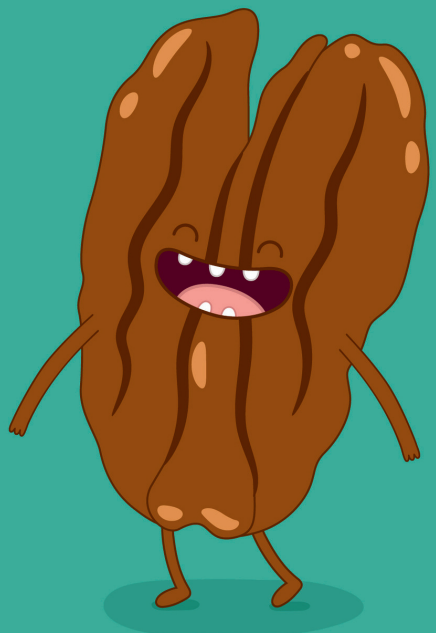
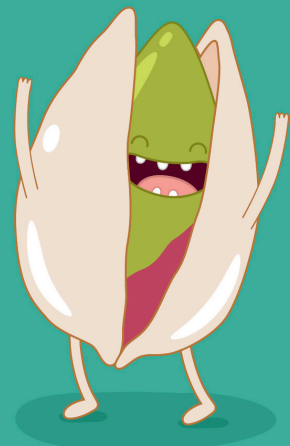


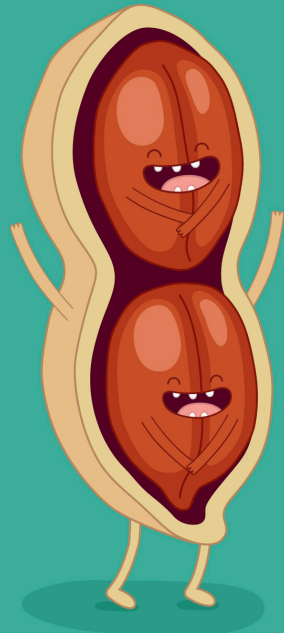
ROŚLINNE ŹRÓDŁA BIAŁKA



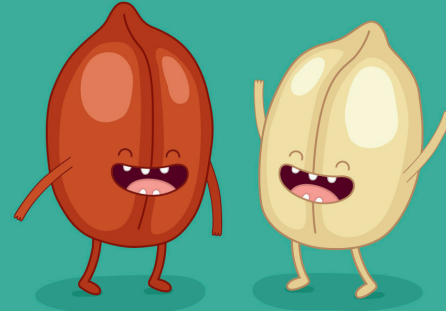
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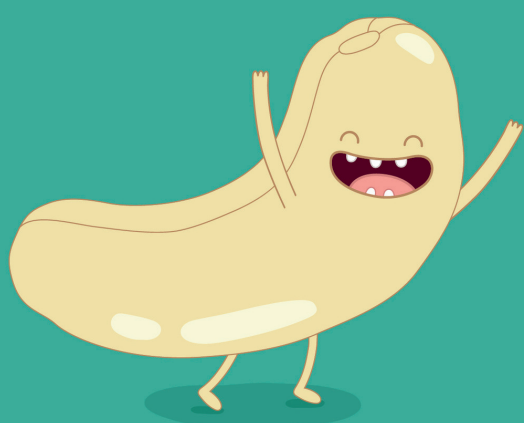
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orzechy ziemne



orzechy macadamia



nerkowce



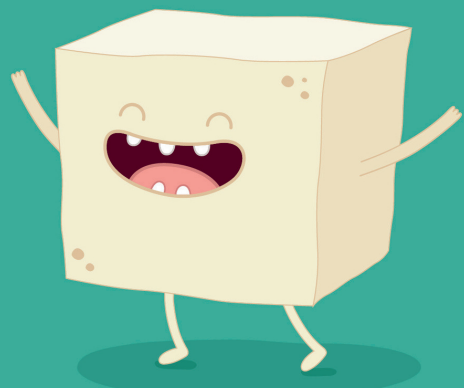
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orzechy włoskie



