

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1



FAT
6 tsp

2



FAT
4 tsp

3



FAT
8 tsp

SUGAR
12 tsp

WHAT'S REALLY ON THE MENU?

LIVELIGHTER[®]

livelighter.com.au

4



SUGAR
9 tsp

5



FAT
5 tsp

6



SUGAR
17 tsp

7



FAT
4 tsp

8



FAT
3 tsp

9



FAT
18 tsp

SUGAR
22 tsp

10



FAT
13 tsp

11



FAT
8 tsp

SUGAR
12 tsp

12



FAT
4 tsp

13



FAT
3 tsp

14



FAT
6 tsp

15



FAT
18 tsp

SUGAR
22 tsp

16



FAT
3 tsp

17



SUGAR
18 tsp

18



FAT
5 tsp

19



SUGAR
9 tsp

20



FAT
6 tsp

21



FAT
19 tsp

SUGAR
22 tsp

22



SUGAR
17 tsp

23



FAT
13 tsp

24



FAT
12 tsp

SUGAR
12 tsp

25



FAT
15 tsp

SUGAR
20 tsp

26



FAT
6 tsp

27



FAT
12 tsp

SUGAR
12 tsp

28



FAT
5 tsp

29



FAT
3 tsp

30



FAT
8 tsp

SUGAR
12 tsp

TOTAL FAT
218 tsp

TOTAL SUGAR
230 tsp