




Fase 1

DESAYUNO

 Granos
 Fruta
 Proteínas (opcional)*


SNACK

 Fruta

COMIDA

 Proteínas
 Verduras
 Granos
 Fruta

SNACK



 Fruta

CENA

 Proteínas
 Verduras
 Granos

Fase 2



DESAYUNO

 Proteínas
 Verduras

SNACK

 Proteínas
 Verduras (opcional)

COMIDA

 Proteínas
 Verduras

SNACK


 Proteínas
 Verduras (opcional)

CENA


 Proteínas
 Verduras

Fase 3





DESAYUNO

 Grasas saludables
 Proteínas**
 Verduras
 Granos
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
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