

DO IT FOR
YOURSELF!

CLASSIC VEGETABLES

Make veggies your best friend while following your Tony Ferguson Classic eating plan. They are a great source of vitamins, minerals and fibre and they assist your weight control by helping to fill you up.

We recommend a minimum of 3 cups per day, but you can eat as many vegetables from the unlimited list as you like.

UNLIMITED VEGETABLES

Alfalfa Sprouts	Celery	Mushroom
Asparagus	Chives	Onion
Baby Marrow	Choko	Peppers
Bamboo Shoots	Cucumber	Radish
Beans (green, yellow)	Eggplant/Brinjal	Rocket
Bean Sprouts	Fennel	Shallots
Bok Choy	Gem Squash	Spinach
Broccoli	Leek	Spring Onion
Brussel Sprouts	Lettuce (all types)	Tomato
Cabbage (white/red)	Mange Tout	Vegetable Greens
Cauliflower	Mung Bean Sprouts	Watercress

You may also choose one of the following limited vegetables each day unless otherwise indicated:

LIMITED VEGETABLE	QUANTITY
Artichoke	½ cup
Avocado	¼ medium or ½ small
Baby Corn	½ cup
Beetroot	4 slices
Carrot	½ medium or 1 small
Celeriac	½ cup, diced
Okra	½ cup
Peas*	½ cup
Pumpkin	½ cup, diced
Sweet Potato*	½ cup
Water Chestnuts*	5 medium

*Limit to 3 times per week

TONY'S TIP

Veggies are versatile so use them to help you keep things interesting. Whip up a quick salad or stir fry, roast them, make them into a delicious side dish or simply cut them into sticks for an on-the-go snack.

Remember, even the most dull Brussel sprout can be made delicious by slicing in half and frying in a pan with lemon juice and balsamic vinegar.

Check out the [Tony Ferguson Cook Books](#) and the [recipes page](#) on our website for some great recipe ideas.

Tony Ferguson 

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

