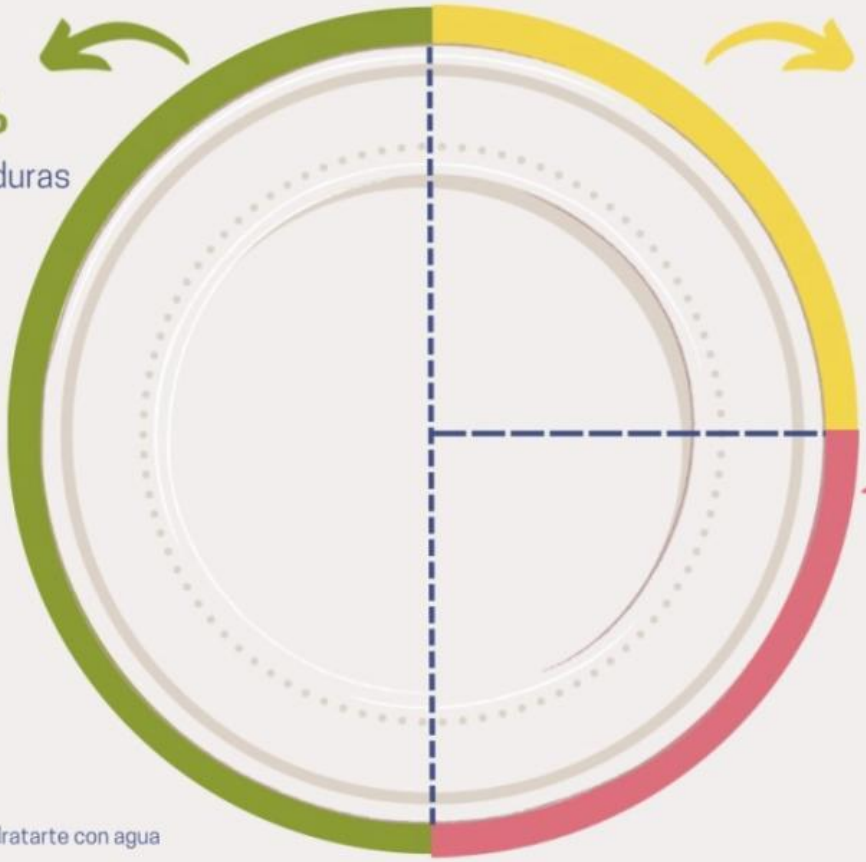
PLATO SALUDABLE



50%
Frutas y verduras

25%
Cereales

25%
Proteínas

No olvides hidratarte con agua

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