

DO IT FOR
YOURSELF!

EXTREME SAUCES, DRESSINGS & GRAVIES

Having a variety of flavourful, enjoyable meals is important to help you to stick to your Tony Ferguson Extreme eating plan and reach your Weightloss goals.

You can use the products below in small amounts to create exciting dishes.

Daily allowance

- Dressings: 1-2 tbsp (20-40ml)
- Sauces & Gravies: ¼-½ cup (60-120ml)
- Mayonnaise & Caesar Dressing: 1 tbs (20ml)

Ensure that the total carbohydrate content per serve is 5g or less and the maximum energy consumed from these each day is up to 420kJ.

Supermarket Sauce, Dressing and Gravy Products

Check the label of any bought sauces, dressings or gravies and ensure they contain 5g or less of carbohydrates per serve. Below are some suitable products.

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

Tony Ferguson (available at [Dis-Chem](#))

- [Tony Ferguson Low Carb Sauces](#)
- [Tony Ferguson Low Carb Mayonnaise](#)

Ina Paarman

- Creamy Herb Salad Dressing
- Reduced Fat French dressing
- Lemon Marinade with Green Peppercorns
- Basil Pesto

Nando's

- Wild Herb Peri-Peri Sauce
- Medium Peri-Peri Sauce
- Fresh Lemon Cooking Sauce

Woolworths Heat/Pour

- All-purpose gravy
- Peppercorn sauce
- Traditional gravy
- Cheddar and Wholegrain Mustard Sauce

Sooo! Chicken Gravy Granules

Knorr Greek Light Salad Dressing

Hellman's Light Mayonnaise

Crosse & Blackwell Low oil dressing

Nola Slim Low oil dressing

Royco Pepper Sauce with Green and Black Peppercorns

Tony Ferguson 

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