

Power TEAM

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Analisis de alimentación creado para Jesus

Datos actuales:

- Edad: 25
- Sexo: hombre
- Peso: 80
- Altura: 180
- Dias de entreno : 2

Objetivo buscado: Definición

Actividad actual: Actividad ocasional

Resultados para sus datos:

2461 Calorias diarias

Macronutrientes

Hidratos de carbono: 1231 cal.

Grasas: 861 cal.

Proteinas: 369 cal.

Recomendaciones:

- Reducir el consumo de grasas y carbohidratos aumentando la ingesta de proteinas para cuidar el musculo mientras reducimos las calorías en un pequeño porcentaje
- Su índice de consumo energetico es mayor por lo que debera adaptar su ingesta los días que la actividad extra lo requiera

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["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[12]=> object(App\Models\Alimento)#1503 (27) { ["connection":protected]=> string(5)
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(19) ["nombre"]=> string(4)
"Atun" ["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "360" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
["original":protected]=> array(8) { ["id"]=> int(19) ["nombre"]=> string(4) "Atun"
["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "360" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[13]=> object(App\Models\Alimento)#1504 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(20) ["nombre"]=> string(8)
```

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```
"Sardinas" ["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "465" ["tipoDieta"]=> string(5) "todas"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(20) ["nombre"]=> string(8)
"Sardinas" ["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "465" ["tipoDieta"]=> string(5) "todas"
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(21) ["nombre"]=> string(7)
"Bacalao" ["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "365" ["tipoDieta"]=> string(5) "todas"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(21) ["nombre"]=> string(7)
"Bacalao" ["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "365" ["tipoDieta"]=> string(5) "todas"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[15]=> object(App\Models\Alimento)#1511 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
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```
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(27) ["nombre"]=> string(7)
"Alubias" ["tipoAlimento"]=> string(8) "Legumbre" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "280" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(27) ["nombre"]=> string(7)
"Alubias" ["tipoAlimento"]=> string(8) "Legumbre" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "280" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[16]=> object(App\Models\Alimento)#1512 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(28) ["nombre"]=> string(9)
"Garbanzos" ["tipoAlimento"]=> string(8) "Legumbre" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "320" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(28) ["nombre"]=> string(9)
"Garbanzos" ["tipoAlimento"]=> string(8) "Legumbre" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "320" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[17]=> object(App\Models\Alimento)#1513 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
```


