

## Verduras y Frutas

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## Panes, Arroz y Pasta

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## Otros Artículos

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## Leche, Yogur y Queso

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## Frijoles y Alimentos Enlatados

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## Carnes, Aves, Mariscos, Huevos

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## Alimentos Congelados

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# Lista de Compra

[www.FoodHero.org/es](http://www.FoodHero.org/es)

## Plan Semanal de Comida

- Lunes \_\_\_\_\_
- Martes \_\_\_\_\_
- Miércoles \_\_\_\_\_
- Jueves \_\_\_\_\_
- Viernes \_\_\_\_\_
- Sábado \_\_\_\_\_
- Domingo \_\_\_\_\_



Oregon State University

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