

DO IT FOR
YOURSELF!

CLASSIC 7 DAY MEAL PLAN – GO SHAKES

An example meal plan for a week on the Tony Ferguson Classic plan using the Tony Ferguson GO Shakes. 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
BREAKFAST	Tony Ferguson GO Shake 10 Strawberries 1 Tony Ferguson Multivitamin 1 Tony Ferguson Thermoburn	Tony Ferguson Munch Bar 1 Tony Ferguson Multivitamin 1 Tony Ferguson Thermoburn	Tony Ferguson GO Shake 1 Apricot 1 Tony Ferguson Multivitamin 1 Tony Ferguson Thermoburn	Tony Ferguson Munch Bar 1 Tony Ferguson Multivitamin 1 Tony Ferguson Thermoburn	Tony Ferguson GO Shake 1/2 Grapefruit 1 Tony Ferguson Multivitamin 1 Tony Ferguson Thermoburn	Tony Ferguson Munch Bar 1 Tony Ferguson Multivitamin 1 Tony Ferguson Thermoburn	Tony Ferguson GO Shake 10 Grapes 1 Tony Ferguson Multivitamin 1 Tony Ferguson Thermoburn
MID MORNING	An Apple 2 tsp Tony Ferguson Fibre Powder	An Orange 2 tsp Tony Ferguson Fibre Powder	1 cup of Melon 2 tsp Tony Ferguson Fibre Powder	A Banana 2 tsp Tony Ferguson Fibre Powder	2 Apricots 2 tsp Tony Ferguson Fibre Powder	10 Dried Apricots 2 tsp Tony Ferguson Fibre Powder	An Apple 2 tsp Tony Ferguson Fibre Powder
LUNCH	Tony Ferguson Munch Bar 1-2 serves of allowed vegetables 1 Tony Ferguson Thermoburn	Tony Ferguson GO Shake 30ml Coconut Milk 1-2 serves of allowed vegetables 1 Tony Ferguson Thermoburn	Tony Ferguson Munch Bar 1-2 serves of allowed vegetables 1 Tony Ferguson Thermoburn	Tony Ferguson GO Shake 1 Tbsp Almonds 1-2 serves of allowed vegetables 1 Tony Ferguson Thermoburn	Tony Ferguson Munch Bar 1-2 serves of allowed vegetables 1 Tony Ferguson Thermoburn	Tony Ferguson GO Shake 6 Olives 1-2 serves of allowed vegetables 1 Tony Ferguson Thermoburn	Tony Ferguson Munch Bar 1-2 serves of allowed vegetables 1 Tony Ferguson Thermoburn
MID AFTERNOON	A Peach 1 Tony Ferguson Chromium PLUS	A Nectarine 1 Tony Ferguson Chromium PLUS	½ a Mango 1 Tony Ferguson Chromium PLUS	20 Strawberries 1 Tony Ferguson Chromium PLUS	20 Grapes 1 Tony Ferguson Chromium PLUS	A Grapefruit 1 Tony Ferguson Chromium PLUS	2 Naartjies 1 Tony Ferguson Chromium PLUS
DINNER	Asian Pork Salad (Recipe in The Controlled Carb Cook Book)	Balsamic Chicken (Recipe in The Controlled Carb Cook Book)	Barbecued Prawns (Recipe in The Controlled Carb Cook Book)	Aubergine Cannelloni with Spinach & Ricotta (Recipe in The Tony Ferguson Cook Book II)	Hearty Beef Casserole (Recipe in The Controlled Carb Cook Book)	Lemon Sage Pork Cutlets (Recipe in The Controlled Carb Cook Book)	Baked Fish with Ratatouille (Recipe in The Tony Ferguson Cook Book II)

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 

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

