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| <p><b>Día 1</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>Día 2</b></p> <p><b>Ensalada de pasta</b> (pasta, huevo, zanahoria, atún, surimi y aceituna)</p> <p><b>Palometa en salsa</b> (cebolla, ajo, zanahoria y harina)</p> <p><b>Patatas ajo-perejil</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>699</td><td>35,6 g</td><td>76,9 g</td><td>25,7 g</td></tr> </table> | Kcal                              | Prot                                      | HCar    | Lipid | 699     | 35,6 g  | 76,9 g  | 25,7 g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Día 3</b></p> <p><b>Judías pintas con arroz</b> (harina, cebolla, ajo, zanahoria, puerro y tomate)</p> <p><b>Varitas de merluza y Nuggets de pollo</b></p> <p><b>Ensalada de Lechuga, tomate, zanahoria, aceitunas y maíz</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>710</td><td>34,6 g</td><td>78,6 g</td><td>26,6 g</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>35,6 g</td><td>76,9 g</td><td>25,7 g</td></tr> </table> | Kcal | Prot  | HCar  | Lipid   | 710     | 34,6 g  | 78,6 g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 26,6 g | Kcal | Prot | HCar  | Lipid | 700     | 35,6 g  | 76,9 g  | 25,7 g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Día 4</b></p> <p><b>Marmitako de atún</b> (harina, cebolla, ajo, zanahoria, tomate y atún)</p> <p><b>Menestra de verduras</b></p> <p><b>Cinta de lomo al ajillo</b> (carne de cerdo, orégano y ajo)</p> <p><b>Tacos de tomate aliñados</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>35,1 g</td><td>76,9 g</td><td>25,7 g</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>697</td><td>35,9 g</td><td>74,7 g</td><td>24,3 g</td></tr> </table> | Kcal    | Prot | HCar  | Lipid | 700       | 35,1 g  | 76,9 g  | 25,7 g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Kcal                 | Prot                           | HCar                              | Lipid                                     | 697                              | 35,9 g                                    | 74,7 g                          | 24,3 g                         | <p><b>Día 5</b></p> <p><b>Guiso de garbanzos con chipirones</b> (harina, cebolla, ajo, pimiento, tomate y chipirón)</p> <p><b>Huevos duros con salsa de tomate</b></p> <p><b>Patatas fritas</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>35,6 g</td><td>76,9 g</td><td>25,7 g</td></tr> </table>                                                                                                                                                                                                 | Kcal | Prot | HCar  | Lipid | 700     | 35,6 g           | 76,9 g  | 25,7 g                                                                                                                                                                                                                                                                                                                                                                                                                                          |      |                |      |       |     |                 |         |         |  |  |  |                        |  |                       |  |
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| 710                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 34,6 g                                                                                                                                                                                                                                                                                                                                                                                          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| 700                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,1 g                                                                                                                                                                                                                                                                                                                                                                                          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| 697                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,9 g                                                                                                                                                                                                                                                                                                                                                                                          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| 700                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,6 g                                                                                                                                                                                                                                                                                                                                                                                                                 | 76,9 g                            | 25,7 g                                    |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| <p><b>Día 8</b></p> <p><b>Lentejas a la riojana</b> (ajo, harina, cebolla, tomate, patata, zanahoria y carne de cerdo)</p> <p><b>Tortilla española</b> (huevo, patata, aceite de oliva y cebolla)</p> <p><b>Ensalada de Lechuga, tomate, zanahoria, aceitunas y maíz</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCarb</td><td>Lipid</td></tr> <tr><td>703</td><td>35,9 g</td><td>77,5 g</td><td>26,7 g</td></tr> </table>                                                                                                                                             | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                   | Prot                              | HCarb                                     | Lipid   | 703   | 35,9 g  | 77,5 g  | 26,7 g  | <p><b>Día 9</b></p> <p><b>Macarrones con chorizo</b> (pasta, tomate y cerdo)</p> <p><b>Coliflor a la gallega</b></p> <p><b>Mero en salsa marinera</b> (ajo, harina, cebolla, gamba y almeja)</p> <p><b>Patatas al vapor</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>704</td><td>37,4 gr</td><td>77,7 gr</td><td>25,5 gr</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>693</td><td>36,1 gr</td><td>72,8 gr</td><td>25,5 gr</td></tr> </table>        | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Prot | HCar  | Lipid | 704     | 37,4 gr | 77,7 gr | 25,5 gr                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kcal   | Prot | HCar | Lipid | 693   | 36,1 gr | 72,8 gr | 25,5 gr | <p><b>Día 10</b></p> <p><b>Sopa de cocido (pasta)</b></p> <p><b>Cocido completo, Garbanzos, patata, chorizo, ternera, pollo, morcilla, tocino, ...