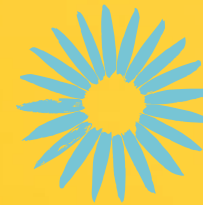




Tony Ferguson



Accelerate Meal Plan



Tony 
Ferguson
health made easy



PAGE **1**

GETTING
STARTED



PAGE **2**

7-DAY
MEAL PLAN



PAGE **3**

TONY
FERGUSON
MEAL
REPLACEMENTS



PAGE **4**

MAKE YOUR
OWN MEAL
PLAN
(OPTIONAL)



PAGE **5**

FOOD TABLES

Contents



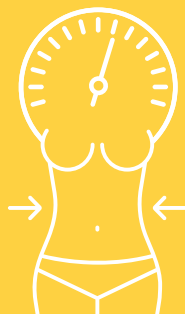
1

Welcome

Congratulations on getting your **Tony Ferguson Accelerate Meal Plan**.

We're so excited to be on this journey with you!

Tony Ferguson
health made easy



We've worked out a complete meal plan just for you! You can follow the meal plan on page 2 exactly as is for 2 consecutive weeks. If you'd like to continue your healthy eating journey after the 2 weeks, move on to the **Classic Meal Plan**, or get your own customised meal plan [here](#).

If you'd like to personalise your plan and choose foods that suit you, you'll find the guidelines and food lists to help you on pages 5 and 6.




QUESTIONS?

Send an email to info@tonyferguson.co.za and we will gladly assist you!

Consult your doctor or healthcare practitioner before starting any new eating or exercise programme or using any new products.



2 Accelerate 7 DAY MEAL PLAN

DAILY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 BREAKFAST	1 Tony Ferguson Meal Replacement	1 Tony Ferguson Meal Replacement	1 Tony Ferguson Meal Replacement	1 Tony Ferguson Meal Replacement	1 Tony Ferguson Meal Replacement	1 Tony Ferguson Meal Replacement	1 Tony Ferguson Meal Replacement
MORNING SNACK	–	1 1/4 cup whole strawberries	–	1 small apple	–	1 small banana	–
 LUNCH	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables
AFTERNOON SNACK	–	1 medium citrus fruit	–	1/2 cup mango	–	3/4 cup blueberries	–
 DINNER	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 portion Balsamic Chicken	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 portion Chilli Lamb Stir Fry	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables	1 portion Asian Pork Salad	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables
Recipes available at www.tonyferguson.co.za/recipes/							
ALL DAY	Each day have 2 litres water, black tea / coffees as desired, non-nutritive sweetener if/as desired. You can also have a maximum of 250ml full cream milk.						

Tony Ferguson

Meal replacements



Your meals include a Tony Ferguson Meal Replacement and we have a variety of options to choose from.

While all of the meal replacement options will ensure you maintain optimal nutrition, each has its own unique features which can help you achieve your personal goals. If you're struggling to decide which option is right for you, use the guide on the right to help you choose.

You can also use all of the meal replacement options interchangeably. You can choose your meal replacement option for each meal, every day.

**1 TONY
FERGUSON MEAL
REPLACEMENT IS
EQUAL TO:**



2 scoops of any
Tony Ferguson Shake

OR

1 Tony Ferguson Munch Bar



Tony Ferguson MUNCH BAR

The Tony Ferguson Munch Bars offer some texture and a range of new flavours for your meal plan.

The Munch Bars are high in protein and low in carbohydrates.



Tony Ferguson GO SHAKE

The Tony Ferguson Go Shake is one of the more affordable shake options offering a longterm cost benefit.

Tony Ferguson Go Shake offers a balance between protein and carbohydrate; and is low in fat.



Tony Ferguson PRO SHAKE

The Tony Ferguson Pro Shake is our premium meal solution.

It is high in protein; and low in carbohydrates and fat.

The Pro Shake contains no added sugar and is naturally gluten free.



Tony Ferguson VEGAN SHAKE

The Tony Ferguson Vegan Shake is a plant-based meal solution.

It is high in protein and dietary fibre; and low in carbohydrates and fat.

The Vegan Shake contains no added sugar and is naturally gluten free.

5 Accelerate FOOD TABLES

FRUIT

Try to consume seasonal fruits and vegetables. The weight given for fruits below is the total weight including the skin, core, seeds, rind, etc. (weigh before removing if using weight).

