

**selecCaloria**

diaNro	k5850	k7000	k8050	k9450	k10500
1	750	850	1000	1150	1300
2	935	1150	1300	1530	1700
3	800	935	1075	1260	1400
4	900	1075	1200	1440	1600
5	700	800	935	1075	1200
6	1000	1200	1350	1600	1800
7	750	1000	1150	1350	1500