</b></p> <p><b>Ensalada de Lechuga, tomate, zanahoria, aceitunas y maíz</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>770</td><td>35,8 gr</td><td>95,1 gr</td><td>29,4 gr</td></tr> </table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Prot    | HCar | Lipid | 770   | 35,8 gr   | 95,1 gr | 29,4 gr | <p><b>Día 10</b></p> <p><b>Puré de verduras naturales</b> (Judías verdes, acelgas, patata, puerro, calabacín, calabaza y zanahoria)</p> <p><b>Pollo asado en su jugo</b> (cebolla y vino)</p> <p><b>Patatas fritas</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>36,4 gr</td><td>72,7 gr</td><td>23,5 gr</td></tr> </table>                                                                                                                                                                                | Kcal                 | Prot                           | HCar                              | Lipid                                     | 690                              | 36,4 gr                                   | 72,7 gr                         | 23,5 gr                        | <p><b>Día 12</b></p> <p><b>Arroz al horno con pollo</b> (ajo, tomate, cebolla, pimiento y alcachofa)</p> <p><b>Verduras asadas</b></p> <p><b>Merluza a la romana</b> (harina y huevo)</p> <p><b>Tacos de tomate aliñados</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>701</td><td>34,1 gr</td><td>78,1 gr</td><td>26,8 gr</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>688</td><td>35,6 gr</td><td>73,2 gr</td><td>24,1 gr</td></tr> </table>                | Kcal | Prot | HCar  | Lipid | 701     | 34,1 gr          | 78,1 gr | 26,8 gr                                                                                                                                                                                                                                                                                                                                                                                                                                         | Kcal | Prot           | HCar | Lipid | 688 | 35,6 gr         | 73,2 gr | 24,1 gr |  |  |  |                        |  |                       |  |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Prot                                                                                                                                                                                                                                                                                                                                                                                                                   | HCarb                             | Lipid                                     |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 703                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,9 g                                                                                                                                                                                                                                                                                                                                                                                                                 | 77,5 g                            | 26,7 g                                    |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 704                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 37,4 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 77,7 gr                           | 25,5 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 693                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 36,1 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 72,8 gr                           | 25,5 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 770                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,8 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 95,1 gr                           | 29,4 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 690                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 36,4 gr                                                                                                                                                                                                                                                                                                                                                                                         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| 701                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 34,1 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 78,1 gr                           | 26,8 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 688                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,6 gr                                                                                                                                                                                                                                                                                                                                                                                         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| <p><b>Día 15</b></p> <p><b>Espirales con salsa de tomate</b></p> <p><b>Coliflor a la vinagreta</b></p> <p><b>Bacalao a la Vizcaína</b> (harina, tomate, pimiento y cebolla)</p> <p><b>Patatas al vapor</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>699</td><td>33,7 gr</td><td>75,8 gr</td><td>26,8 gr</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>687</td><td>34,7 gr</td><td>73,6 gr</td><td>24,8 gr</td></tr> </table>                                        | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                   | Prot                              | HCar                                      | Lipid   | 699   | 33,7 gr | 75,8 gr | 26,8 gr | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Prot                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | HCar | Lipid | 687   | 34,7 gr | 73,6 gr | 24,8 gr | <p><b>Día 16</b></p> <p><b>Judías blancas con chorizo</b> (harina, cebolla, ajo, tomate, carne de cerdo, zanahoria y patata)</p> <p><b>Varitas de merluza y Nuggets de pollo</b></p> <p><b>Ensalada de Lechuga, tomate, zanahoria, aceitunas y maíz</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>32,8 gr</td><td>79,3 gr</td><td>29,4 gr</td></tr> </table> | Kcal   | Prot | HCar | Lipid | 700   | 32,8 gr | 79,3 gr | 29,4 gr | <p><b>Día 17</b></p> <p><b>Crema de brócoli</b> (brócoli, puerro, zanahoria y patata)</p> <p><b>Filetes de jamón asado</b> (ajo, cerdo, harina, cebolla y zanahoria)</p> <p><b>Patatas fritas</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>699</td><td>31,9 gr</td><td>73,6 gr</td><td>26,8 gr</td></tr> </table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Prot    | HCar | Lipid | 699   | 31,9 gr   | 73,6 gr | 26,8 gr | <p><b>Día 18</b></p> <p><b>Arroz caldoso de marisco</b> (ajo, cebolla, gamba, calamar, almeja y mejillón)</p> <p><b>Ensalada de pimientos</b></p> <p><b>Filete de caballa con salsa de tomate</b></p> <p><b>Salteado de verduras</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>706</td><td>32,9 gr</td><td>79,1 gr</td><td>29,4 gr</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>670</td><td>35,7 gr</td><td>70,2 gr</td><td>21,2 gr</td></tr> </table> | Kcal                 | Prot                           | HCar                              | Lipid                                     | 706                              | 32,9 gr                                   | 79,1 gr                         | 29,4 gr                        | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Prot | HCar | Lipid | 670   | 35,7 gr | 70,2 gr          | 21,2 gr | <p><b>Día 19</b></p> <p><b>Sopa de cocido (pasta)</b></p> <p><b>Cocido completo, Garbanzos, patata, chorizo, ternera, pollo, morcilla, tocino, ...