



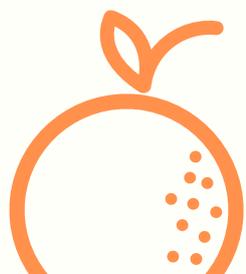
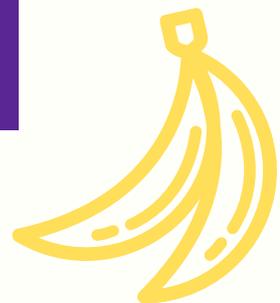
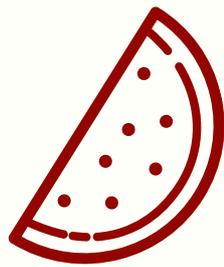
Coaching Nutricional

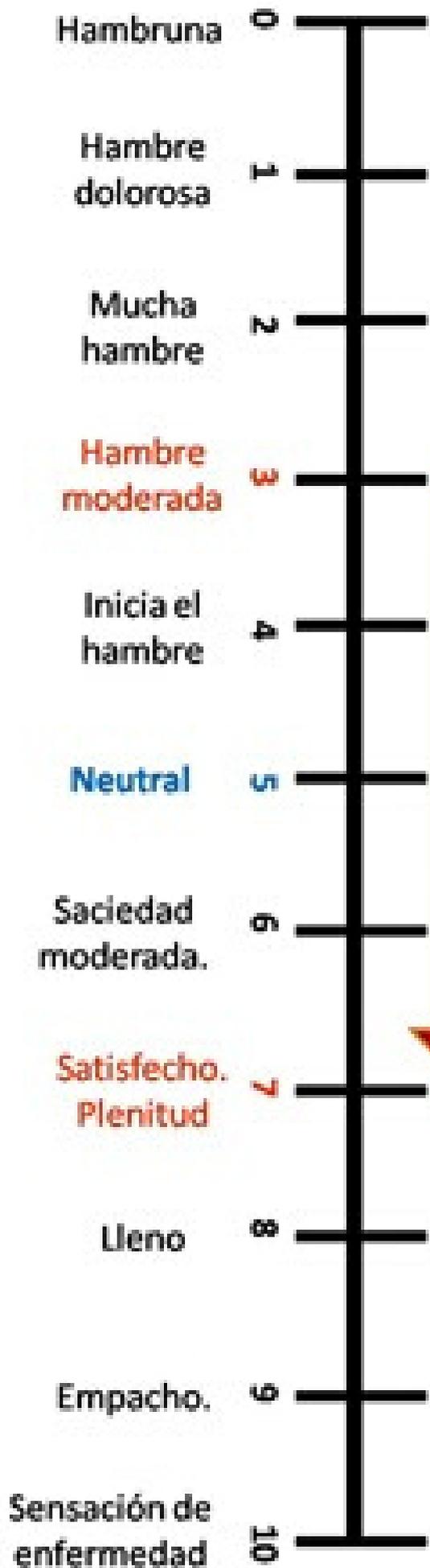
Más que una dieta, un estilo de vida

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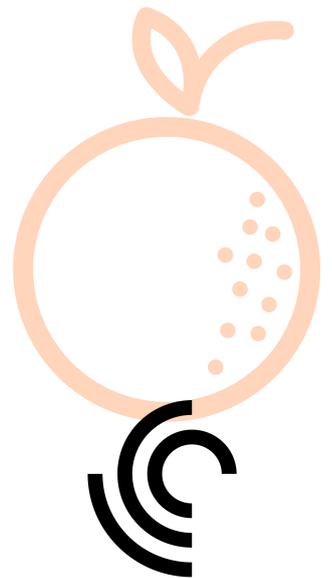
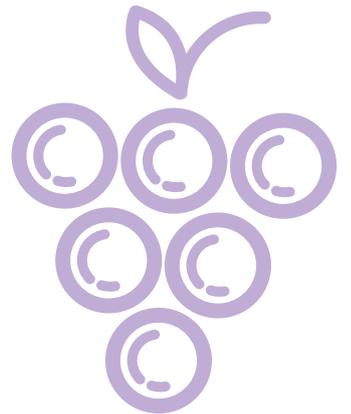
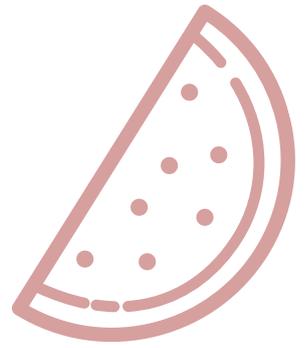
**DIARIO DE
COMIDA Y
ESCALA DEL
HAMBRE**

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El espectro del hambre y la saciedad



Coaching Nutricional

Más que una dieta, un estilo de vida

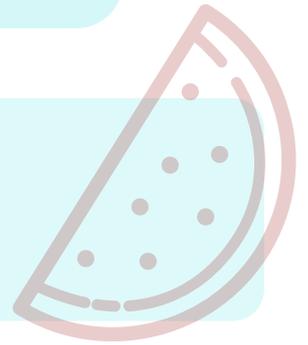
DIARIO DE COMIDA

DESAYUNO

HORA

COMIDA

EMOCIÓN

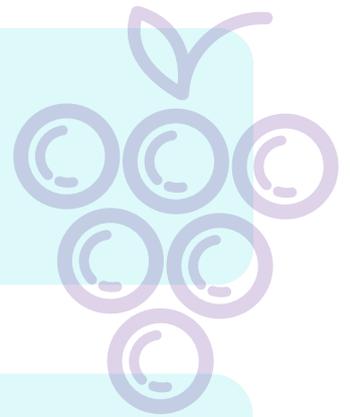


MERIENDA

HORA

COMIDA

EMOCIÓN

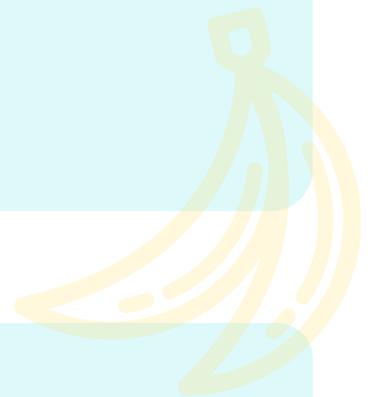


ALMUERZO

HORA

COMIDA

EMOCIÓN



MERIENDA

HORA

COMIDA

EMOCIÓN



CENA

HORA

COMIDA

EMOCIÓN



COACHING NUTRICIONAL DRA MELANIA LIZANO

TODOS LOS DERECHOS
RESERVADOS

