

WEEKEND CALORIES



Simple explanation to enjoy more food on the weekend

Think of your calories as a **WEEK and not day by day**. If I have given you 1800 calories for each day then multiply this by 7.

You now have 12,600 calories.

Your **average pizza is 1500 calories** and you may want this on the weekend.

Lets say you want to have 2600 calories on a Saturday to enjoy some extra food and wine.

12,600 – 2600 = 10000.

You have 6 days remaining for these 10000 calories.

10,000 divided by 6 = 1666.

You now have 1666 calories from Sunday to Friday and all those extra calories on the Saturday to enjoy!

Do this with your calories as come the weekend weather we like it or not we always tend to go over and then end up with poverty calories for the following week. Its that simple!

