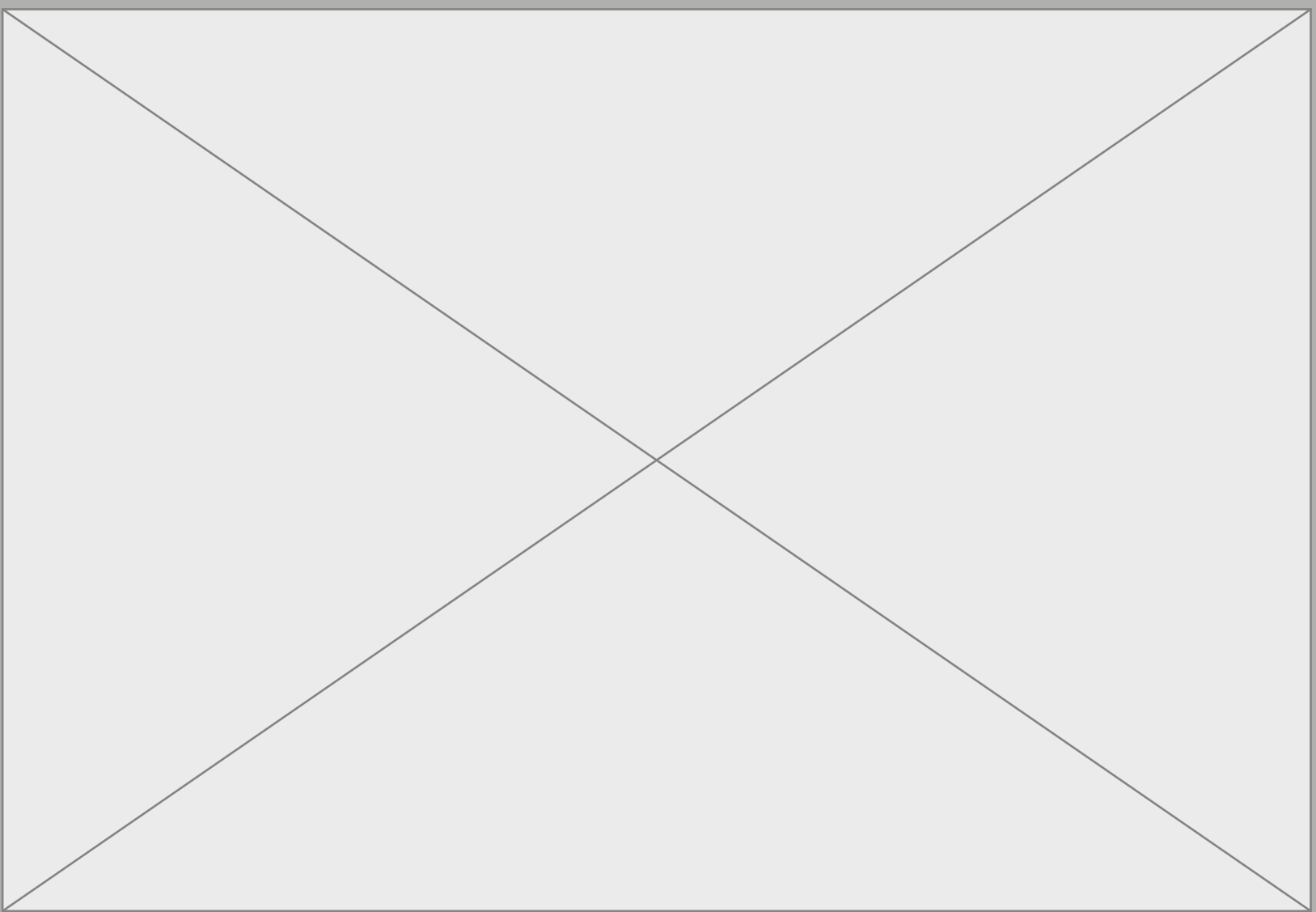
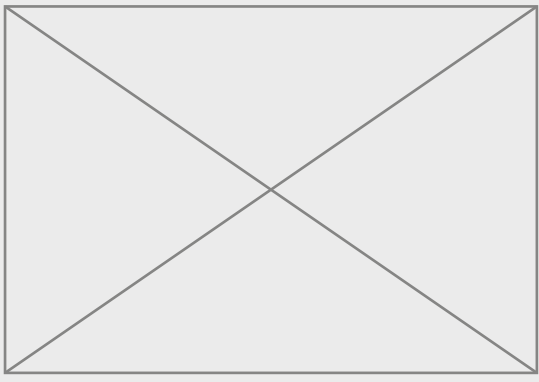




