

***PLANIFICACIÓN ALMUERZO SALUDABLE***

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| ***PORCENTAJE*** | ***ALIMENTO*** | ***LUNES*** | ***MARTES*** | ***MIÉRCOLES*** | ***JUEVES*** | ***VIERNES*** |
| ***50%*** | ***VEGETALES***  ***HORTALIZAS*** |  |  |  |  |  |
| ***25%*** | ***PROTEINA MAGRA*** |  |  |  |  |  |
| ***25%*** | ***HIDRATOS DE CARBONO*** |  |  |  |  |  |