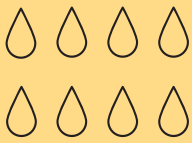
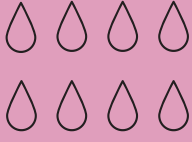



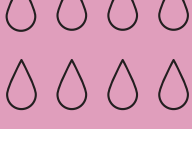



# Menú semanal

objetivos •  
•  
•

	Menu	cómo me siento hoy	Tomar agüita
lunes	D _____ A _____ C _____	_____ _____ _____	
martes	D _____ A _____ C _____	_____ _____ _____	
miér.	D _____ A _____ C _____	_____ _____ _____	
jueves	D _____ A _____ C _____	_____ _____ _____	
viernes	D _____ A _____ C _____	_____ _____ _____	
sábado	D _____ A _____ C _____	_____ _____ _____	
dom.	D _____ A _____ C _____	_____ _____ _____	

# MENÚ SEMANAL



**LUNES**

**MARTES**

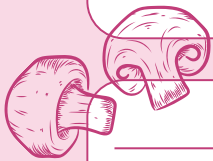
**MIÉRCOLES**



**JUEVES**

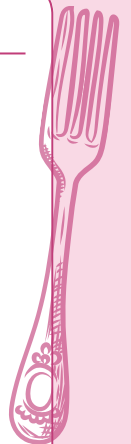
**VIERNES**

**COMPRAS**

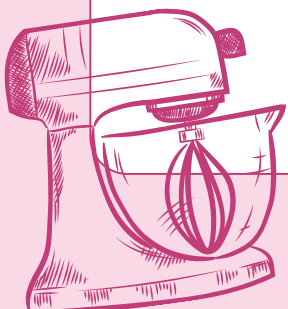


**SÁBADO**

**OBJETIVO**



**RECETA**



o r u g a





# Mis recetas

**Receta:** \_\_\_\_\_

**Ingredientes:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Preparación:**

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**Notas:**

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o r u g a