## MENÚ DE LA SEMANA

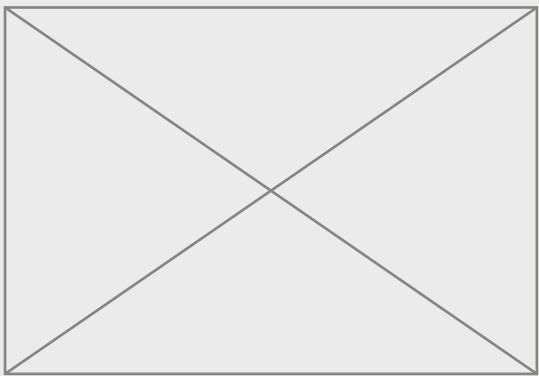


## RECETAS DESTACADAS



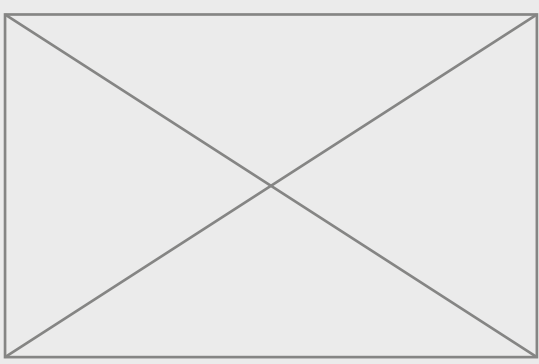
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***Buscador de recetas***

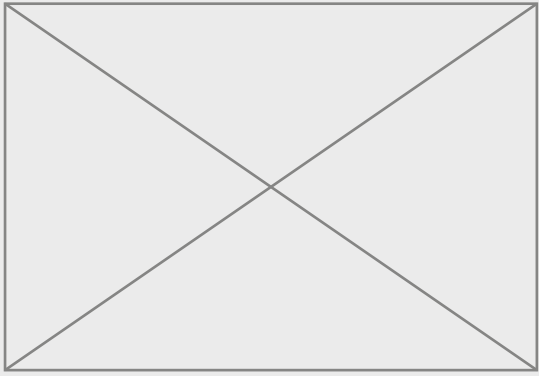
## SEMÁFORO SALUDABLE





## MENÚ DE LA SEMANA

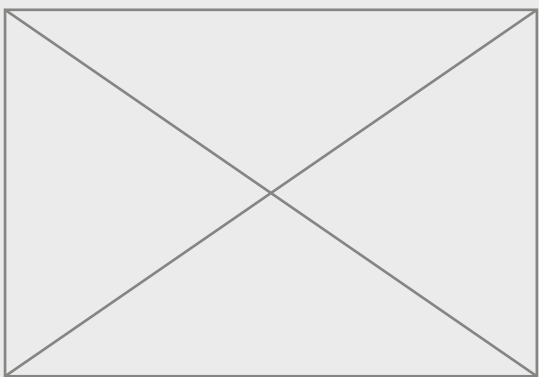
### LUNES



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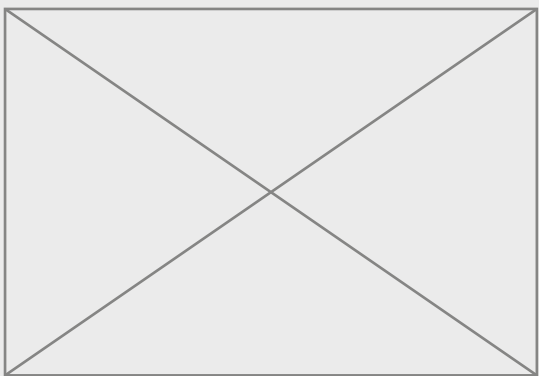
### MARTES



