**Libro clave ser la ingesta de alimentos**

| | En La Mañana | Condición | Al mediodía | Condición | En La Noche | Condición |
|---|---|---|---|---|---|---|
| El Lunes | | | | | | |
| Martes | | | | | | |
| Miércoles | | | | | | |
| El Jueves | | | | | | |
| Viernes | | | | | | |
| Sábado | | | | | | |
| Domingo | | | | | | |
| El Lunes | | | | | | |
| Martes | | | | | | |
| Miércoles | | | | | | |
| El Jueves | | | | | | |
| Viernes | | | | | | |
| Sábado | | | | | | |
| Domingo | | | | | | |
| El Lunes | | | | | | |
| Martes | | | | | | |
| Miércoles | | | | | | |
| El Jueves | | | | | | |
| Viernes | | | | | | |
| Sábado | | | | | | |
| Domingo | | | | | | |
| El Lunes | | | | | | |
| Martes | | | | | | |
| Miércoles | | | | | | |
| El Jueves | | | | | | |
| Viernes | | | | | | |
| Sábado | | | | | | |
| Domingo | | | | | | |

| Características Especiales | Tiempo | Contracción |
|---|---|---|
| | | X |
| | | Cigarrillos |
| | | Y |
| | | |
| | | Z |
| | | La Carne |
| | | 1 |
| | | Píldora |
| | | 2 |
| | | |
| | | 3 |
| | | |
| | | 4 |
| | | Los Peces |
| | | 5 |
| | | |
| | | 6 |
| | | El Sal |
| | | 7 |
| | | |
| | | 8 |
| | | La Miel |
| | | 9 |
| **Donación** | | |
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