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["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(29) ["nombre"]=> string(8)
"Lentejas" ["tipoAlimento"]=> string(8) "Legumbre" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "345" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(29) ["nombre"]=> string(8)
"Lentejas" ["tipoAlimento"]=> string(8) "Legumbre" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "345" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[18]=> object(App\Models\Alimento)#1514 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(30) ["nombre"]=> string(5)
"Arroz" ["tipoAlimento"]=> string(8) "Cereales" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "380" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(30) ["nombre"]=> string(5)
"Arroz" ["tipoAlimento"]=> string(8) "Cereales" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "380" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[19]=> object(App\Models\Alimento)#1515 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
```

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["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(31) ["nombre"]=> string(10)
"Macarrones" ["tipoAlimento"]=> string(8) "Cereales" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "395" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(31) ["nombre"]=> string(10)
"Macarrones" ["tipoAlimento"]=> string(8) "Cereales" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "395" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[20]=> object(App\Models\Alimento)#1517 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(33) ["nombre"]=> string(7)
"Brocoli" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=> string(13)
"Comida o cena" ["valorNutricional"]=> string(2) "30" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(33) ["nombre"]=>
string(7) "Brocoli" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=>
string(13) "Comida o cena" ["valorNutricional"]=> string(2) "30" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0)
{ } ["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[21]=> object(App\Models\Alimento)#1518 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(34) ["nombre"]=> string(8)
"Coliflor" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=> string(13)
"Comida o cena" ["valorNutricional"]=> string(2) "45" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(34) ["nombre"]=>
string(8) "Coliflor" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=>
string(13) "Comida o cena" ["valorNutricional"]=> string(2) "45" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0)
{ } ["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[22]=> object(App\Models\Alimento)#1519 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(35) ["nombre"]=> string(6)
"Judias" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=> string(13)
"Comida o cena" ["valorNutricional"]=> string(2) "60" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(35) ["nombre"]=>
string(6) "Judias" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=>
string(13) "Comida o cena" ["valorNutricional"]=> string(2) "60" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0)
{ } ["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[23]=> object(App\Models\Alimento)#1520 (27) { ["connection":protected]=> string(5)
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"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) {} ["withCount":protected]=> array(0) {}
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(36) ["nombre"]=> string(5)
"Pollo" ["tipoAlimento"]=> string(6) "Carnes" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "340" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(36) ["nombre"]=> string(5)
"Pollo" ["tipoAlimento"]=> string(6) "Carnes" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "340" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) {} ["casts":protected]=> array(0) {}
["classCastCache":protected]=> array(0) {} ["dates":protected]=> array(0) {}
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) {}
["dispatchesEvents":protected]=> array(0) {} ["observables":protected]=> array(0) {}
["relations":protected]=> array(0) {} ["touches":protected]=> array(0) {} ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) {} ["visible":protected]=> array(0) {}
["fillable":protected]=> array(0) {} ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) {} ["withCount":protected]=> array(0) {}
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(37) ["nombre"]=> string(4)
"Pavo" ["tipoAlimento"]=> string(6) "Carnes" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "295" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(37) ["nombre"]=> string(4)
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["valorNutricional"]=> string(3) "295" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) {} ["casts":protected]=> array(0) {}
["classCastCache":protected]=> array(0) {} ["dates":protected]=> array(0) {}
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) {}
["dispatchesEvents":protected]=> array(0) {} ["observables":protected]=> array(0) {}
["relations":protected]=> array(0) {} ["touches":protected]=> array(0) {} ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) {} ["visible":protected]=> array(0) {}
["fillable":protected]=> array(0) {} ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
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["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(38) ["nombre"]=> string(7)
