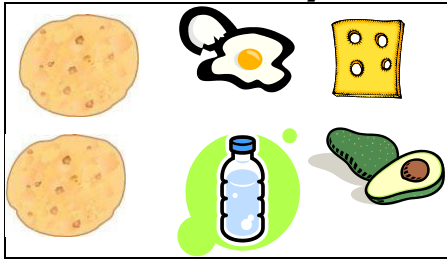


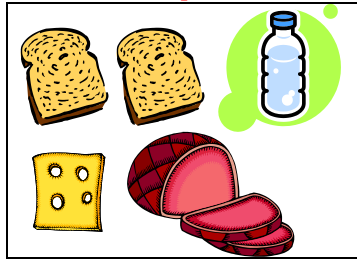
Muestra de comida e merienda

Siempre añade proteína cada vez que coma carbohidratos

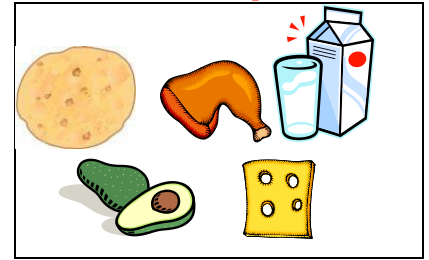
Desayuno- 2 carbohidratos (NO FRUTA EN EL DESAYUNO)



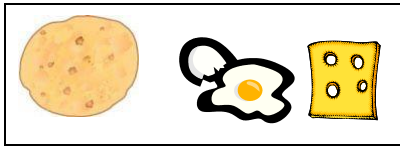
o



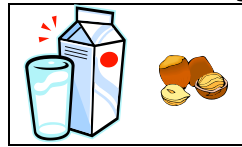
o



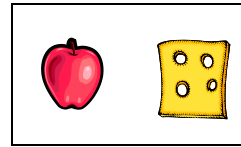
Merienda- 1 carbohidratos or 15g carbohidratos



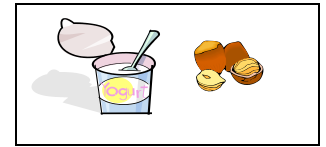
o



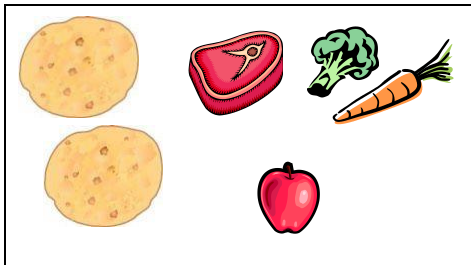
o



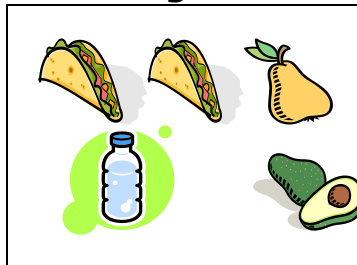
o



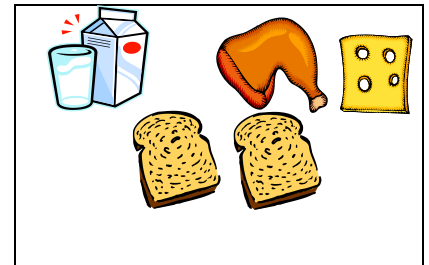
Almuerzo- 3 carbohidratos or 45g carbohidratos



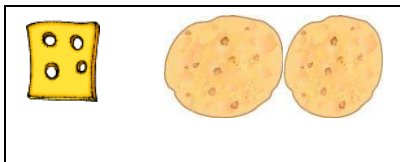
o



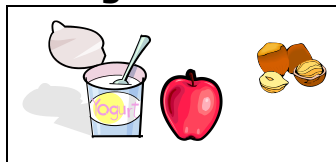
o



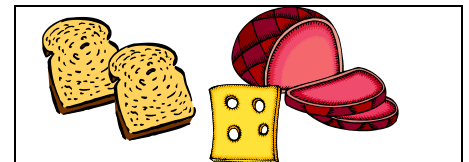
Merienda-2 carbohidratos 30g carbohidratos



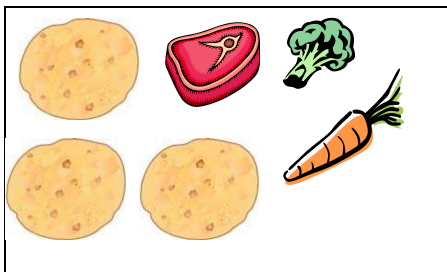
o



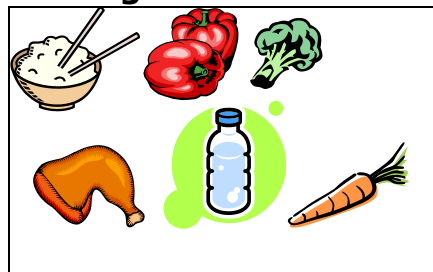
o



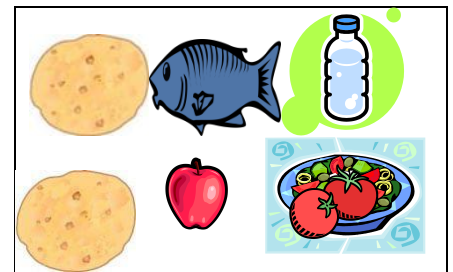
Cena- 3 carbohidratos or 45g carbohidratos



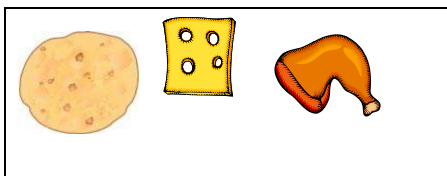
o



o



Merienda-1 carbohidratos or 15g carbohidratos (NO FRUTA EN LA MERIENDA DE LA NOCHE)



o



o

