

DO IT FOR
YOURSELF!

EXTREME FOODS TO AVOID

Because the foods below have a high carbohydrate and/or energy content, you should try to steer clear of them while following your Tony Ferguson Extreme plan.

Once you have reached your goal weight, these may be re-introduced in suitable amounts.

- Grains, cereals and legumes
- Pasta, rice and noodles
- Bread, pastries, and biscuits
- Potato and corn
- Chocolate, sweets, candies and ice-cream
- Fruit juice and dairy

For more info, visit [our YouTube channel](#) and check out the "[Foods to avoid and substitutes](#)" video.

