

**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**

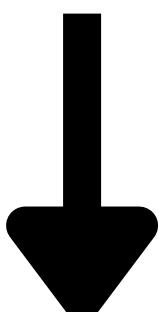
**NOMBRE FRUTA**

**2**

Imagen de  
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blanco)

**FRUTA**

**Bocetos**



# TOMATE

1



VERDURA

# LECHUGA

1



VERDURA

# PAN

2



CARBOHIDRATO

# QUESO

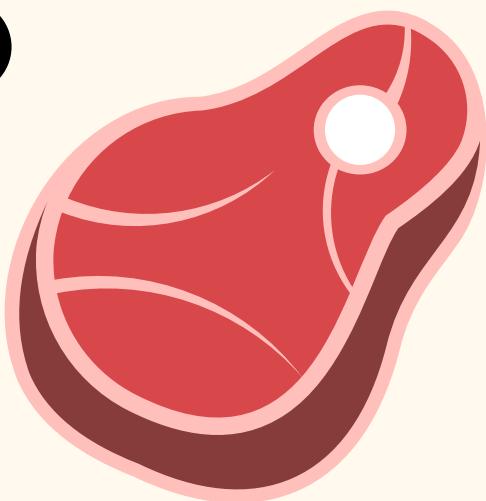
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PROTEINA

**CARNE**

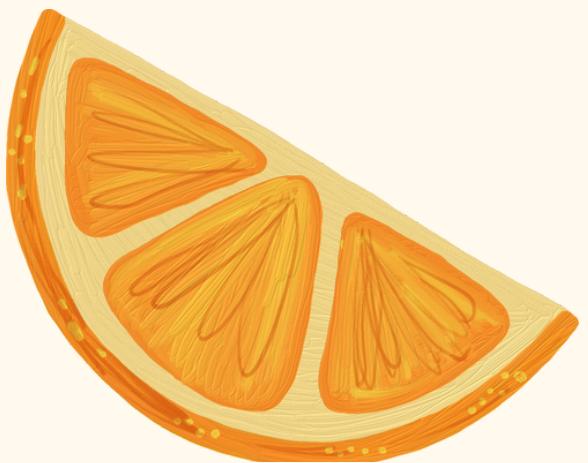
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**PROTEINA**

**NARANJA**

2



**FRUTA**

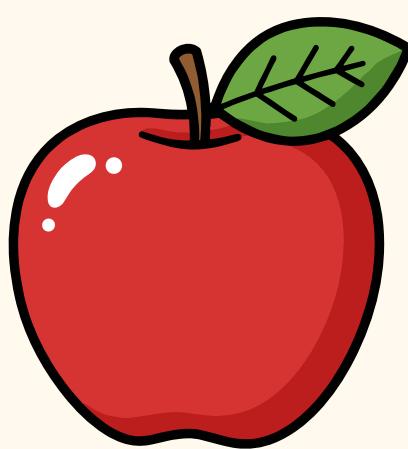
**PIMIENTA**

1



**MANZANA**

2



**CONDIMENTO**

**FRUTA**

**POLLO**

3



**PROTEINA**

1

**SAL**

2



**FRUTA**

**FRUTILLA**

2

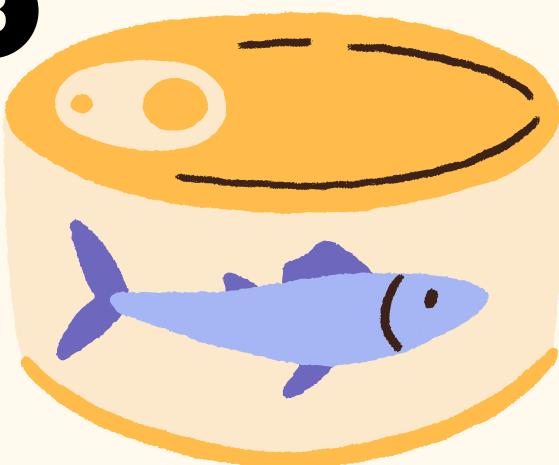


**CONDIMENTO**

**FRUTA**

**ATUN**

3



**PROTEINA**

**PERA**

2



**FRUTA**

**ACEITE DE OLIVA**

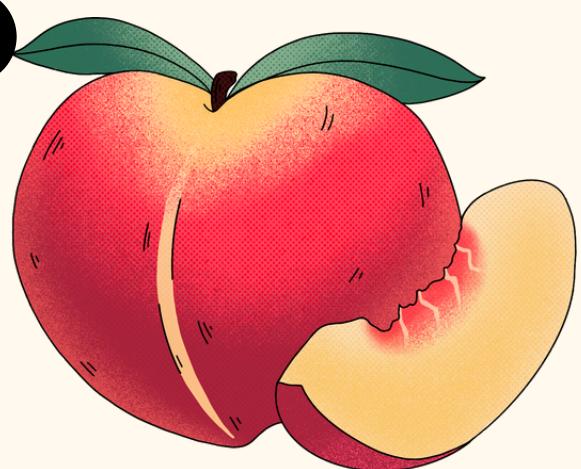
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**CONDIMENTO**

