| n° semaine | Nb amap | Dates | Légumes | Fruits | Produits laitiers | Chèvre | Pain | Œufs | Steaks | Farine | Poulet | Miel | Bière | Huile et légumineu. | Choucroute |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 14 | | 2/4/2026 | | | | | | | | | | | | | |
| 15 | 9 | 9/4/2026 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | 1 | | | |
| 16 | 7 | 16/4/2026 | 1 | 1 | 1 | 1 | 2 | | | | | | | 1 | |
| 17 | 6 | 23/4/2026 | 1,5 | 1 | 1 | 1 | 0 | 1 | | | | | 1 | | |
| 18 | | 30/4/2026 | | | | | 0 | | | | | | | | |
| 19 | 10 | 7/5/2026 | 1,5 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | | | |
| 20 | | 14/5/2026 | | | | | 0 | | | | | | | | |
| 21 | 6 | 21/5/2026 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | |
| 22 | 5 | 28/5/2026 | 1 | 1 | 1 | 1 | 1 | | | | | | | | |
| 23 | 8 | 4/6/2026 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | | 1 | | | |
| 24 | 5 | 11/6/2026 | 1 | 1 | 1 | 1 | 1 | | | | | | | | |
| 25 | 7 | 18/6/2026 | 1 | 1 | 1 | 1 | 1 | 1 | | 1 | | | | | |
| 26 | 6 | 25/6/2026 | 1 | 1 | 1 | 1 | 1 | | | | | | 1 | | |
| 27 | 9 | 2/7/2026 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | 1 | 1 | | | |
| 28 | 6 | 9/7/2026 | 1 | 1 | 1 | 1 | 2 | | | 1 | | | | | |
| 29 | 5 | 16/7/2026 | 1 | 1 | 1 | 1 | 0 | 1 | | | | | | | |
| 30 | 4 | 23/7/2026 | 1,5 | 1 | 1 | 1 | 0 | | | | | | | | |
| 31 | 3 | 30/7/2026 | 0 | 0 | 1 | 1 | 0 | 1 | | | | | | | |
| 32 | 6 | 6/8/2026 | 1 | 1 | 1 | 1 | 1 | | | | | 1 | | | |
| 33 | 7 | 13/8/2026 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | |
| 34 | 4 | 20/8/2026 | 1 | 1 | 0 | 1 | 1 | | | | | | | | |
| 35 | 6 | 27/8/2026 | 1 | 1 | 0 | 1 | 1 | 1 | | | | | 1 | | |
| 36 | 7 | 3/9/2026 | 1 | 1 | 1 | 1 | 1 | | | | 1 | 1 | | | |
| 37 | 8 | 10/9/2026 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | |
| 38 | 6 | 17/9/2026 | 1 | 1 | 1 | 1 | 1 | | | | | | | 1 | |
| 39 | 6 | 24/9/2026 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | |
| 40 | 6 | 1/10/2026 | 1 | 1 | 1 | 1 | 1 | | | | | 1 | | | |
| 41 | 8 | 8/10/2026 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | |
| 42 | 6 | 15/10/2026 | 1 | 1 | 1 | 1 | 1 | | | | 1 | | | | |
| 43 | 7 | 22/10/2026 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | 1 | | |
| 44 | 5 | 29/10/2026 | 1 | 1 | 1 | 1 | 1 | | | | | | | | |
| 45 | 7 | 5/11/2026 | 1 | 1 | 1 | | 1 | 1 | 1 | | | 1 | | | |
| 46 | 5 | 12/11/2026 | 1 | 1 | 1 | | 1 | | | 1 | | | | | |
| 47 | 5 | 19/11/2026 | 1 | 1 | 1 | | 1 | 1 | | | | | | | |
| 48 | 4 | 26/11/2026 | 1 | 1 | 1 | | 1 | | | | | | | | |
| 49 | 7 | 3/12/2026 | 1 | 1 | 1 | | 1 | 1 | 1 | | | 1 | | | |
| 50 | 5 | 10/12/2026 | 1 | 1 | 1 | | 1 | | | 1 | | | | | |
| 51 | 6 | 17/12/2026 | 2 | 2 | 1 | | 2 | 2 | | | | | 1 | | |
| 52 | 0 | 24/12/2026 | | | | | | | | | | | | | |
| 53 | 0 | 31/12/2026 | | | | | | | | | | | | | |
| 1 | 6 | 7/1/2027 | 1 | 1 | 1 | | 1 | | | 1 | | 1 | | | |
| 2 | 6 | 14/1/2027 | 1 | 1 | 1 | | 1 | 1 | 1 | | | | | | |
| 3 | 4 | 21/1/2027 | 1 | 1 | 1 | | 1 | | | | | | | | |
| 4 | 5 | 28/1/2027 | 1 | 1 | 1 | | 1 | 1 | | | | | | | |
| 5 | 6 | 4/2/2027 | 1 | 1 | 1 | | 1 | | | 1 | | 1 | | | |
| 6 | 6 | 11/2/2027 | 1 | 1 | 1 | | 1 | 1 | 1 | | | | | | |
| 7 | 4 | 18/2/2027 | 1 | 1 | 1 | | 1 | | | | | | | | |
| 8 | 6 | 25/2/2027 | 1 | 1 | 1 | | 1 | 1 | | | | | 1 | | |
| 9 | 6 | 4/3/2027 | 1 | 1 | 1 | | 1 | | | 1 | | 1 | | | |
| 10 | 6 | 11/3/2027 | 1 | 1 | 1 | | 1 | 2 | 1 | | | | | | |
| 11 | 4 | 18/3/2027 | 1,5 | 1 | 1 | | 1 | | | | | | | | |
| 12 | | 25/3/2027 | | | | | | | | | | | | | |