


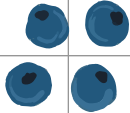

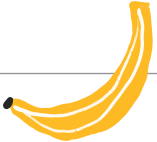


# PLAN DE COMIDAS SEMANAL

THE FULL PLANNER & PIA NUTRITION

SEMANA : \_\_\_\_\_



	DESAYUNO	ALMUERZO	CENA	SNACKS
L				
K				
M				
J				
V				
S				
D				

# LISTA DE COMPRAS

THE FULL PLANNER & PIA NUTRITION



SEMANA : \_\_\_\_\_



## LÁCTEOS

- QUESO \_\_\_\_\_
- LECHE \_\_\_\_\_
- YOGURT \_\_\_\_\_
- KEFIR \_\_\_\_\_
- HELADO \_\_\_\_\_

## FRUTAS

- SANDÍA \_\_\_\_\_
- MELÓN \_\_\_\_\_
- BANANO \_\_\_\_\_
- PIÑA \_\_\_\_\_
- ARANDANOS \_\_\_\_\_

## VEGETALES

- BROCOLÍ \_\_\_\_\_
- LECHUGA \_\_\_\_\_
- TOMATE \_\_\_\_\_
- CHILE DULCE \_\_\_\_\_
- CEBOLLA \_\_\_\_\_
- ZANAHORIA \_\_\_\_\_
- HONGOS \_\_\_\_\_

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## LEGUMINOSAS

- FRIJOLES \_\_\_\_\_
- GARBANZOS \_\_\_\_\_
- LENTEJAS \_\_\_\_\_
- EDAMAME \_\_\_\_\_
- HELADO \_\_\_\_\_

## PROTEÍNA

- POLLO \_\_\_\_\_
- PESCADO \_\_\_\_\_
- CARNE VACA \_\_\_\_\_
- PAVO \_\_\_\_\_
- SALMÓN \_\_\_\_\_
- MARISCOS \_\_\_\_\_

## CONDIMENTOS

- VINAGRE \_\_\_\_\_
- MOSTAZA \_\_\_\_\_
- ADEREZO \_\_\_\_\_
- SALSA DE \_\_\_\_\_
- ACEITE \_\_\_\_\_
- ESPECIES \_\_\_\_\_

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## BEBIDAS

- TÉ \_\_\_\_\_
- CAFÉ \_\_\_\_\_
- JUGOS \_\_\_\_\_
- INFUSIONES \_\_\_\_\_

## HARINAS

- ARROZ \_\_\_\_\_
- PAPA \_\_\_\_\_
- PASTA \_\_\_\_\_
- YUCA \_\_\_\_\_
- PAN \_\_\_\_\_
- TORTILLAS \_\_\_\_\_
- QUINOA \_\_\_\_\_

## SNACKS

- GALLETAS \_\_\_\_\_
- CHIPS \_\_\_\_\_
- PALOMITAS \_\_\_\_\_
- NUECES \_\_\_\_\_
- ALMENDRAS \_\_\_\_\_
- MANÍ \_\_\_\_\_
- BARRITAS \_\_\_\_\_

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