

CHECKLIST - SUGAR FREE WEEK

Not only classic sweets, but also a variety of finished products contain a large amount of sugar.

Unfortunately, this high, often unnoticed sugar consumption also promotes susceptibility to infections, mood swings and inflammatory reactions.

In the first column, enter the foods you would like to do without from today.
e.g. fruit juices, jam, yoghurts, muesli etc.

Check off each day you have successfully avoided them.

Date	·	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FOOD CONTAINING SUGAR	1							
	2							
	3							
	4							
	5							
Date		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FOOD CONTAINING SUGAR	1							
	2							
	3							
	4							
	5							
Date	·	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1							
SUGAR	2,							
NTAINING	3							
FOOD CONTAINING SUGAR	4							
-	5							



Date	·	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1							
SUGAR	2							
FOOD CONTAINING SUGAR	3							
	4							
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Date		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Date		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Date	1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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