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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
1. _____							
2. _____							
3. _____							
4. _____							
5. _____							




































Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____							
2. _____							
3. _____							
4. _____							
5. _____							

Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____							
2. _____							
3. _____							
4. _____							
5. _____							




































Date _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____							
2. _____							
3. _____							
4. _____							
5. _____							





























Date _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____							
2. _____							
3. _____							
4. _____							
5. _____							

Date _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____							
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3. _____							
4. _____							
5. _____							

Date _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____							
2. _____							
3. _____							
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5. _____	