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["valorNutricional"]=> string(3) "375" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(38) ["nombre"]=> string(7)
"Tertera" ["tipoAlimento"]=> string(6) "Carnes" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "375" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[26]=> object(App\Models\Alimento)#1523 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(39) ["nombre"]=> string(6)
"Salmon" ["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "220" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(39) ["nombre"]=> string(6)
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cena" ["valorNutricional"]=> string(3) "220" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(40) ["nombre"]=> string(4)
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["valorNutricional"]=> string(3) "360" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(40) ["nombre"]=> string(4) "Atun"
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["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(41) ["nombre"]=> string(8)
"Sardinas" ["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o
cena" ["valorNutricional"]=> string(3) "465" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(41) ["nombre"]=> string(8)
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cena" ["valorNutricional"]=> string(3) "465" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
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bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(42) ["nombre"]=> string(7)
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cena" ["valorNutricional"]=> string(3) "365" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(42) ["nombre"]=> string(7)
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cena" ["valorNutricional"]=> string(3) "365" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
} ["merienda"]=> array(6) { [0]=> object(App\Models\Alimento)#1485 (27) {
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["primaryKey":protected]=> string(2) "id" ["keyType":protected]=> string(3) "int"
["incrementing"]=> bool(true) ["with":protected]=> array(0) { } ["withCount":protected]=>
array(0) { } ["perPage":protected]=> int(15) ["exists"]=> bool(true)
["wasRecentlyCreated"]=> bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(1)
["nombre"]=> string(7) "Platano" ["tipoAlimento"]=> string(5) "Fruta" ["comida"]=>
string(8) "Almuerzo" ["valorNutricional"]=> string(2) "90" ["tipoDieta"]=> string(5) "todas"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(1) ["nombre"]=> string(7)
"Platano" ["tipoAlimento"]=> string(5) "Fruta" ["comida"]=> string(8) "Almuerzo"
["valorNutricional"]=> string(2) "90" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
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["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(2) ["nombre"]=> string(7)
"Manzana" ["tipoAlimento"]=> string(5) "Fruta" ["comida"]=> string(8) "Almuerzo"
["valorNutricional"]=> string(2) "40" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
["original":protected]=> array(8) { ["id"]=> int(2) ["nombre"]=> string(7) "Manzana"
["tipoAlimento"]=> string(5) "Fruta" ["comida"]=> string(8) "Almuerzo"
["valorNutricional"]=> string(2) "40" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[2]=> object(App\Models\Alimento)#1495 (27) { ["connection":protected]=> string(5)
"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(11) ["nombre"]=> string(6)
"Huevos" ["tipoAlimento"]=> string(4) "Otro" ["comida"]=> string(8) "Almuerzo"
["valorNutricional"]=> string(3) "295" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
["original":protected]=> array(8) { ["id"]=> int(11) ["nombre"]=> string(6) "Huevos"
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["valorNutricional"]=> string(3) "295" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
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["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
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["valorNutricional"]=> string(2) "90" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(22) ["nombre"]=> string(7)
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["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(23) ["nombre"]=> string(7)
"Manzana" ["tipoAlimento"]=> string(5) "Fruta" ["comida"]=> string(8) "Almuerzo"
["valorNutricional"]=> string(2) "40" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(23) ["nombre"]=> string(7)
"Manzana" ["tipoAlimento"]=> string(5) "Fruta" ["comida"]=> string(8) "Almuerzo"
["valorNutricional"]=> string(2) "40" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(32) ["nombre"]=> string(6)
"Huevos" ["tipoAlimento"]=> string(4) "Otro" ["comida"]=> string(8) "Almuerzo"
["valorNutricional"]=> string(3) "295" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(32) ["nombre"]=> string(6)
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["valorNutricional"]=> string(3) "295" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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array(0) { } ["perPage":protected]=> int(15) ["exists"]=> bool(true)
["wasRecentlyCreated"]=> bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(6)
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"2021-05-19 16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(6) ["nombre"]=>
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
```

