

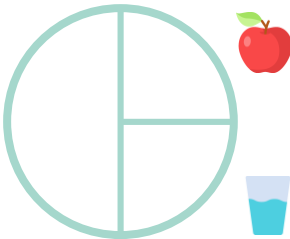
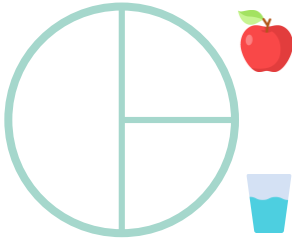
¿CUMPLO EL PLATO SALUDABLE?

Mi semana saludable

Almuerzo

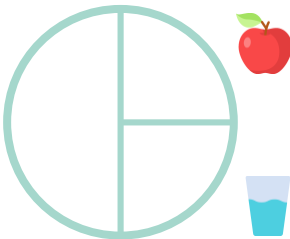
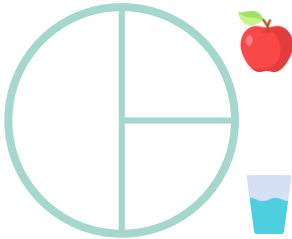
Cena

Lunes



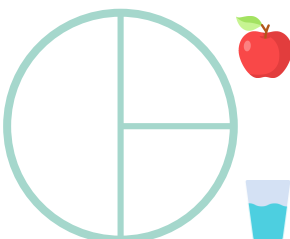
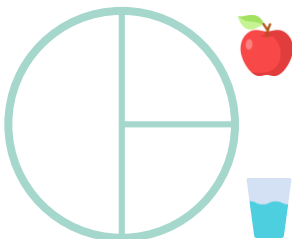
- ★ ¿Qué he comido?
- ★ Tentempiés
- ★ Extras

Martes



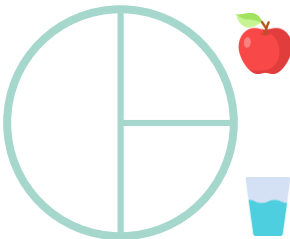
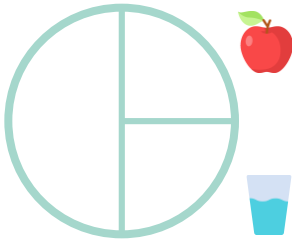
- ★ ¿Qué he comido?
- ★ Tentempiés
- ★ Extras

Miércoles



- ★ ¿Qué he comido?
- ★ Tentempiés
- ★ Extras

Jueves



- ★ ¿Qué he comido?
- ★ Tentempiés
- ★ Extras

Viernes



- ★ ¿Qué he comido?
- ★ Tentempiés
- ★ Extras

Sábado



- ★ ¿Qué he comido?
- ★ Tentempiés
- ★ Extras

Domingo



- ★ ¿Qué he comido?
- ★ Tentempiés
- ★ Extras