**DURAZNO**

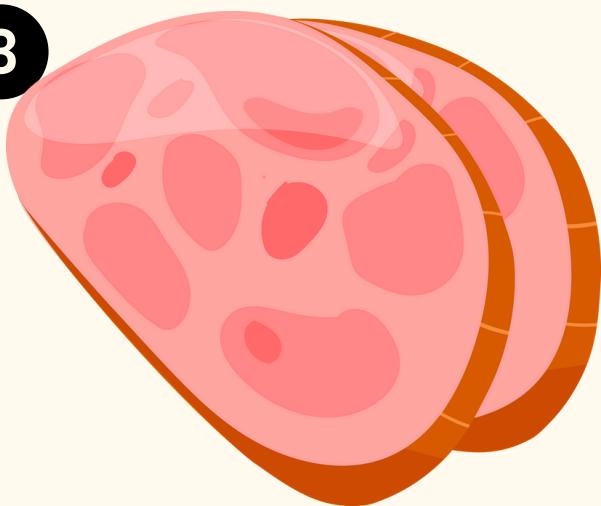
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**FRUTA**

**CERDO**

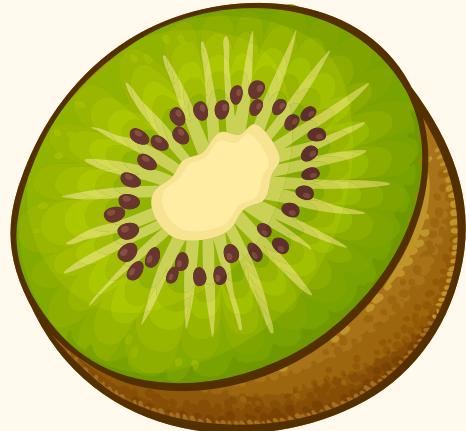
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**PROTEINA**

**KIWI**

2



**FRUTA**

**VINAGRE**

1



**CONDIMENTO**

**UVAS**

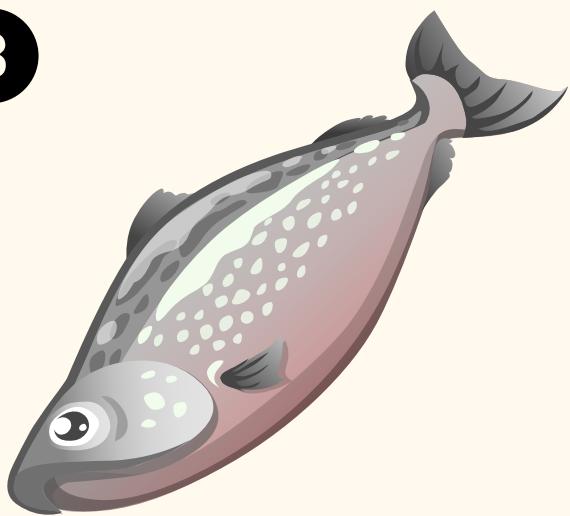
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**FRUTA**

**PESCADO**

3



**PROTEINA**

**ANANA**

2



**FRUTA**

**MOSTAZA**

1



**CONDIMENTO**

**MANGO**

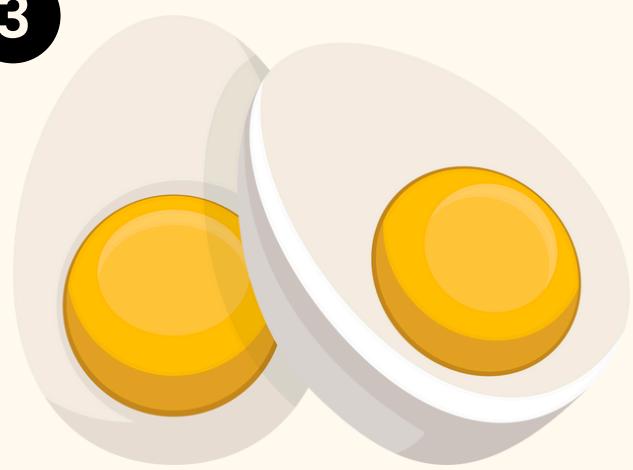
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**FRUTA**

