

DO IT FOR  
YOURSELF!

# ACCELERATE 7 DAY MEAL PLAN

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<a href="#">Tony Ferguson Low Carb Shake</a> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Low Carb Shake</a> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Munch Bar</a> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Low Carb Shake</a> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Low Carb Shake</a> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Munch Bar</a> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Low Carb Shake</a> 1 <a href="#">Tony Ferguson Multivitamin</a> 1 <a href="#">Tony Ferguson Thermoburn</a>
<b>MID-MORNING</b>	2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	2 tsp <a href="#">Tony Ferguson Fibre Powder</a>	2 tsp <a href="#">Tony Ferguson Fibre Powder</a>
<b>LUNCH</b>	<a href="#">Tony Ferguson Low Carb Shake</a> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Munch Bar</a> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Munch Bar</a> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Munch Bar</a> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Munch Bar</a> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Munch Bar</a> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>	<a href="#">Tony Ferguson Low Carb Shake</a> 1-2 serves of <a href="#">allowed vegetables</a> 1 <a href="#">Tony Ferguson Thermoburn</a>
<b>MID-AFTERNOON</b>	1 <a href="#">Tony Ferguson Chromium PLUS</a>	1 <a href="#">Tony Ferguson Chromium PLUS</a>	1 <a href="#">Tony Ferguson Chromium PLUS</a>	1 <a href="#">Tony Ferguson Chromium PLUS</a>	1 <a href="#">Tony Ferguson Chromium PLUS</a>	1 <a href="#">Tony Ferguson Chromium PLUS</a>	1 <a href="#">Tony Ferguson Chromium PLUS</a>
<b>DINNER</b>	<a href="#">Tony Ferguson Low Carb Shake</a> 1-2 serves of <a href="#">allowed vegetables</a>	<a href="#">Balsamic Chicken</a> (Recipe in <a href="#">The Controlled Carb Cook Book</a> )	<a href="#">Tony Ferguson Low Carb Shake</a> 1-2 serves of <a href="#">allowed vegetables</a>	<a href="#">Chicken Coriander</a> (Recipe in <a href="#">The Controlled Carb Cook Book</a> )	<a href="#">Tony Ferguson Low Carb Shake</a> 1-2 serves of <a href="#">allowed vegetables</a>	<a href="#">Moroccan Minted Beef</a> (Recipe in <a href="#">The Controlled Carb Cook Book</a> )	<a href="#">Tony Ferguson Munch Bar</a> 1-2 serves of <a href="#">allowed vegetables</a>

For more info, visit [our YouTube channel](#) and check out these key videos: "[Overcoming hunger and cravings](#)" 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.

