

# Tortillas De Maiz Calorias



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d 4. d 5. d 6 d 7: granola y frutas (hacer una mezcla de ambas y si gusta agregar leche de soya): 1 paquete de galletas integral: sopa de verduras (como sugerencia, prepararla con zanahoria, papas, ayote, ejotes y guisquil en trocitos.

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