

DO IT FOR  
YOURSELF!

# EXTREME WHAT CAN I DRINK?

A guide to the beverages that you can include in your routine while following your Tony Ferguson Extreme eating plan.

## Water

Water helps to keep you hydrated, suppress appetite and helps the body to metabolise stored fat. We recommend you consume 2 litres (about 8 glasses) of still or sparkling water per day.

To make it easier, try spreading it out. Have 2 glasses at breakfast, 4 glasses during the day, and 2 glasses at dinner. Keep your water in plain view during your daily routines – it will act as a constant reminder of how much water you have consumed during the day and how much you have to go to reach your 2 litres.

## Sugar free Beverages

It's best to avoid sugary beverages such as squash, soft drinks and juices. Rather have the following sugar free beverages as long as they contain less than 1g of carbohydrate per 100ml:

- [Tony Ferguson Cordials](#) or [Tony Ferguson Water Infusion Drops](#) – you can have these in unlimited amounts. Water flavoured with these counts towards your daily 2 litres of water.
- Small amounts of sugar free squash made according to dilution directions. Counts towards your daily 2 litres of water.
- Sugar free Flavoured Water. Counts towards your daily 2 litres of water.
- Sugar free Soft Drinks – maximum of 3 cups per day. These do not count towards your daily 2 litres of water.



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### Hot Beverages

You can have the following hot beverages each day:

- Coffee - regular or decaffeinated
- Black tea - regular or decaffeinated
- Green tea
- Herbal tea – counts towards your daily 2 litres of water if you use pure herbal tea

You may add a dash of milk to these beverages as long as you don't have more than ½ cup of milk per day. You can also sweeten them using sweeteners in place of sugar or honey.

Unless indicated, these hot beverages do not count towards your daily 2 litres of water.

Check out [our YouTube channel](#) and watch the "[What can I drink](#)" video for more info.

