

NOMBRE VERD.

1

Imagen de
referencia (fondo
blanco)

VERDURA

NOMBRE CARB.

2

Imagen de
referencia (fondo
blanco)

CARBOHIDRATO

NOMRE CARB.

3

Imagen de
referencia (fondo
blanco)

PROTEINA

NOMBRE COND.

1

Imagen de
referencia (fondo
blanco)

CONDIMENTO

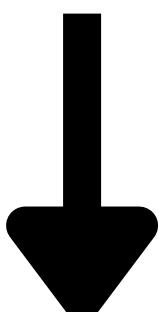
NOMBRE FRUTA

2

Imagen de
referencia (fondo
blanco)

FRUTA

Bocetos



TOMATE

1



VERDURA

LECHUGA

1



VERDURA

PAN

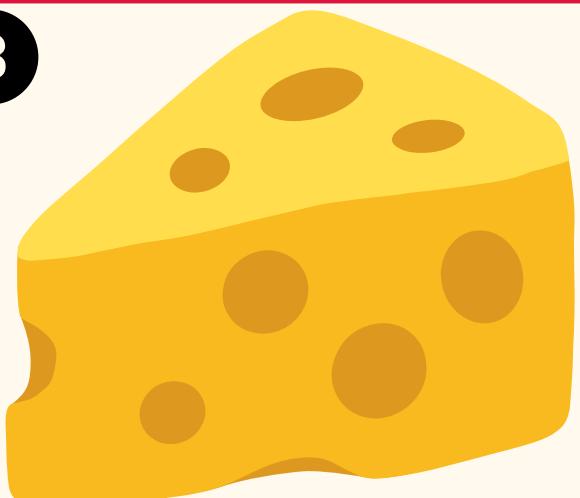
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CARBOHIDRATO

QUESO

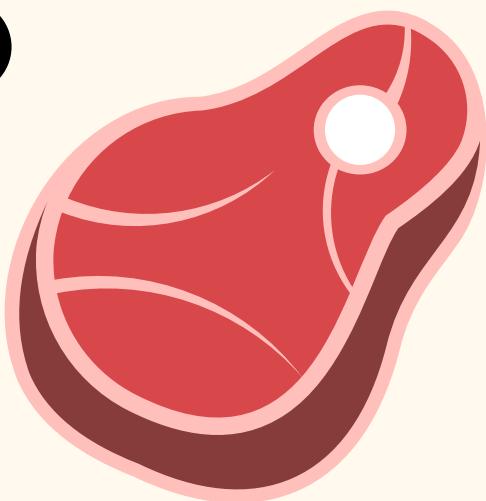
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PROTEINA

CARNE

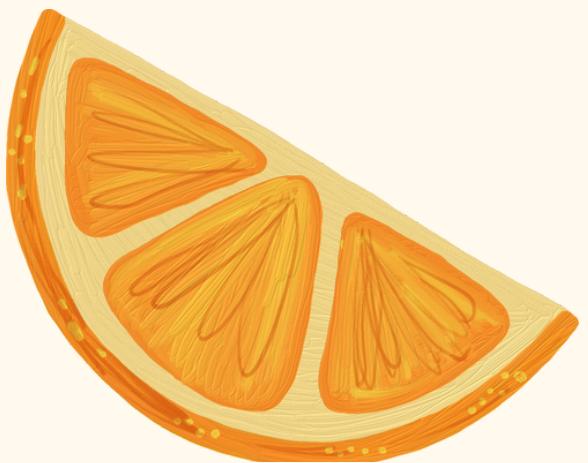
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PROTEINA

