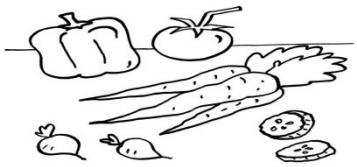
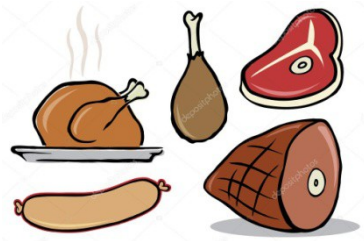
acelga	secreto	repollo	jamón
filete	apio	contramuslo	habas
chuleta	hueso	guisantes	coliflor
lechuga	tocino	espinaca	pechuga
morcilla	perejil	carrillada	rábanos
zanahoria	muslo	brócoli	codillo

Verduras	Carnes