

Download File PDF Tabla De Dietas Para Adelgazar Diet Tables For Weight Loss

#Jenny



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#Rio



Cool! I'am really happy

#Markus Jensen



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#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

Tabla de alimentos para dietas adelgazantes			
Verduras y Frutas	Calorías cada 100 gramos	Verduras y Frutas	Calorías cada 100 gramos
Achicofía	20	Ajo	134
Ajolo	17	Brocoli	32
Calbaza	33	Cebolla	38
Coliflor	27	Endivia	20
Espárrago	17	Espinaca	26
Hinojo	28	Lechuga	13
Morrón	22	Pepino	16
Remolacha	43	Zanahoria	42
Zapalito	17	Arándanos	48
Manzana	59	Melón	36
Piña	50	Toronja	33
Sandía	31		

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