

DO IT FOR  
YOURSELF!

# CLASSIC 7 DAY MEAL PLAN

An example meal plan for a week on the Tony Ferguson Classic 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 Classic web page](#) to customise the plan to suit you.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Tony Ferguson Classic Shake</b> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Munch Bar</b> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Classic Shake</b> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Munch Bar</b> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Classic Shake</b> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Munch Bar</b> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Classic Shake</b> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>
<b>MID-MORNING</b>	<b>An Apple</b> 2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	<b>An Orange</b> 2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	<b>1 cup of Melon</b> 2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	<b>A Banana</b> 2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	<b>2 Apricots</b> 2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	<b>10 Dried Apricots</b> 2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	<b>An Apple</b> 2 tsp <a href="#">Tony Ferguson Fibre Powder</a>
<b>LUNCH</b>	<b>Tony Ferguson Classic Shake</b> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Classic Shake</b> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Munch Bar</b> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Munch Bar</b> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Classic Shake</b> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Classic Shake</b> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<b>Tony Ferguson Munch Bar</b> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>
<b>MID-AFTERNOON</b>	<b>A Peach</b> 1 <a href="#">Tony Ferguson Chromium PLUS</a>	<b>A Nectarine</b> 1 <a href="#">Tony Ferguson Chromium PLUS</a>	<b>½ a Mango</b> 1 <a href="#">Tony Ferguson Chromium PLUS</a>	<b>20 Strawberries</b> 1 <a href="#">Tony Ferguson Chromium PLUS</a>	<b>20 Grapes</b> 1 <a href="#">Tony Ferguson Chromium PLUS</a>	<b>A Grapefruit</b> 1 <a href="#">Tony Ferguson Chromium PLUS</a>	<b>2 Naartjies</b> 1 <a href="#">Tony Ferguson Chromium PLUS</a>
<b>DINNER</b>	<b>Asian Pork Salad</b> (Recipe in <a href="#">The Controlled Carb Cook Book</a> )	<b>Balsamic Chicken</b> (Recipe in <a href="#">The Controlled Carb Cook Book</a> )	<b>Barbecued Prawns</b> (Recipe in <a href="#">The Controlled Carb Cook Book</a> )	<b>Aubergine Cannelloni with Spinach &amp; Ricotta</b> (Recipe in <a href="#">The Tony Ferguson Cook Book II</a> )	<b>Hearty Beef Casserole</b> (Recipe in <a href="#">The Controlled Carb Cook Book</a> )	<b>Lemon Sage Pork Cutlets</b> (Recipe in <a href="#">The Controlled Carb Cook Book</a> )	<b>Baked Fish with Ratatouille</b> (Recipe in <a href="#">The Tony Ferguson Cook Book II</a> )

For more info, visit [our YouTube channel](#) and check out these key videos: “[Overcoming hunger and cravings](#)”, “[Shakes and keeping it interesting](#)”, 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.

