

DO IT FOR
YOURSELF!

EXTREME 7 DAY MEAL PLAN

An example meal plan for a week on the Tony Ferguson Extreme plan. You can follow it as is, just make sure you include your [daily extras](#).
Alternatively, use the Typical Day Guidelines and Food Lists on the [Tony Ferguson Extreme web page](#) to customise the plan to suit you.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRUNCH (AFTER 11AM)	30g Almonds	80g Avocado	60ml Coconut Cream	30g Coconut Flakes	12 Olives	30g Almonds	60ml Coconut Cream
	2 Eggs	120g Fish	120g Red Meat	120g Sliced Meat	120g Tinned Chicken	150g Cottage Cheese	120g Pork
	Tony Ferguson Low Carb Shake	Tony Ferguson Munch Bar	Tony Ferguson Low Carb Shake	Tony Ferguson Munch Bar	Tony Ferguson Low Carb Shake	Tony Ferguson Munch Bar	Tony Ferguson Low Carb Shake
	1-2 serves of allowed vegetables	1-2 serves of allowed vegetables	1-2 serves of allowed vegetables	1-2 serves of allowed vegetables	1-2 serves of allowed vegetables	1-2 serves of allowed vegetables	1-2 serves of allowed vegetables
	2 tsp Tony Ferguson Fibre Powder	2 tsp Tony Ferguson Fibre Powder	2 tsp Tony Ferguson Fibre Powder	2 tsp Tony Ferguson Fibre Powder	2 tsp Tony Ferguson Fibre Powder	2 tsp Tony Ferguson Fibre Powder	2 tsp Tony Ferguson Fibre Powder
	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn
MID-AFTERNOON	1 Tony Ferguson Multivitamin	1 Tony Ferguson Multivitamin	1 Tony Ferguson Multivitamin	1 Tony Ferguson Multivitamin	1 Tony Ferguson Multivitamin	1 Tony Ferguson Multivitamin	1 Tony Ferguson Multivitamin
	1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Chromium PLUS
DINNER (BEFORE 8PM)	Asian Pork Salad (Recipe in The Controlled Carb Cook Book)	Balsamic Chicken (Recipe in The Controlled Carb Cook Book)	Aubergine Cannelloni with Spinach & Ricotta (Recipe in The Tony Ferguson Cook Book II)	Creamy Coconut Curry (Recipe in The Controlled Carb Cook Book)	Chicken in Red Wine Vinegar (Recipe in The Tony Ferguson Cook Book II)	Pork Chops with Chargrilled Vegetable Salad (Recipe in The Controlled Carb Cook Book)	Chili Lamb Stir Fry (Recipe in The Tony Ferguson Cook Book II)
	Tony Ferguson Low Carb Shake	Tony Ferguson Munch Bar	Tony Ferguson Munch Bar	Tony Ferguson Low Carb Shake	Tony Ferguson Low Carb Shake	Tony Ferguson Munch Bar	Tony Ferguson Munch Bar
	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn	1 Tony Ferguson Thermoburn

For more info, visit [our YouTube channel](#) and check out these key videos: "[Overcoming hunger and cravings](#)" and "[Burn fat with Thermoburn](#)".

Tony Ferguson 

Contact us for help:

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

