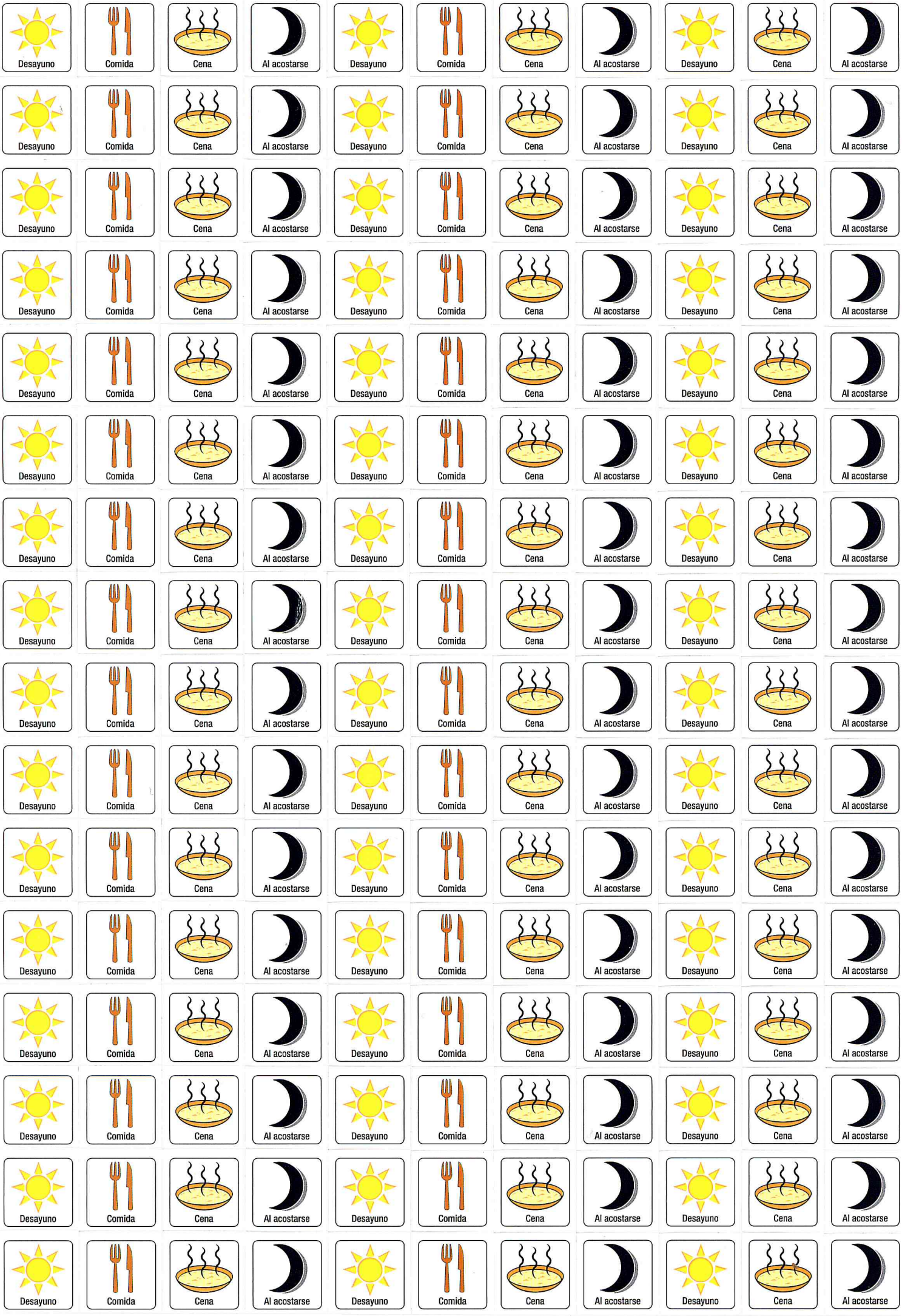
Desayuno
Comida
Cena
Al acostarse