



# CENAS



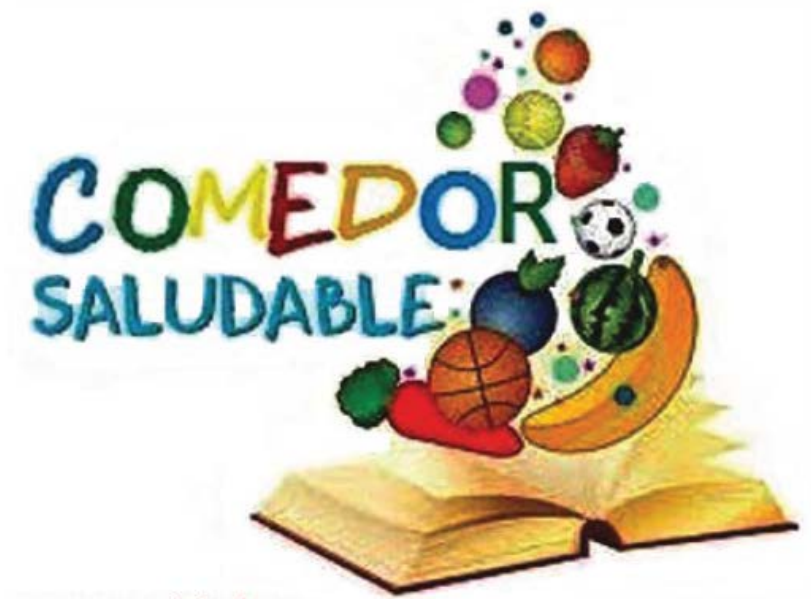
<i>SI HEMOS COMIDO .....</i>	<i>PODEMOS CENAR .....</i>
Cereales, féculas o legumbres ...	Hortalizas crudas o legumbres cocidas
Verduras .....	Cereales o féculas
Carne .....	Pescado o huevo
Pescado .....	Carne magra o huevo
Huevo .....	Pescado o carne magra
Fruta .....	Lácteos o fruta
Lácteos .....	Fruta

<i>IF WE HAVE EATEN .....</i>	<i>WE CAN HAVE DINNER ..</i>
Cereals, starches or legumes .....	Raw vegetables or cooked legumes
Vegetables .....	Cereals or starches
Meat .....	Fish or egg
Fish .....	Lean meat or egg
Egg .....	Fish or lean meat
Fruit .....	Dairy or fruit
Dairy .....	Fruta



MAD  CHEF



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