NARANJA

2



FRUTA

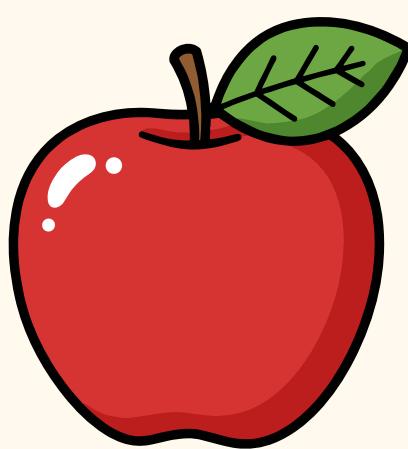
PIMIENTA

1



MANZANA

2



CONDIMENTO

FRUTA

POLLO

3



PROTEINA

1

SAL

CONDIMENTO

BANANA

2



FRUTA

2

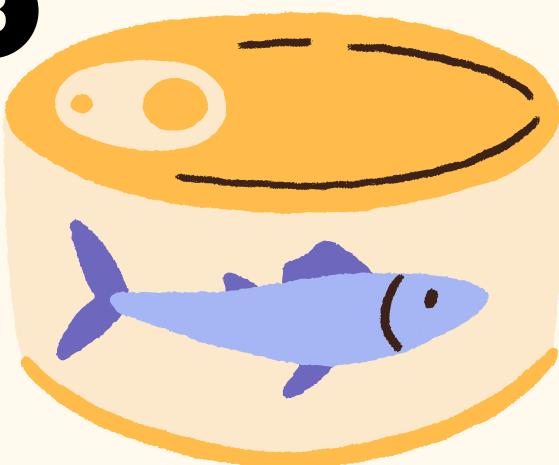
FRUTILLA

FRUTA



ATUN

3



PROTEINA

PERA

2



FRUTA

ACEITE DE OLIVA

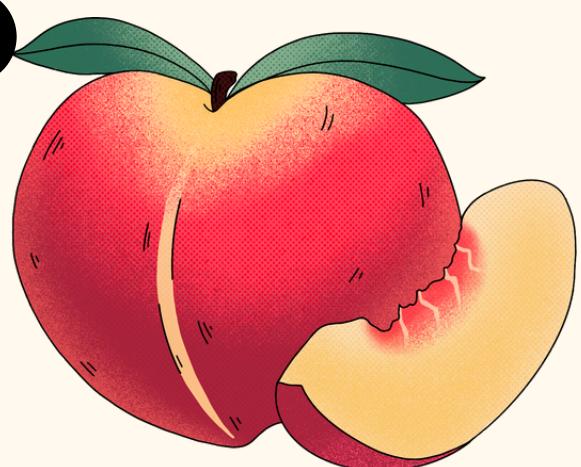
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CONDIMENTO

DURAZNO

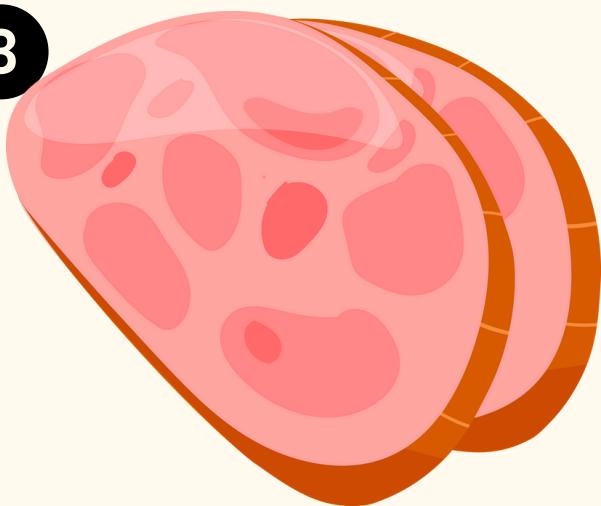
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FRUTA

CERDO

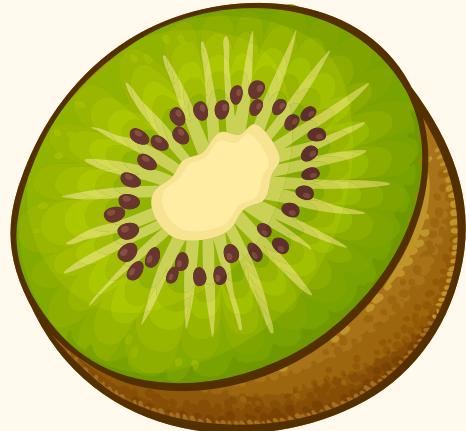
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PROTEINA