</b></p> <p><b>Ensalada de Lechuga, tomate, zanahoria, aceitunas y maíz</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>770</td><td>35,8 gr</td><td>95,1 gr</td><td>29,4 gr</td></tr> </table> | Kcal | Prot           | HCar | Lipid | 770 | 35,8 gr         | 95,1 gr | 29,4 gr |  |  |  |                        |  |                       |  |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Prot                                                                                                                                                                                                                                                                                                                                                                                            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| 699                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 33,7 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 75,8 gr                           | 26,8 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 687                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 34,7 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 73,6 gr                           | 24,8 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 700                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 32,8 gr                                                                                                                                                                                                                                                                                                                                                                                         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| 699                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 31,9 gr                                                                                                                                                                                                                                                                                                                                                                                         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| 670                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,7 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 70,2 gr                           | 21,2 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 770                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,8 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 95,1 gr                           | 29,4 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| <p><b>Día 22</b></p> <p><b>Lentejas estofadas</b> (harina, carne de cerdo, cebolla, ajo, patata, tomate y zanahoria)</p> <p><b>Tortilla francesa</b> (huevo)</p> <p><b>Salchichas de pollo</b></p> <p><b>Salsa de tomate</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>708</td><td>31,9 gr</td><td>72,9 gr</td><td>26,8 gr</td></tr> </table>                                                                                                                                                                       | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                   | Prot                              | HCar                                      | Lipid   | 708   | 31,9 gr | 72,9 gr | 26,8 gr | <p><b>Día 23</b></p> <p><b>Arroz 5 delicias</b> (gamba, Vork, huevo, zanahoria, guisante)</p> <p><b>Judías verdes con tomate</b></p> <p><b>Boquerones andaluza</b> (harina)</p> <p><b>Ensalada de Lechuga, tomate, zanahoria, aceitunas y maíz</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>703</td><td>30,9 gr</td><td>73,9 gr</td><td>24,8 gr</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>33,1 gr</td><td>70,9 gr</td><td>21,5 gr</td></tr> </table> | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Prot | HCar  | Lipid | 703     | 30,9 gr | 73,9 gr | 24,8 gr                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kcal   | Prot | HCar | Lipid | 690   | 33,1 gr | 70,9 gr | 21,5 gr | <p><b>Día 24</b></p> <p><b>Ensalada de garbanzos</b> (tomate, atún, zanahoria, huevo y surimi de pescado)</p> <p><b>Chuleta de Sajonia al horno</b> (carne de cerdo)</p> <p><b>Calabacín rebocado</b> (harina y huevo)</p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>708</td><td>31,9 gr</td><td>73,6 gr</td><td>26,8 gr</td></tr> </table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Prot    | HCar | Lipid | 708   | 31,9 gr   | 73,6 gr | 26,8 gr | <p><b>Día 25</b></p> <p><b>Judías verdes salteadas con jamón y huevo duro</b></p> <p><b>Albóndigas en salsa</b> (carne de cerdo, harina, ajo, cebolla, pimiento y zanahoria)</p> <p><b>Patatas fritas</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>33,9 gr</td><td>72,9 gr</td><td>25,8 gr</td></tr> </table>                                                                                                                                                                                             | Kcal                 | Prot                           | HCar                              | Lipid                                     | 700                              | 33,9 gr                                   | 72,9 gr                         | 25,8 gr                        | <p><b>Día 26</b></p> <p><b>Espaguetis napolitana</b> (carne de ternera, pasta, cebolla y tomate)</p> <p><b>Ensalada mixta</b></p> <p><b>Filete de gallo en salsa</b> (harina, cebolla, ajo)</p> <p><b>Salteado de verduras</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>702</td><td>31,9 gr</td><td>75,8 gr</td><td>25,6 gr</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>694</td><td>35,8 gr</td><td>72,9</td><td>24,6 gr</td></tr> </table> | Kcal | Prot | HCar  | Lipid | 702     | 31,9 gr          | 75,8 gr | 25,6 gr                                                                                                                                                                                                                                                                                                                                                                                                                                         | Kcal | Prot           | HCar | Lipid | 694 | 35,8 gr         | 72,9    | 24,6 gr |  |  |  |                        |  |                       |  |
| Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Prot                                                                                                                                                                                                                                                                                                                                                                                            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| 708                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 31,9 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 72,9 gr                           | 26,8 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 703                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 30,9 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 73,9 gr                           | 24,8 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 690                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 33,1 gr                                                                                                                                                                                                                                                                                                                                                                                                                | 70,9 gr                           | 21,5 gr                                   |         |       |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                         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| 708                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 31,9 gr                                                                                                                                                                                                                                                                                                                                                                                         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| 700                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 33,9 gr                                                                                                                                                                                                                                                                                                                                                                                         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| 702                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 31,9 gr                                                                                                                                                                                                                                                                                                                                                                                         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| 694                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 35,8 gr                                                                                                                                                                                                                                                                                                                                                                                         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| <p><b>Día 29</b></p> <p><b>Pasta con tomate</b> (pasta, tomate)</p> <p><b>Ensalada de judías verdes</b></p> <p><b>Merluza a la romana</b> (harina y huevo)</p> <p><b>Ensalada de Lechuga, tomate, zanahoria, aceitunas y maíz</b></p> <p><b>Fruta / Yogur de soja</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>703</td><td>30,9 gr</td><td>73,9 gr</td><td>26,8 gr</td></tr> </table> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>33,1 gr</td><td>70,9 gr</td><td>21,5 gr</td></tr> </table> | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                   | Prot                              | HCar                                      | Lipid   | 703   | 30,9 gr | 73,9 gr | 26,8 gr | Kcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Prot                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | HCar | Lipid | 690   | 33,1 gr | 70,9 gr | 21,5 gr | <p><b>Día 30</b></p> <p><b>Guisantes salteados con jamón y huevo duro</b></p> <p><b>Pechuga de pollo empanada</b> (pan rallado y huevo)</p> <p><b>Patatas fritas</b></p> <p><b>Fruta</b></p> <p><b>Pan</b> y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>32,8 gr</td><td>74,2 gr</td><td>23,8 gr</td></tr> </table>                                                                                                    | Kcal   | Prot | HCar | Lipid | 700   | 32,8 gr | 74,2 gr | 23,8 gr | <p><b>¿CÓMO PLANIFICAR LAS CENAS?</b></p> <p><i>En función de los grupos de alimentos que hayan tomado en el almuerzo, se confeccionará la cena para no repetir.</i></p> <table border="1"> <thead> <tr> <th colspan="2">COMEDOR</th> <th colspan="2">CASA</th> </tr> </thead> <tbody> <tr> <td colspan="4" style="text-align: center;">1º PLATOS</td> </tr> <tr> <td>Verduras/ Hortalizas</td> <td>Guarnición: Patata/ Arroz/maíz</td> <td>Pasta-Arroz (mejor sopa), Patatas</td> <td>Guarnición: Verduras/ Hortalizas/Ensalada</td> </tr> <tr> <td>Pasta, arroz, patatas, legumbres</td> <td>Guarnición: Verduras/ Hortalizas/Ensalada</td> <td>Verduras/ Hortalizas/ Ensaladas</td> <td>Guarnición: Patata/ Arroz/maíz</td> </tr> <tr> <td colspan="4" style="text-align: center;">2º PLATOS</td> </tr> <tr> <td colspan="2">Carne</td> <td colspan="2">Pescado / Huevos</td> </tr> <tr> <td colspan="2">Pescado</td> <td colspan="2">Carne / Huevos</td> </tr> <tr> <td colspan="2">Huevo</td> <td colspan="2">Pescado / Carne</td> </tr> <tr> <td colspan="4" style="text-align: center;">POSTRES</td> </tr> <tr> <td colspan="2">Fruta / Postre de soja</td> <td colspan="2">Preferiblemente fruta</td> </tr> </tbody> </table> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | COMEDOR |      | CASA  |       | 1º PLATOS |         |         |                                                                                                                                                        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