



- Lasaña de calabaza
- Calabaza
- Carne molida
- Salsa de tomate
- Queso

Lunes



- Filete
- Lechuga
- Tomate
- Brócoli
- Berenjenas
- Cebolla

Martes



- Milanesa
- Brócoli
- Tomate
- Betabel
- Sazonador
- Finas hierbas

Miércoles



- Salmon
- Aguacate
- Huevo
- Pepino
- Aceitunas
- Tomate
- Sal, pimienta

Jueves



- Filete
- Brócoli
- Huevo
- Zanahoria
- Pico de gallo

Viernes



- Pollo
- Lechuga
- Tomate
- Cebolla
- Calabaza
- Queso
- Orégano

Sábado

Comida Saludable Con Laura Miller

Laura Kohán Cáceres



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