KIWI

2



FRUTA

VINAGRE

1



CONDIMENTO

UVAS

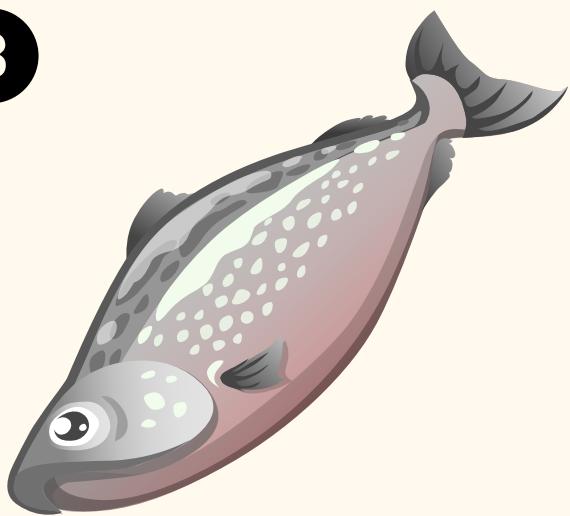
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FRUTA

PESCADO

3



PROTEINA

ANANA

2



FRUTA

MOSTAZA

1



CONDIMENTO

MANGO

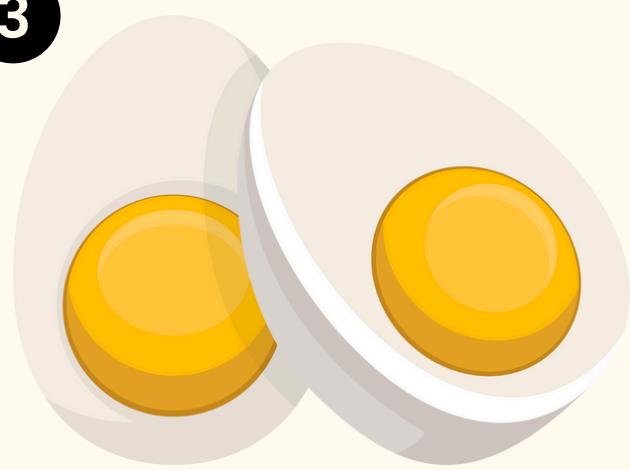
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FRUTA

HUEVO

3



PROTEINA

2



FRUTA

KETCHUP

1



CONDIMENTO

POMELO

2



FRUTA

ZANAHORIA

1



VERDURA

BROCOLI

1



VERDURA

ARROZ

2



CARBOHIDRATO

TOFU

3



PROTEINA

ESPINACA

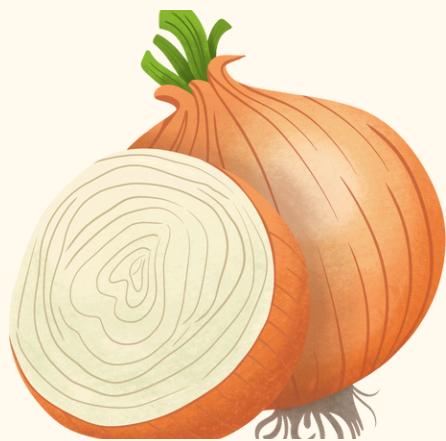
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VERDURA