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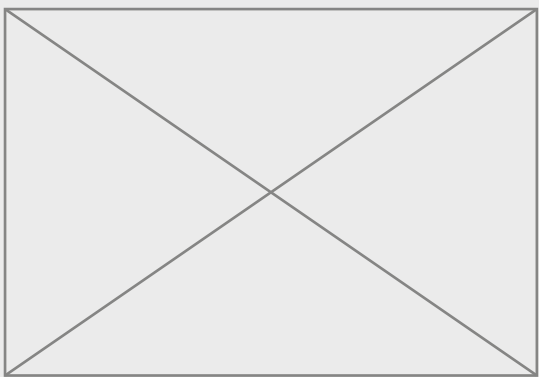
### MIÉRCOLES



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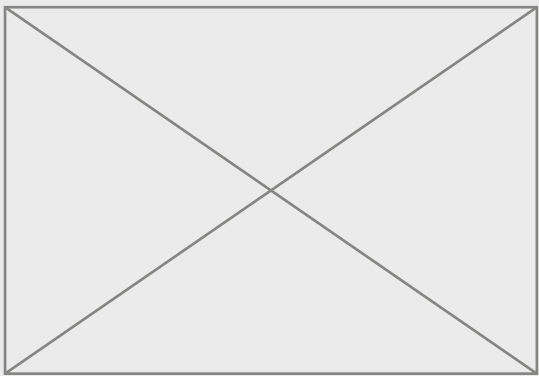
### JUEVES



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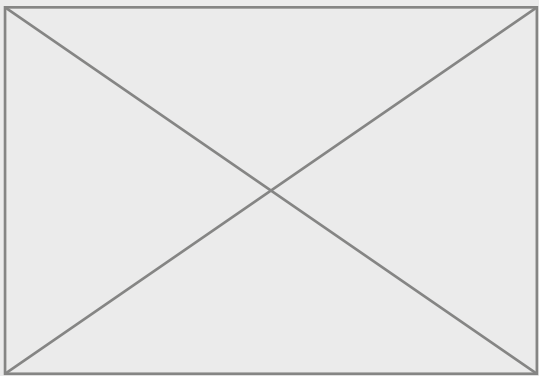
### VIERNES



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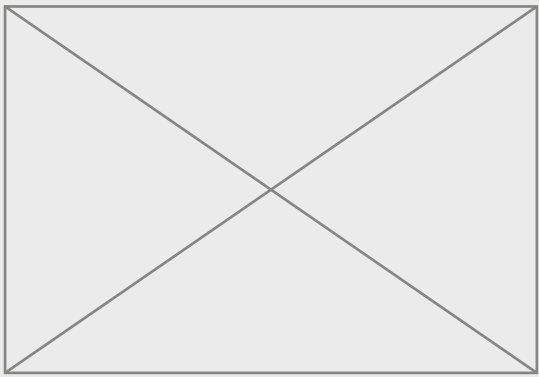
### SÁBADO



