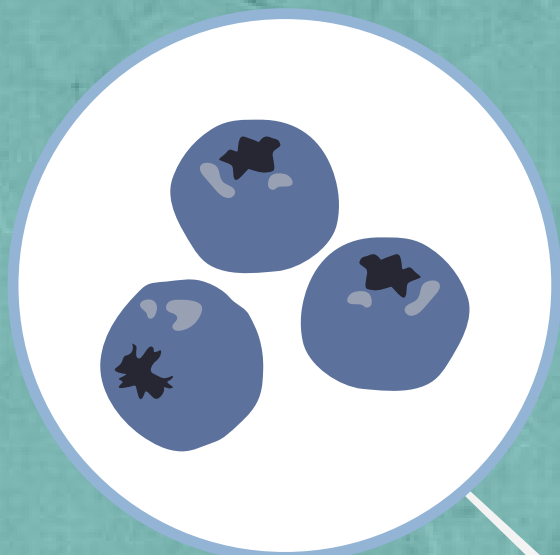


# SETTE CIBI AMICI DEI CAPELLI

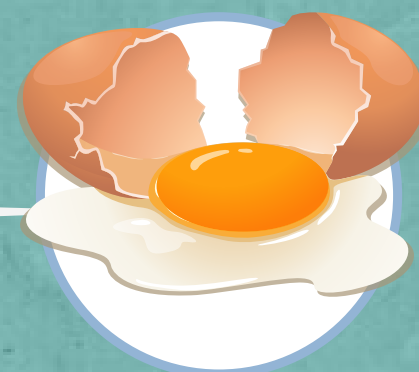
Martina  
la salute in cucina



MIRTILLI



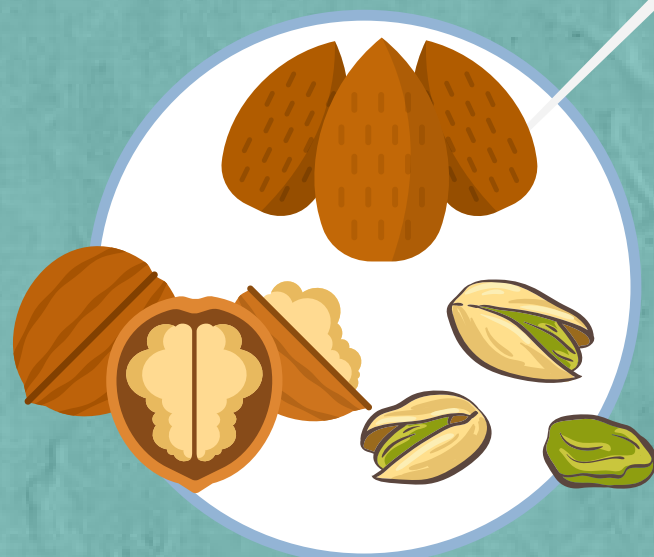
CAROTE



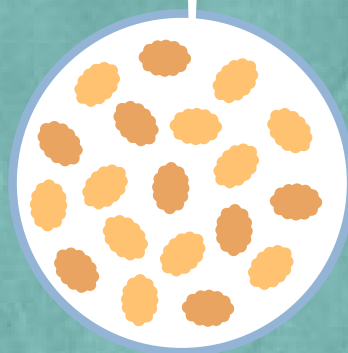
UOVA



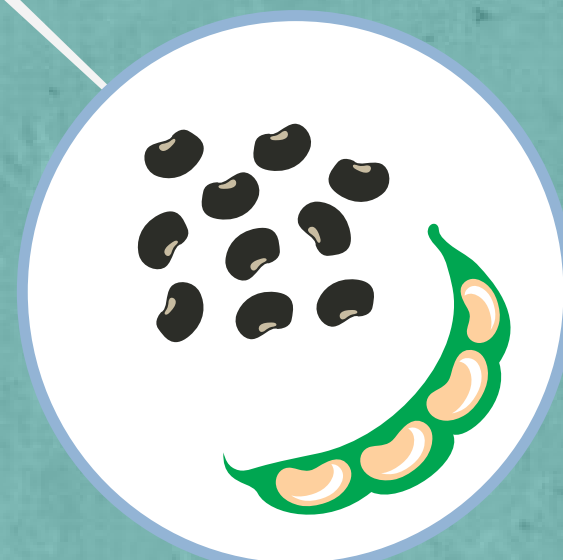
SALMONE



FRUTTA A GUSCIO



MIGLIO E ORZO



SOIA E LEGUMI