CEBOLLA

1



VERDURA

FIDEOS

2



CARBOHIDRATO

GARBANZOS

3



PROTEINA

PIMINTO

1



VERDURA

CALABAZA

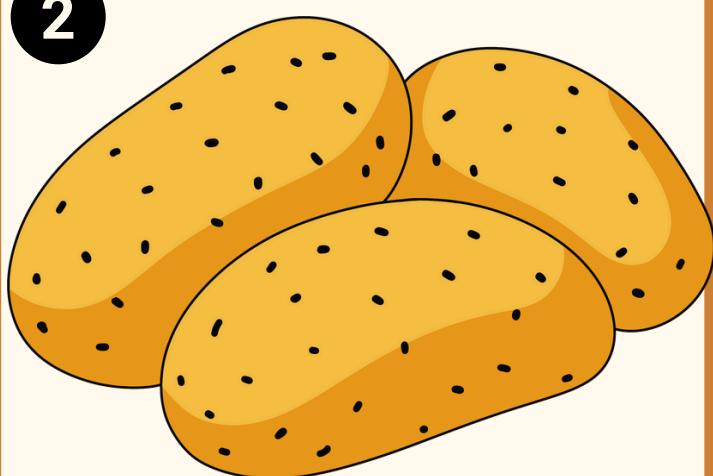
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VERDURA

PAPA

2



CARBOHIDRATO

LENTAGAS

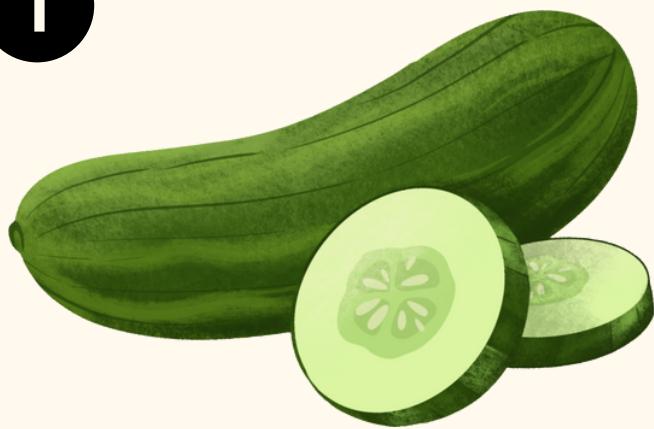
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PROTEINA

PEPINO

1



VERDURA

APIO

1



VERDURA

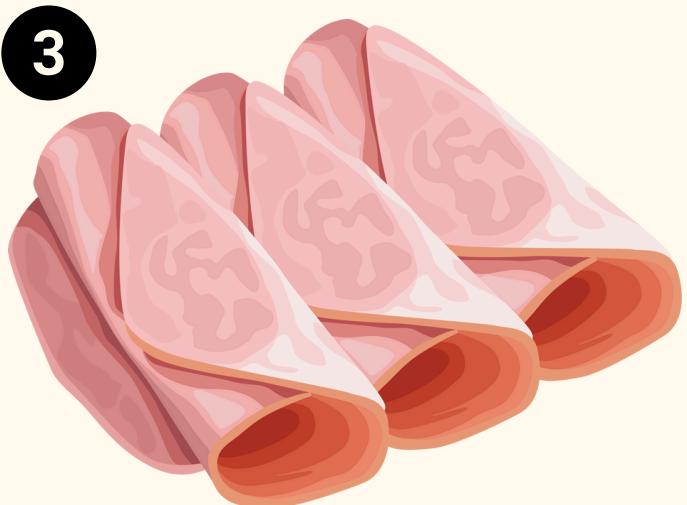
QUINOA

2



CARBOHIDRATO

3



PROTEINA

BERENJA

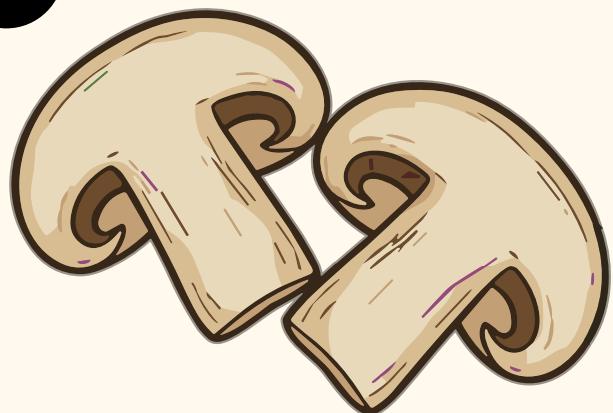
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VERDURA

