

DO IT FOR
YOURSELF!

CLASSIC PROTEIN GUIDE

Protein helps maintain muscles and repair tissues and cells. Not having sufficient protein in your diet can leave you feeling weak and tired.

Your third meal of the day on the Tony Ferguson Classic plan is made up of protein and vegetables. Use the guide below to help you choose your protein for this meal.

Unless indicated, all serves are palm-sized meaning the size and thickness of your own palm not including your fingers. The average weight of a serve is 220g for males and 120g for females.

- **Red meat** – Beef, Lamb, Veal. Lean, fat trimmed
- **Pork** – Lean, fat trimmed
- **Poultry** – Chicken, Turkey. Skin removed, breast fillets are the best option
- **Fresh fish**
- **Tinned salmon or tuna** – Packed in water or brine
- **Sliced meat** – Lean ham, turkey – only enough slices to fit in the palm of your hand**
- **Seafood*** – Prawns and Oysters (Females: 1 cup, Males: 1½ cups), Crab (Females: 1½ cups, Males: 2 cups)
- **Eggs (Large)** – Females: 2 Eggs, Males: 2 Eggs + ½ another listed protein serve
- **Low fat cottage cheese** – Females: 150g, Males: 200g
- **Low fat ricotta** fresh or smooth packaged – Females: 150g, Males: 200g
- **Firm Tofu** – Females: 150g, Males: 250g
- **Soy sausages** – Females: 2 sausages, Males: 3 sausages

*Consume no more than 3 or 4 times per week (all options inclusive), i.e. have no more than a total of six eggs per week.

**Try to limit processed meat consumption, fresh lean meats are a better choice.

If you are vegetarian, you can choose suitable alternatives from our list of [vegetarian protein options](#).

Tony Ferguson 

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Consult your doctor or healthcare professional before embarking on any weightloss journey.



TONY'S TIPS

- Have red meat three to four times each week.
- Try to eat at least one to two fish meals a week.
- Try having a vegetarian option such as tofu or other soy products once per week.
- You don't have to have your protein and vegetable meal in the evening – try swapping meals around to suit your lifestyle and mix things up.
- Check out the [Tony Ferguson Cook Books](#) and the [recipes page](#) on our website for some great recipe ideas.

Supermarket Protein Products

If you're going to buy pre-packaged proteins, first check the nutritional label and ensure that they contain 5g or less of carbohydrate per 100g. Below are some suitable products.

Note: All products are subject to availability and may not be available in all supermarkets or all areas.

I&J Flame Grills Fish

- Garlic & Lemon Pepper Hake

Sea Harvest Grill Bakes

- Lemon Pepper
- Roasted Garlic & Herb

Woolworths

- Easy to Cook Tuscan Herb Perfect Chicken Roast
- Portuguese Peri Peri Butterflied Chicken
- Chargrilled Moroccan Chicken Mini Fillets

Fry's Vegetarian Products (These may be 10g or less carbohydrate per 100g)

- Braai Style Sausages
- Original Burgers
- Chicken-style Strips
- Slicing Sausage / Polony

John West Tuna

- Light Meat Tuna in Water

