

DO IT FOR  
YOURSELF!

# CLASSIC TREAT GUIDELINES

Treats are optional extras that can help make your Weightloss journey easier and more enjoyable.

Choose a maximum of 2 treats from the list below per week.

TREAT OPTION	QUANTITY PER SINGLE SERVE
<a href="#">Tony Ferguson Caramel Choc Fudge Brownies</a>	1
<a href="#">Tony Ferguson Chocolate Yum Cookies</a>	1
<a href="#">Tony Ferguson Rice Cakes (Brown or White)</a>	2
<a href="#">Tony Ferguson Corn Wafers</a>	2
<a href="#">Tony Ferguson Desserts (Vanilla or Chocolate)</a>	1
Sugar free Chocolate e.g. Canderel chocolate	4 squares (1 row)
Sugar free pudding	1 serve
Biltong or Dröewors	30g
Sugar free, low fat yoghurt	150g
Popcorn	1 cup
Dry red or white wine	1 standard glass (120g)
Spirits with sugar free soft drinks or soda water	1 tot (30ml)
Light/Low carbohydrate beer	1 bottle/can (340ml)

If you do not fancy any of these treat options, you can choose your own treat as long as it has:

- Under 10g carbohydrate per serve
- 300-350kJ energy per serve

## TONY'S TIPS

- Space your treats out over the week by choosing two treat days. It will give you something to look forward to.
- Set your Tony Ferguson Dessert in alternating layers with some [Tony Ferguson Jelly](#) which you can have in unlimited amounts.
- Mix ½ a glass of wine with sugar-free lemonade or soda water to make a wine spritzer. This means you can have 2 drinks and still be under your treat allowance!

For more info, visit [our YouTube channel](#) and check out the "[Treats on the Tony Ferguson plans](#)" video.

Tony Ferguson 

Contact us for help:  
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Consult your doctor or healthcare professional before embarking on any weightloss journey.

