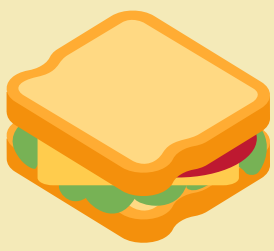
Refrigerios Saludables

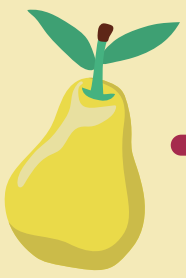
¡Planifica la semana con estas ideas para tu refrigerio!

Lunes



Pan con queso y espinaca

+

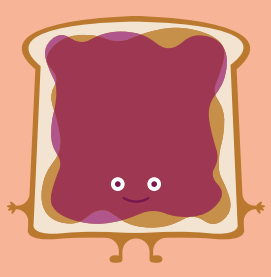


Pera

+

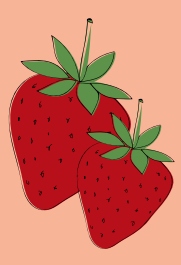
Agua

Martes



Pan con mermelada

+



Frutillas

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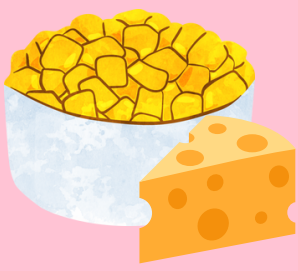
Leche

Miércoles



Choclo con queso

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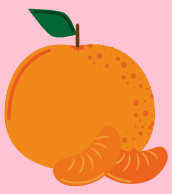
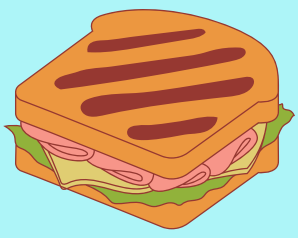


Mandarina

+

Limonada

Jueves



Pan con pollo y tomate

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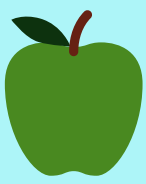

Manzana

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Yogurt

Viernes

Chochos con tostado

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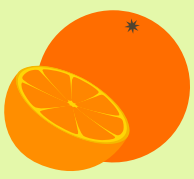

Naranja

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Agua

¡Toma en cuenta!

- Utiliza recipientes herméticos.
- Es mejor agua y no refrescos.
- Incluye frutas enteras y sin pelar.