**HUEVO**

3



**PROTEINA**

2



**FRUTA**

**KETCHUP**

1



**CONDIMENTO**

**POMELO**

2



**FRUTA**

# ZANAHORIA

1



VERDURA

# BROCOLI

1



VERDURA

# ARROZ

2



CARBOHIDRATO

# TOFU

3



PROTEINA

# ESPINACA

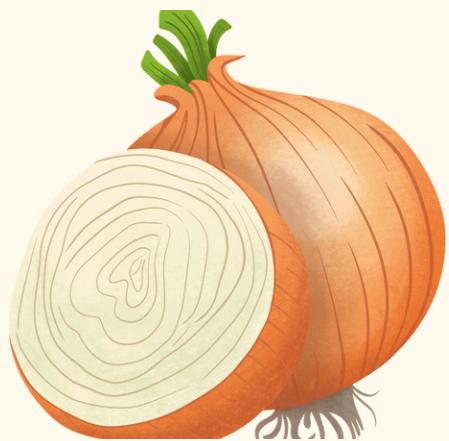
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VERDURA

# CEBOLLA

1



VERDURA

# FIDEOS

2



CARBOHIDRATO

# GARBANZOS

3



PROTEINA

# PIMINTO

1



VERDURA

# CALABAZA

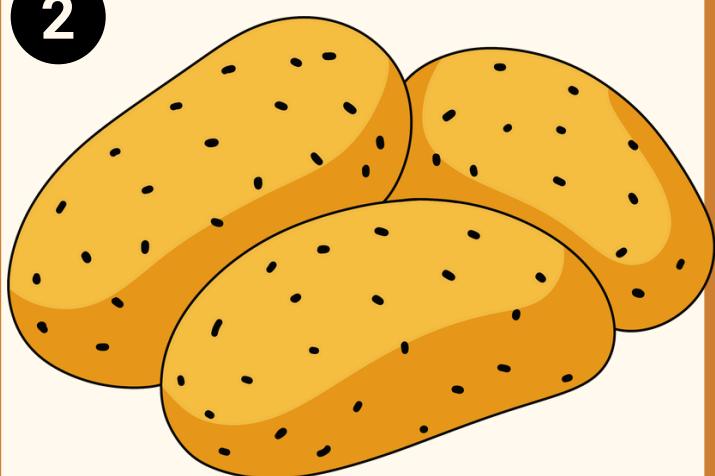
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VERDURA

# PAPA

2



CARBOHIDRATO

# LENTEJAS

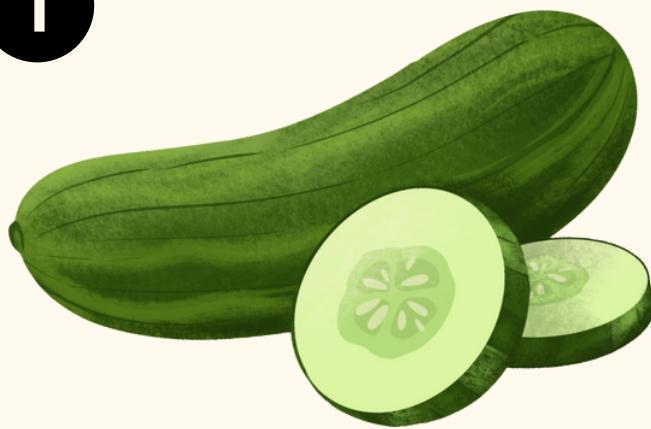
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PROTEINA

