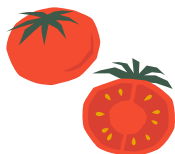


30 ALIMENTOS de ORÍGEN VEGETAL

PARA INCORPORAR EN LA SEMANA



CHAUCHAS



TOMATES



ZANAHORIAS



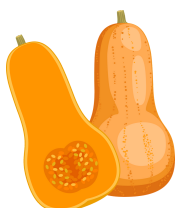
BRÓCOLI



FRUTOS ROJOS



PUERROS



CALABAZA



REPOLLO



ALCACHOFAS



BANANAS



KALE



CEBOLLAS



REMOLACHA



RÁBANO



JENGIBRE



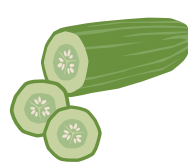
COLIFLOR



PIMIENTOS



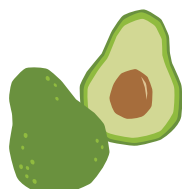
BERENJENA



PEPINO



MANZANA



AGUACATE



AJO



HONGOS/SETAS



PIMIENTA



LIMÓN



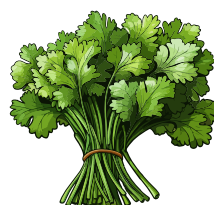
ZUCCHINI



ALBAHACA



ORÉGANO



CILANTRO



CÚRCUMA