

DO IT FOR  
YOURSELF!

# EXTREME FOR VEGETARIANS

**It's important to consume an adequate amount of protein every day because protein helps maintain muscles and repair tissues and cells. Not having sufficient protein in your diet can leave you feeling weak and tired.**

As a vegetarian, you can choose from a variety of different protein containing foods but it's important to note that vegetarian sources of protein sometimes contain more carbohydrates than animal-based protein foods. Due to this, some foods are limited while following the Tony Ferguson Extreme plan.

PROTEIN SOURCE	SERVING SIZE FOR MALES	SERVING SIZE FOR FEMALES
Eggs*	2 large eggs + ½ another protein from the list	2 large eggs
Cottage or Ricotta Cheese*	200g	150g
Plain Tofu (preferably firm)	250g	150g
Plain Tempeh	200g	150g
Soy sausages Fry's Braai flavoured country herbed	3 sausages	2 sausages
Soy fillets Fry's Tender Soy fillets - Original	3 fillets	2 fillets
Soy burgers Fry's Vegetarian Burgers - Spiced	2 burgers	1 burger
Other options Fry's Vegetarian Chicken Style Strips Knorrox Soya Mince	220g 200g	120g 100g

\*Consume no more than 3-4 times per week.

Note: All products are subject to availability and may not be available in all supermarkets or all areas.

**If none of the options above appeal to you, then use the guidelines below to help you shop for alternative vegetarian protein options.**

Remember to also check the ingredient lists to ensure they do not contain any of the foods that are not recommended on the plan.

MACRONUTRIENT	PER SERVE FOR MALES	PER SERVE FOR FEMALES
Energy	1200-2000 KJ/ 285-480 Cal	600-1200 KJ/ 145-285 Cal
Carbohydrate	15g or less	10g or less
Protein	At least 25g	At least 15g
Fat	15g or less	10g or less

Tony Ferguson 

Contact us for help:  
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Consult your doctor or healthcare professional before embarking on any weightloss journey.