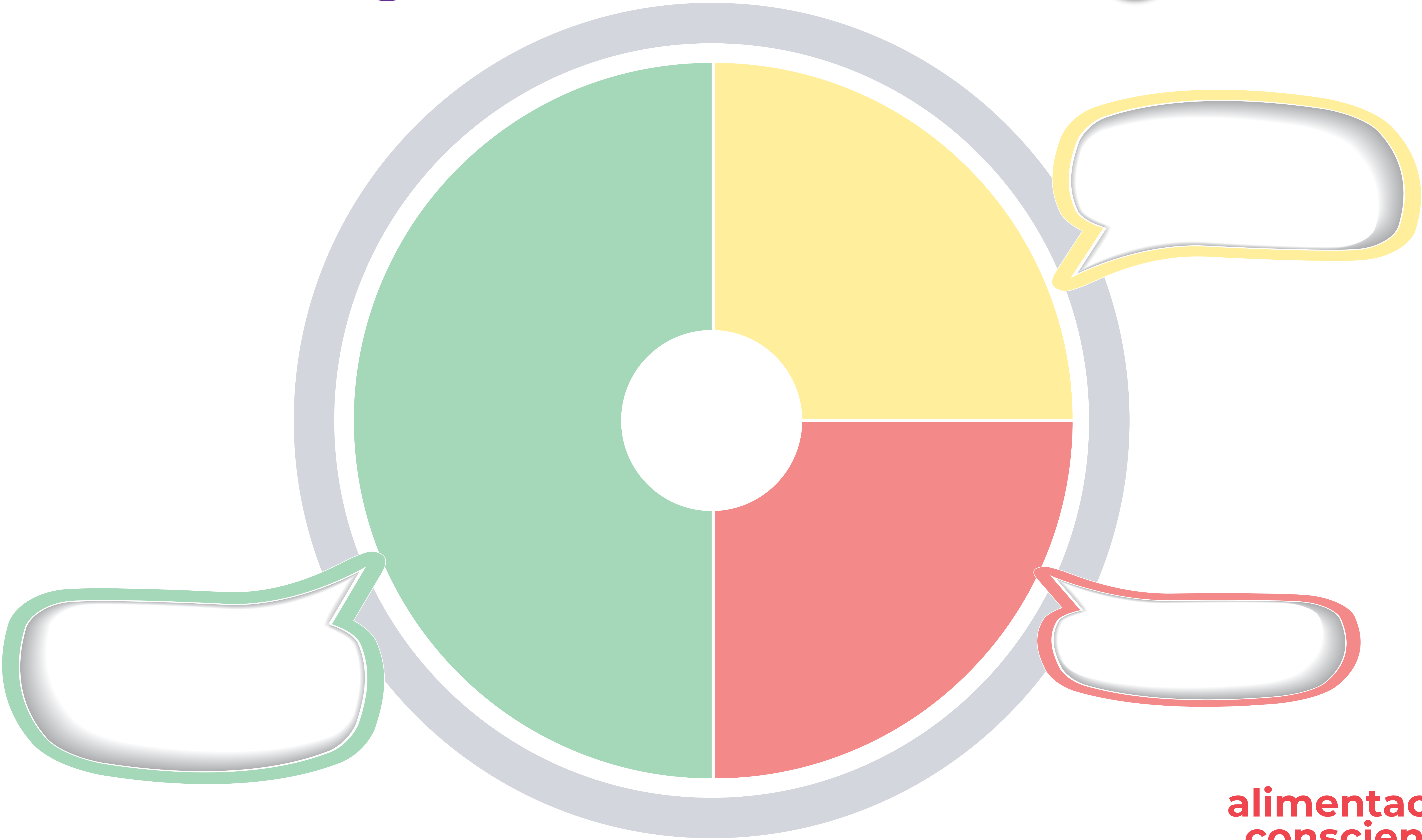


¡Organiza tu Plato!



