

DO IT FOR
YOURSELF!

EXTREME EXTRAS

There are a number of additional foods that you can have each day while following the Tony Ferguson Extreme eating plan.

Be sure to include these extras in your routine to help you feel full and satisfied and help you keep things exciting.

Extras

- **Sweets, candies, mints or gum** - must be sugar-free with a maximum of 6 per day
- **Sugar-free Jelly** e.g. [Tony Ferguson Jelly](#) – you can have as much as you like
- **Milk** - you can have half a cup of milk daily for use in hot beverages etc.
- **Healthy Fats** - choose your daily healthy fats serve from our [healthy fats list](#)
- **Condiments** - you may have a small amount of sauce, dressing, gravy or mayonnaise with your meals. Take a look at our [sauces, dressings and gravies list](#) for guidance on how to include these in your day
- **Herbs and Spices** - Perfect for adding flavour and variety to your meals, get creative with herbs and spices and take your taste buds on an adventure. Use fresh herbs where possible as they impart great flavour. Some popular examples are curry powder, cumin, basil, oregano, cinnamon, ginger and rosemary. Look for great recipe ideas using these in the [Tony Ferguson Cook Books](#).

