

# Plan de Comidas



| Día | Desayuno | Comida | Guarnición | Bebida | Cena |
|-----|----------|--------|------------|--------|------|
| Lun |          |        |            |        |      |
| Mar |          |        |            |        |      |
| Mie |          |        |            |        |      |
| Jue |          |        |            |        |      |
| Vie |          |        |            |        |      |
| Sáb |          |        |            |        |      |
| Dom |          |        |            |        |      |

