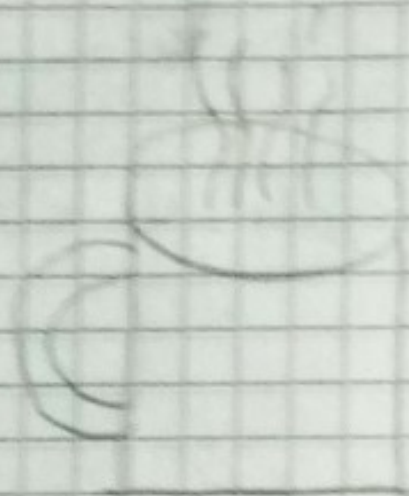


Abil x. x. x. x. x. x. x.

7 días del desayuno



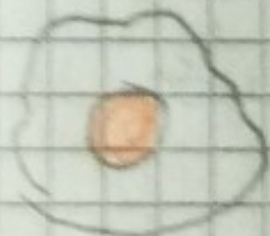
Chocolates



Banano

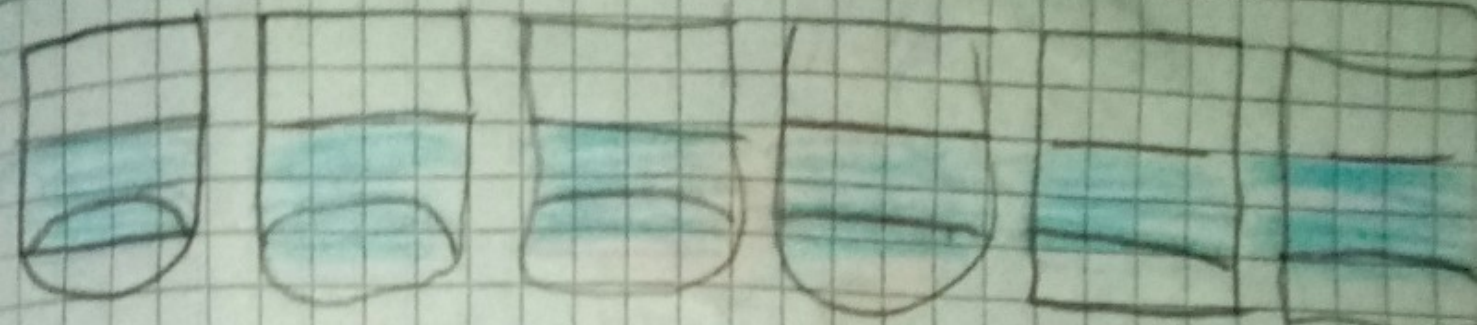


Papaya



Huevo

6 vasos a la día

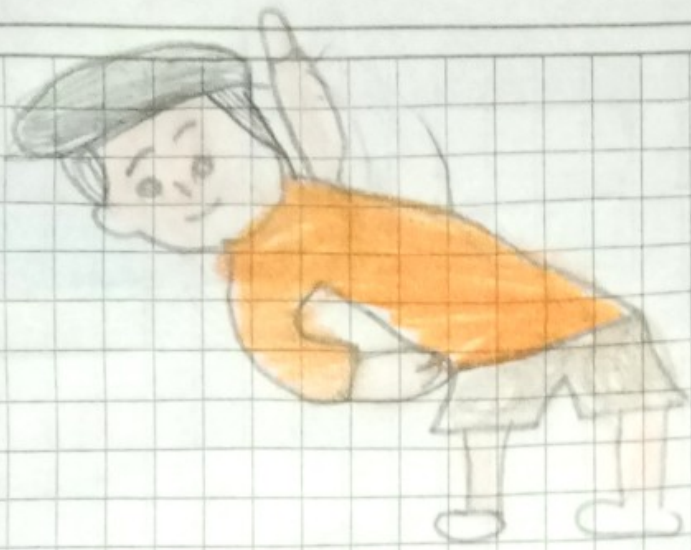


Porciones de comida



Horas de Ejercicio al día





6 leguminosas



Frijol



Garbanos lentejas



7 huerb personal

