

Some Weightloss questions come up more often than others. Here are some of the most frequently asked ones so you can find the answers you need quickly and easily.

How does the Tony Ferguson Classic plan help me to lose weight?

The plan works by reducing your intake of kilojoules and carbohydrates. This helps your body to start using fat as the primary source of fuel, helping you to spend more time each day burning stored fat.

There is no calorie counting and no complex meal routines, just our straightforward Tony Ferguson Classic eating plan. It's designed so that you can lose weight safely and effectively.

Can I snack on the Tony Ferguson Classic plan?

Yes, you can snack. You are allowed two pieces of [controlled carbohydrate fruit](#) every day and a minimum of three cups of [controlled carbohydrate vegetables](#). You can also snack on our [Tony Ferguson Jellies](#) and other [extras](#).

What if I'm still hungry?

There is no need to be hungry while following your Tony Ferguson Classic plan. If you are regularly hungry, or finding it difficult to stick to your eating plan, you can simply add more protein (such as eggs or meat) to your daily routine.

[Tony Ferguson Fibre](#) may also be of benefit as it makes you fuller for longer as well as helping with digestion.

What's in the meal replacements?

Our [meal replacements](#) contain all the macronutrients equivalent to a balanced meal. They contain only food ingredients that are fortified with vitamins and minerals. They contain no additives or appetite suppressants.

What can I mix my shakes with?

You should only mix them with water, not milk. To mix a shake, add 200-250 ml of water to your shake mix. To make a shake into a delicious, creamy mousse, use 150 ml of water.



Why have I been experiencing headaches and dizziness while following this eating plan?

These symptoms are very common in the early stages of following your eating plan. They may be related to the changes to your metabolism as your body begins to burn fat as an energy source, or to caffeine withdrawal if you have cut down on caffeine. Symptoms should not last for more than two days. It will help if you drink your two litres of water per day. If symptoms persist, see your doctor.

I've come down with a cold/flu, can I stay on my plan?

Yes, but if you are feeling unwell talk to your doctor.

Why should I take the Tony Ferguson Fibre supplement?

[Tony Ferguson Fibre](#) helps to prevent constipation; a discomfort that may arise as a result of a change in diet. Fibre also thickens your shakes, which can help with any hunger that you may feel when you first start your eating plan. Be sure to drink plenty of water with your Tony Ferguson Fibre.

Why should I take the Tony Ferguson Multivitamin Mineral Complex?

[Tony Ferguson Multivitamin Mineral Complex](#) is specifically designed for our controlled-carbohydrate eating plans, so you won't be missing any essential nutrients. It has no added yeast, wheat, lactose, gluten, salt or other common fillers, so it won't hinder your Weightloss progress. Chromium has also been added to help with hunger and cravings.

I have run out of products and can't get to my Dis-Chem store, what can I eat?

While you wait for your next set of products, the following foods are recommended in an emergency:

Breakfast

A two egg omelette OR two hard-boiled eggs OR a small tin of fish (tuna, sardines, salmon) OR a couple of slices of lean meat with a few slices of tomato.

Mid-morning

One piece of fruit from the [fruit list](#).



DO IT FOR
YOURSELF!

CLASSIC FREQUENTLY ASKED QUESTIONS

Lunch

Either a tuna, salmon, egg or chicken portion (palm-sized protein portion or less) AND one cup of salad or vegetables OR one cup of soup made from the vegetables on the [vegetables list](#).

Mid-afternoon

One piece of fruit from the [fruit list](#) OR one serve (500 ml) of [Tony Ferguson Jelly](#).

Dinner

One palm-sized portion of protein from the [protein list](#) AND salad or vegetables from the [vegetables list](#).

After dinner

[Tony Ferguson Jelly](#) OR, if not already eaten earlier, a piece of fruit from the [fruit list](#).

Water

Have at least two litres per day.

You can also order your Tony Ferguson products from [Dis-Chem's online store](#).

Why has my Weightloss stalled?

There can be several reasons for stalled Weightloss, but the main thing to remember is that it can be started again. Some reasons can be medical, others dietary.

Check out our "[Why am I not losing weight?](#)" resource and watch the "[Why am I not losing weight?](#)" video on [our YouTube channel](#) for some common reasons and solutions for stalled Weightloss.

Remember: the closer you are to your ideal weight, the slower your weight change will be, so hang in there.

If you're still not able to find what you're looking for, give us a call on 080 SLIMMER (080 754 6637) or e-mail us at info@tonyferguson.co.za for help.

It is advisable to consult a doctor or healthcare professional for advice before starting a weight loss and/or exercise program.

Tony Ferguson 

Contact us for help:
080-SLIMMER / 080-7546637 | www.tonyferguson.co.za
f Tony Ferguson Weightloss South Africa
@TFWeightlossSA | tonyfergusonrsa

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