**alimentación
consciente.**

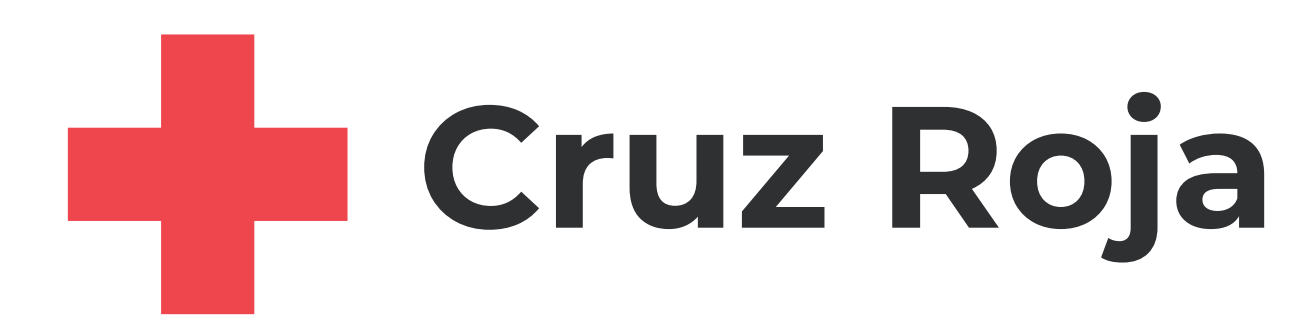
75 cm



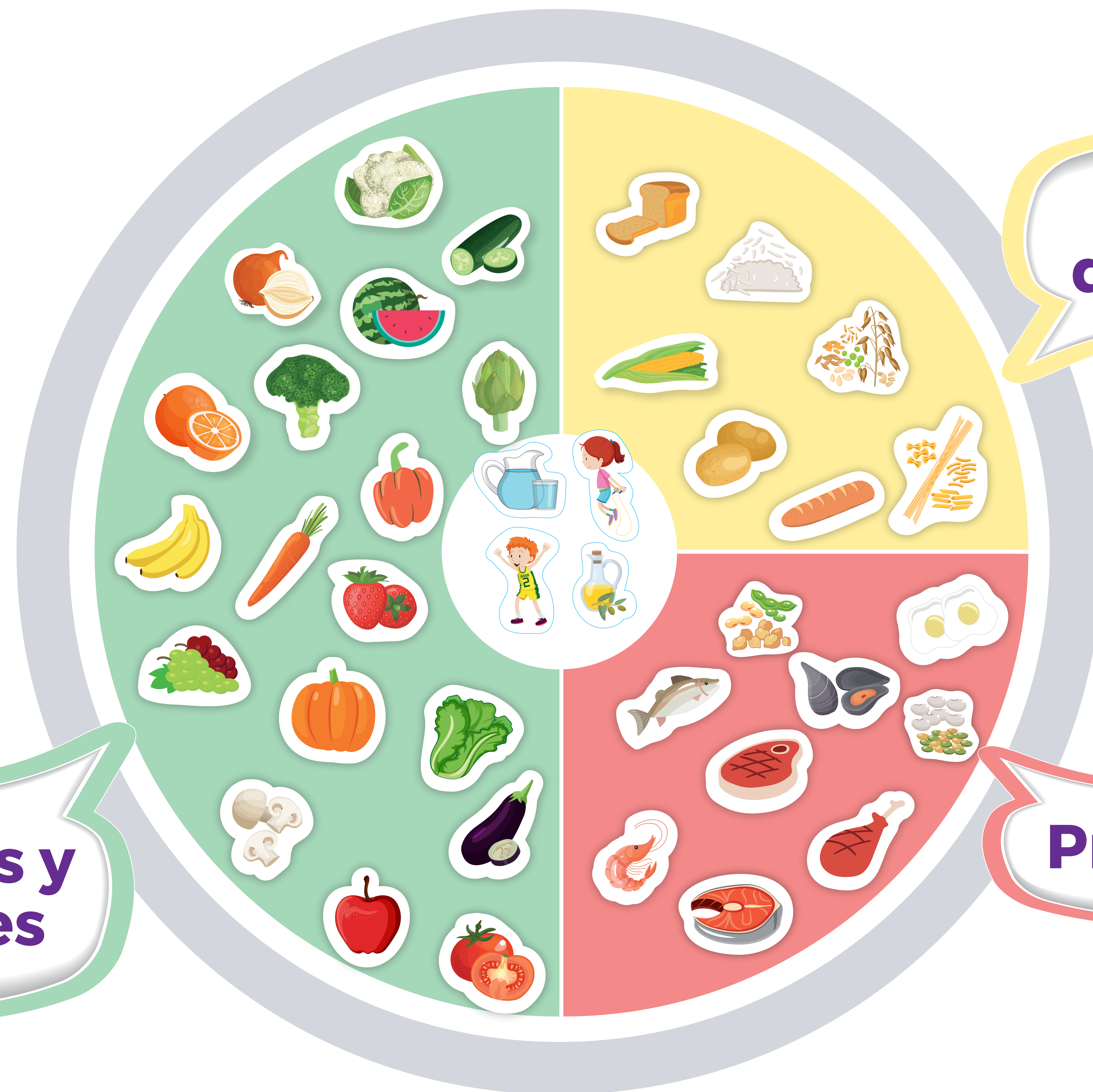
**Hidratos
de carbono**

**Vitaminas y
minerales**

Proteínas



**Vitaminas y
minerales**



**Hidratos
de carbono**

Proteínas

**alimentación
consciente.**