# PEPINO

1



VERDURA

# APIO

1



VERDURA

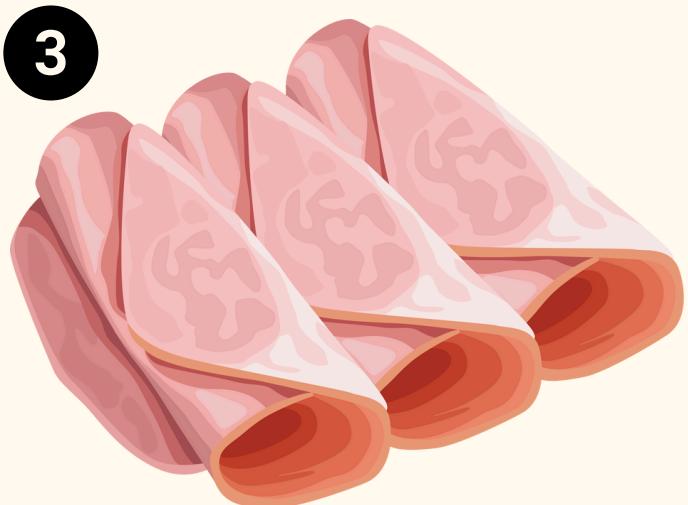
# QUINOA

2



CARBOHIDRATO

3



PROTEINA

# BERENJA

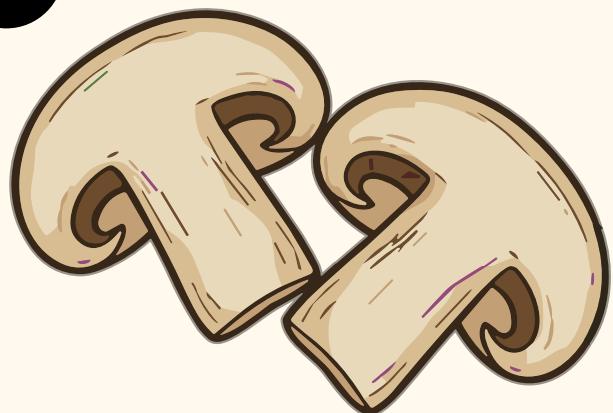
1



VERDURA

# HONGOS

1



VERDURA

# AVENA

2



CARBOHIDRATO

3



PROTEINA

## MAYONESA

1



CONDIMENTO

## SALSA DE SOJA

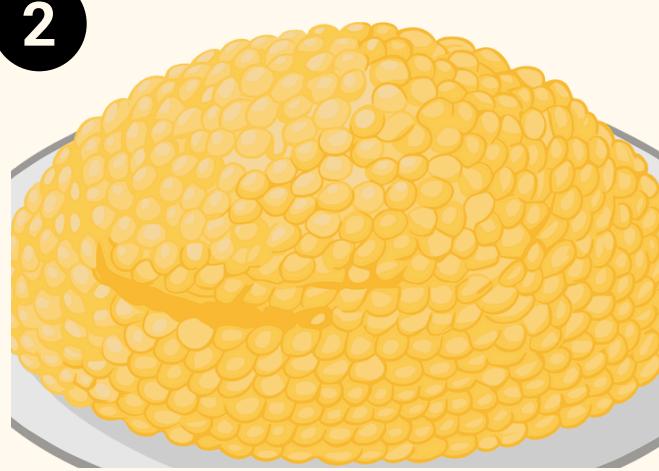
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CONDIMENTO

## POLENTA

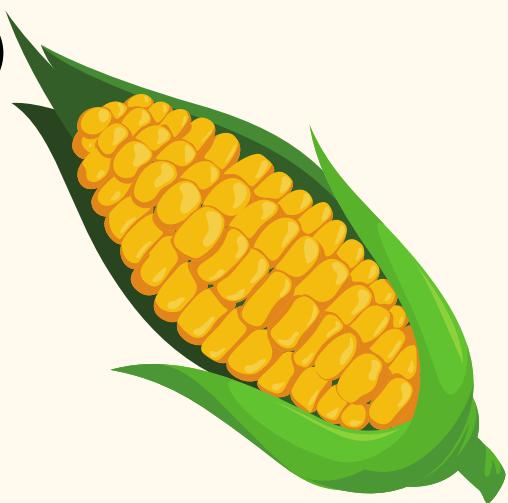
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CARBOHIDRATO

## MAIZ

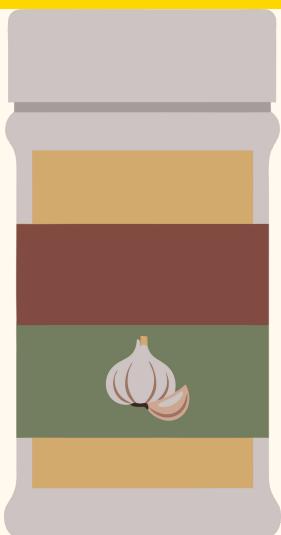
3



CARBOHIDRATO

## AJO EN POLVO

1



CONDIMENTO

## OREGANO

1



CONDIMENTO

## BATATA

2



CARBOHIDRATO

## TORTILLAS

3



CARBOHIDRATO

## PEREJIL

1



## COMINO

1



## CONDIMENTO

2

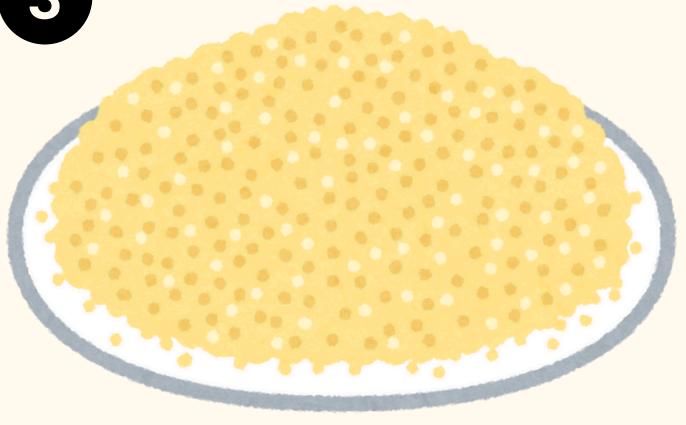


## ÑOQUIS

## CARBOHIDRATO

## COUS COUS

3



## CARBOHIDRATO