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### DOMINGO



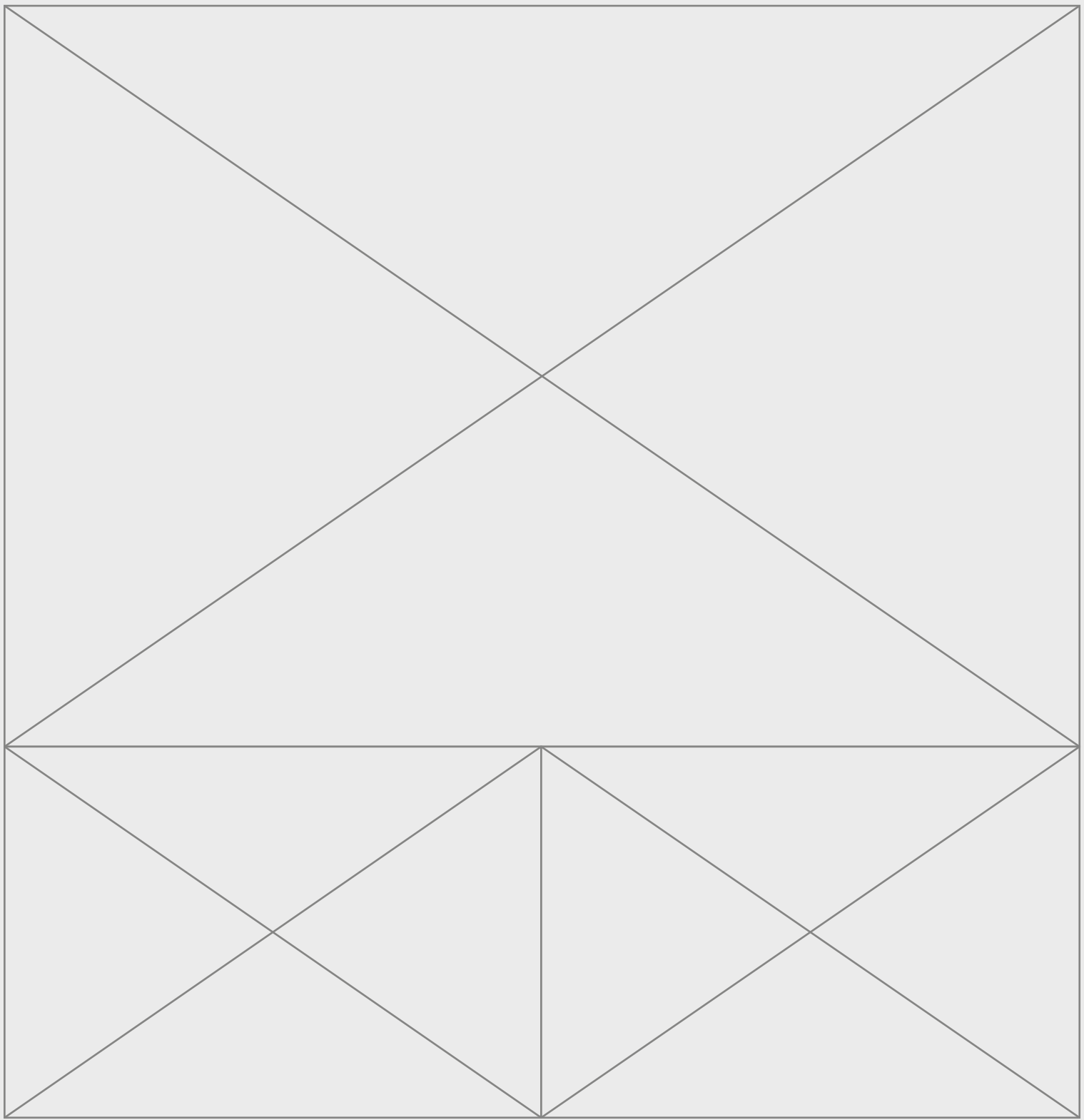
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## RECETA