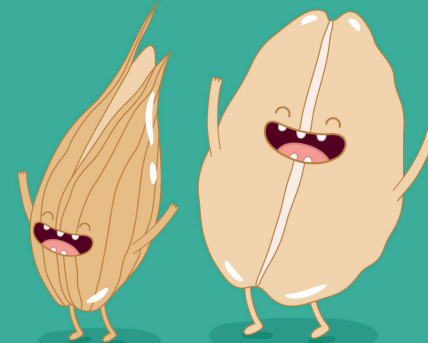
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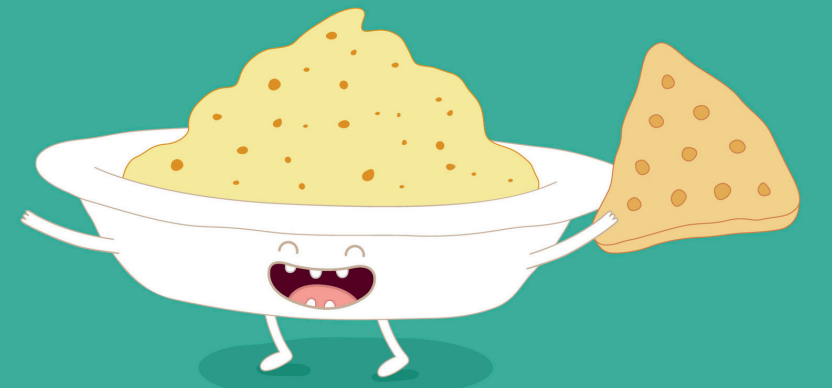
tofu



soczewica



płatki owsiane



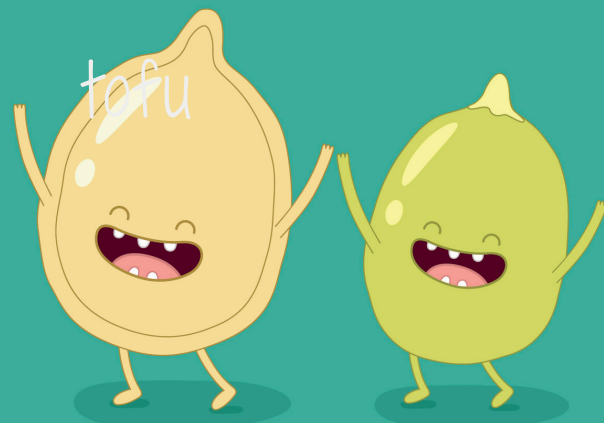
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nasiona słonecznika



tofu



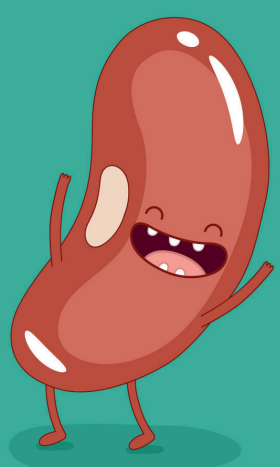
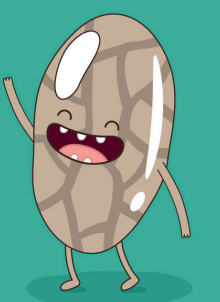
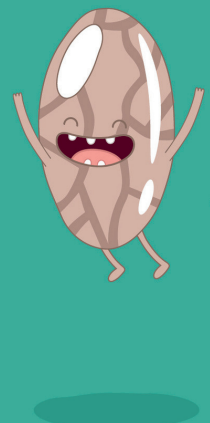
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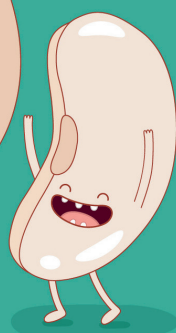
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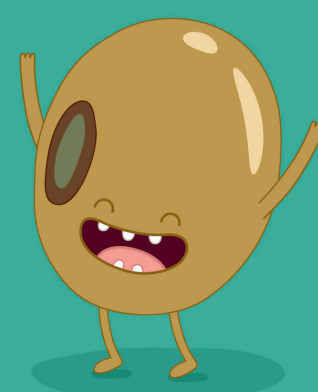
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fasola



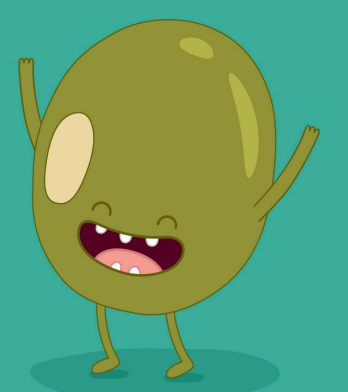
kukurydza



soja



zielony groszek



fasola mung