HONGOS

1



VERDURA

AVENA

2



CARBOHIDRATO

3



PROTEINA

MAYONESA

1



CONDIMENTO

SALSA DE SOJA

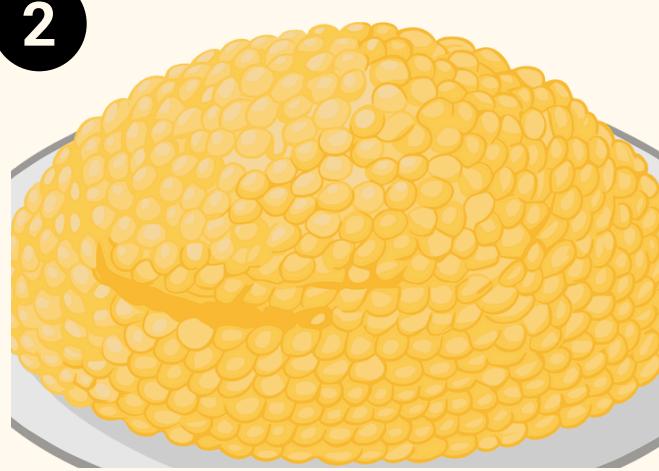
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CONDIMENTO

POLENTA

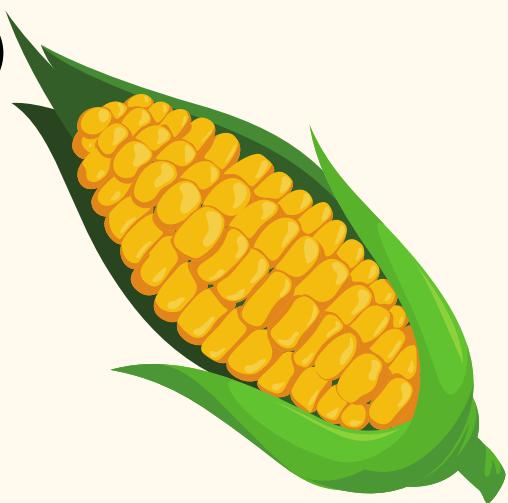
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CARBOHIDRATO

MAIZ

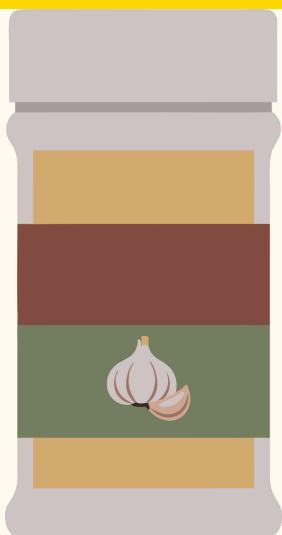
3



CARBOHIDRATO

AJO EN POLVO

1



CONDIMENTO

OREGANO

1



CONDIMENTO

BATATA

2



CARBOHIDRATO

TORTILLAS

3



CARBOHIDRATO

PEREJIL

1



COMINO

1



CONDIMENTO

2

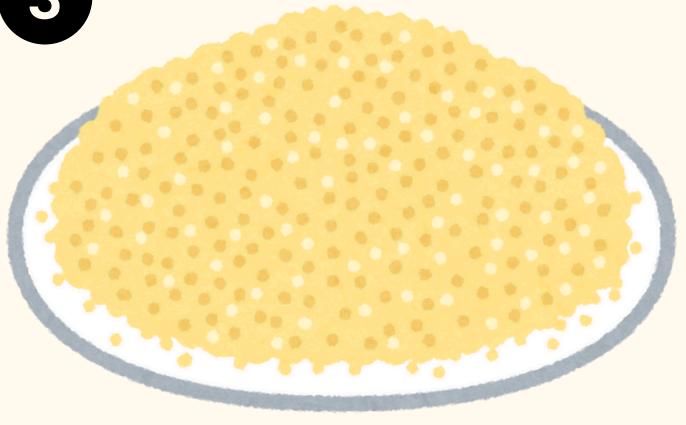


NOQUIS

CARBOHIDRATO

COUS COUS

3



CARBOHIDRATO