



SUPER NOTA

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Inglés II

Licenciatura en Enfermería

2do. Cuatrimestre

Tapachula, Chiapas

“A kind of diet:diabetic,vegetarian,soft, obese”

Diabetic:



1/4 of the plate
meat: fish



1/4 of the plate
baked potatoes
1/4 of the
multicolored
salad plate



1 glass of water

Vegetarian:



MAIN DISH
Spinach Lasagna



SIDE DISHES
Roasted Eggplant



BEVERAGES
Juice tomato

Soft, Obese :

Main dish	Side dishes	Beverages
chickpeas with pumpkin and chicken	avocado and tomato cream	Green Juice
		