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["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
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["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(7) ["nombre"]=> string(9)
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
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["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(8) ["nombre"]=> string(8)
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cena" ["valorNutricional"]=> string(3) "345" ["tipoDieta"]=> string(5) "todas"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(8) ["nombre"]=> string(8)
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cena" ["valorNutricional"]=> string(3) "345" ["tipoDieta"]=> string(5) "todas"
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["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(10) ["nombre"]=> string(10)
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
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["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
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"Comida o cena" ["valorNutricional"]=> string(2) "45" ["tipoDieta"]=> string(5) "todas"
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```
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bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(14) ["nombre"]=> string(6)
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
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["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(15) ["nombre"]=> string(5)
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```
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["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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["valorNutricional"]=> string(3) "295" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
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string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
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bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["valorNutricional"]=> string(3) "360" ["tipoDieta"]=> string(5) "todas" ["created_at"]=>
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string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19 16:20:22" }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
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["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(20) ["nombre"]=> string(8)
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cena" ["valorNutricional"]=> string(3) "465" ["tipoDieta"]=> string(5) "todas"
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
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bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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"Bacalao" ["tipoAlimento"]=> string(8) "Pescados" ["comida"]=> string(13) "Comida o
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cena" ["valorNutricional"]=> string(3) "365" ["tipoDieta"]=> string(5) "todas"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(21) ["nombre"]=> string(7)
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
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bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
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cena" ["valorNutricional"]=> string(3) "280" ["tipoDieta"]=> string(10) "definicion"
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cena" ["valorNutricional"]=> string(3) "280" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
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bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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[16]=> object(App\Models\Alimento)#1512 (27) { ["connection":protected]=> string(5)
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["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(28) ["nombre"]=> string(9)
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cena" ["valorNutricional"]=> string(3) "320" ["tipoDieta"]=> string(10) "definicion"
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["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(29) ["nombre"]=> string(8)
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cena" ["valorNutricional"]=> string(3) "345" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(29) ["nombre"]=> string(8)
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cena" ["valorNutricional"]=> string(3) "345" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
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["valorNutricional"]=> string(3) "380" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(30) ["nombre"]=> string(5)
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["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(31) ["nombre"]=> string(10)
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cena" ["valorNutricional"]=> string(3) "395" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(31) ["nombre"]=> string(10)
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cena" ["valorNutricional"]=> string(3) "395" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
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bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(33) ["nombre"]=> string(7)
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"Comida o cena" ["valorNutricional"]=> string(2) "30" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(33) ["nombre"]=>
string(7) "Brocoli" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=>
string(13) "Comida o cena" ["valorNutricional"]=> string(2) "30" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0)
{ } ["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
["dateFormat":protected]=> NULL ["appends":protected]=> array(0) { }
["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(34) ["nombre"]=> string(8)
"Coliflor" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=> string(13)
"Comida o cena" ["valorNutricional"]=> string(2) "45" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(34) ["nombre"]=>
string(8) "Coliflor" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=>
string(13) "Comida o cena" ["valorNutricional"]=> string(2) "45" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0)
{ } ["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
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"Comida o cena" ["valorNutricional"]=> string(2) "60" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(35) ["nombre"]=>
string(6) "Judias" ["tipoAlimento"]=> string(20) "Hortaliza y verduras" ["comida"]=>
string(13) "Comida o cena" ["valorNutricional"]=> string(2) "60" ["tipoDieta"]=> string(10)
"definicion" ["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19)
"2021-05-19 16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0)
{ } ["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"mysql" ["table":protected]=> string(9) "alimentos" ["primaryKey":protected]=> string(2)
"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(36) ["nombre"]=> string(5)
"Pollo" ["tipoAlimento"]=> string(6) "Carnes" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "340" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(36) ["nombre"]=> string(5)
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["valorNutricional"]=> string(3) "340" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
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["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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["classCastCache":protected]=> array(0) { } ["dates":protected]=> array(0) { }
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["dispatchesEvents":protected]=> array(0) { } ["observables":protected]=> array(0) { }
["relations":protected]=> array(0) { } ["touches":protected]=> array(0) { } ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) { } ["visible":protected]=> array(0) { }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) { } ["withCount":protected]=> array(0) { }
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(38) ["nombre"]=> string(7)
"Ternera" ["tipoAlimento"]=> string(6) "Carnes" ["comida"]=> string(13) "Comida o cena"
["valorNutricional"]=> string(3) "375" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(38) ["nombre"]=> string(7)
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16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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["fillable":protected]=> array(0) { } ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
[26]=> object(App\Models\Alimento)#1523 (27) { ["connection":protected]=> string(5)
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) {} ["withCount":protected]=> array(0) {}
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(39) ["nombre"]=> string(6)
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cena" ["valorNutricional"]=> string(3) "220" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(39) ["nombre"]=> string(6)
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cena" ["valorNutricional"]=> string(3) "220" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["changes":protected]=> array(0) {} ["casts":protected]=> array(0) {}
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["dateFormat":protected]=> NULL ["appends":protected]=> array(0) {}
["dispatchesEvents":protected]=> array(0) {} ["observables":protected]=> array(0) {}
["relations":protected]=> array(0) {} ["touches":protected]=> array(0) {} ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) {} ["visible":protected]=> array(0) {}
["fillable":protected]=> array(0) {} ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
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"id" ["keyType":protected]=> string(3) "int" ["incrementing"]=> bool(true)
["with":protected]=> array(0) {} ["withCount":protected]=> array(0) {}
["perPage":protected]=> int(15) ["exists"]=> bool(true) ["wasRecentlyCreated"]=>
bool(false) ["attributes":protected]=> array(8) { ["id"]=> int(40) ["nombre"]=> string(4)
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["valorNutricional"]=> string(3) "360" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(40) ["nombre"]=> string(4) "Atun"
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16:20:22" } ["changes":protected]=> array(0) {} ["casts":protected]=> array(0) {}
["classCastCache":protected]=> array(0) {} ["dates":protected]=> array(0) {}
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["relations":protected]=> array(0) {} ["touches":protected]=> array(0) {} ["timestamps"]=>
bool(true) ["hidden":protected]=> array(0) {} ["visible":protected]=> array(0) {}
["fillable":protected]=> array(0) {} ["guarded":protected]=> array(1) { [0]=> string(1) "*" } }
```


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cena" ["valorNutricional"]=> string(3) "465" ["tipoDieta"]=> string(10) "definicion"
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16:20:22" } ["original":protected]=> array(8) { ["id"]=> int(42) ["nombre"]=> string(7)
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cena" ["valorNutricional"]=> string(3) "365" ["tipoDieta"]=> string(10) "definicion"
["created_at"]=> string(19) "2021-05-19 16:20:22" ["updated_at"]=> string(19) "2021-05-19
16:20:22" } ["changes":protected]=> array(0) { } ["casts":protected]=> array(0) { }
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```

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```
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}}
```

	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo
Desayuno	Mark	Otto	@mdo				
Almuerzo	Jacob	Thornton	@fat				
Comida	Larry	the Bird	@twitter				
Merienda	Larry	the Bird	@twitter				
Cena	Larry	the Bird	@twitter				