### INGREDIENTES

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### ELABORACIÓN

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## SEMÁFORO SALUDABLE



**DESAYUNO**

**COMIDA**

**CENA**





Usuario



Recetas



Blog



Lista de la compra



Contacto



Semáforo Saludable



Guía de usuario



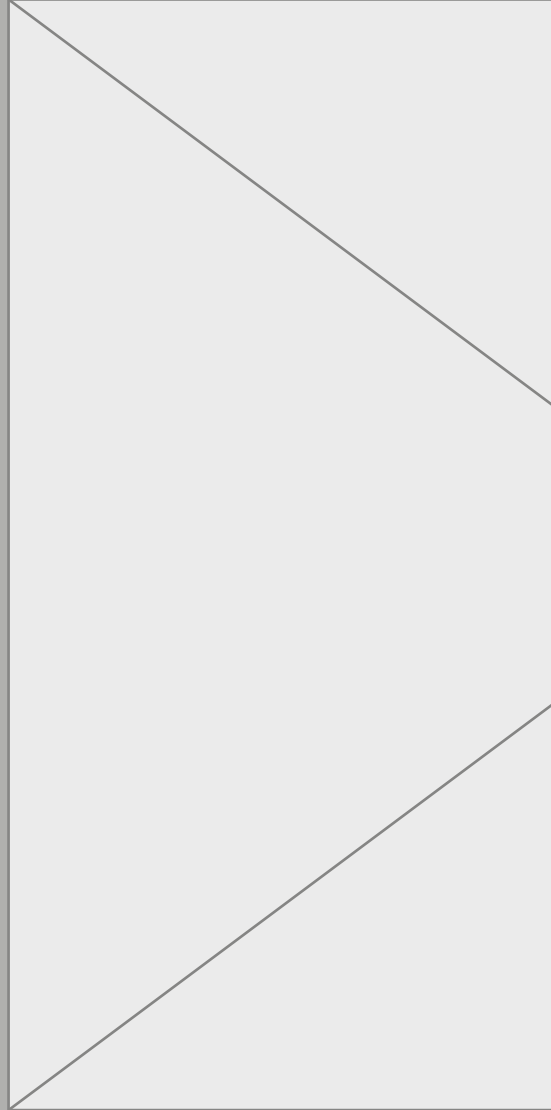


Usuario

Nombre

Email

Registrar





Nombre usuario registrado



Recetas



*Macarrones de espelta*



*Revuelto de champiñones...*



*Pastel de zanahoria*



*Ensalada de remolacha...*





Nombre usuario registrado



Lista de la compra

1

*Macarrones de espelta*

2

*Fabada Asturiana*

3

*Crema de coliflor*







Nombre usuario registrado



Lista de la compra

1

*Macarrones de espelta...*



*Macarrones espelta*



*100 gr tomates*



*Albahaca natural*



*50 gr Queso parmigiano*



....



2

*Fabada Asturiana*



3

*Crema de coliflor*





Nombre usuario registrado

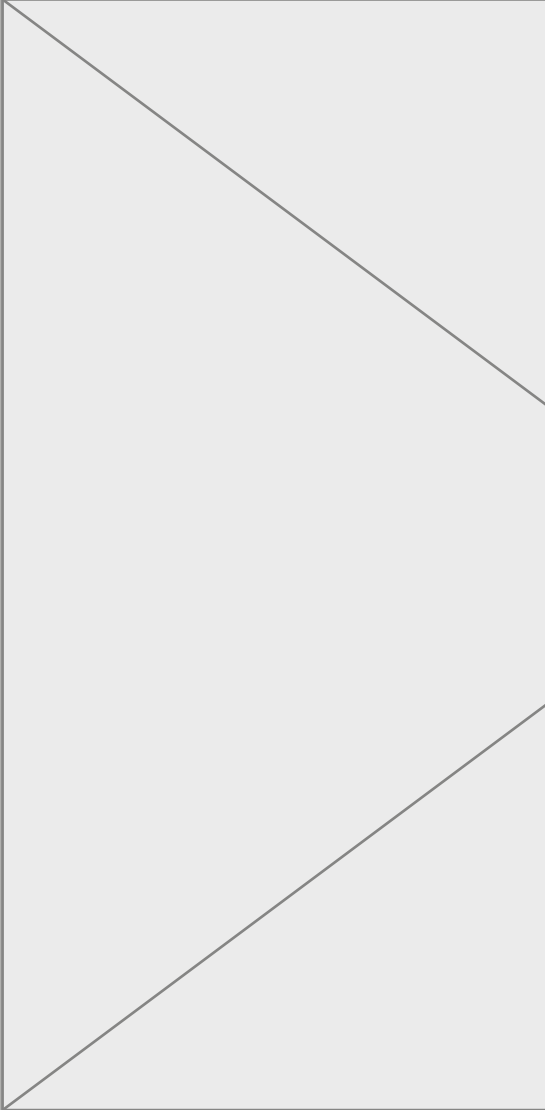


Contacto

Nombre

Email

Mensaje





## GUIA DE USUARIO

### LOREM IPSUM DOLOR SIT AMET

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