FRUIT OPTIONS INCLUDE:

FOOD	SERVING SIZE FOR ONE PORTION
Apple	1 small apple (120g)
Banana	1 extra small banana (120g)
Peach	1 medium peach (180g)
Nectarine	1 small nectarine (150g)
Plum	1 medium / 2 small plums (150g)
Apricots	4 small (165g)
Pear	1/2 large pear (120g)
Mango	1/2 small fruit (165g) or 1/2 cup
Papaya	1/2 small fruit (240g) or 1 cup
Pineapple	3/4 cup
Orange	1 small / 1/2 large orange (195g)
Soft citrus fruit	1 medium / 2 extra small (240g)
Grapefruit	1/2 large grapefruit (330g)
Grapes	17 small grapes / 8 large grapes (90g)
Kiwi	1 kiwi (105g)
Strawberries	1 1/4 cup whole berries
Blackberries	3/4 cup whole berries
Blueberries	3/4 cup whole berries
Raspberries	1 cup whole berries
Cherries	12 fresh cherries (90g)
Cantaloupe	1/3 small melon or 1 cup cubed (330g)
Honeydew melon	1 slice or 1 cup cubed (300g)
Watermelon	1 slice or 1 1/4 cup (400g)
Fruit salad (fresh fruit only)	1/2 cup
Dates	3 fresh dates
Figs	2 medium figs, fresh (105g)
Dried fruit	2 Tbsp

Note: Ideally, whole fruit should be eaten rather than drinking fruit juice; but if fruit juice is consumed only 1/3 cup (83ml) can be used per day in place of one fruit portion. This can be diluted with water to make up a full cup. If fruit juice is used, it should be freshly squeezed 100% fruit juice or home squeezed juice.



NON-STARCHY VEGETABLES

Try to consume seasonal vegetables. Potatoes, sweet potatoes, pumpkin, butternut, peas, corn and mixed vegetables containing peas and / or corn are considered as starchy vegetables - **not non-starchy vegetables.**



PORTION SIZE FOR ALL NON-STARCHY VEGETABLES:

FOOD	SERVING SIZE FOR ONE PORTION
Raw vegetables	1 cup
Cooked vegetables	1/2 cup

NON-STARCHY VEGETABLES INCLUDE:

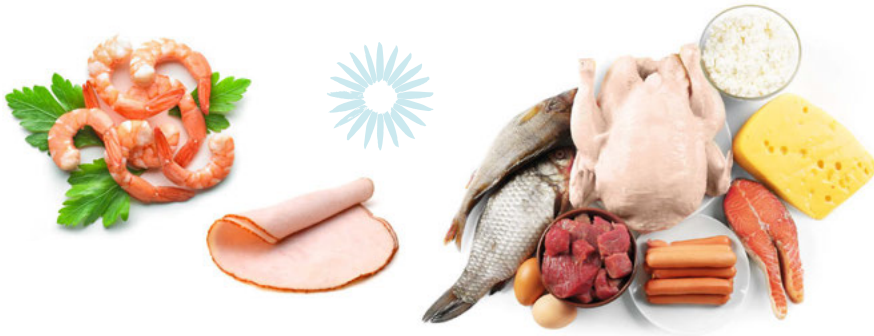
1.	Amarath / Chinese cabbage
2.	Artichokes
3.	Asparagus
4.	Bamboo shoots
5.	Beans, fresh (green beans)
6.	Bean sprouts
7.	Beetroot
8.	Broccoli
9.	Brussels sprouts
10.	Cabbage
11.	Carrots
12.	Cauliflower
13.	Celery
14.	Cucumber
15.	Eggplant / aubergine
16.	Green onion
17.	Leeks
18.	Lettuce (all salad greens)
19.	Mixed vegetables (without corn or peas)
20.	Mushrooms
21.	Okra
22.	Onions
23.	Pea pods: snap peas / mange tout
24.	Peppers (all varieties)
25.	Radishes
26.	Sauerkraut
27.	Spinach
28.	Swiss chard
29.	Tomato
30.	Turnips
31.	Zucchini / baby marrow

6 Accelerate FOOD TABLES

PROTEIN

Traditionally, protein is considered in terms of low-fat protein, medium-fat protein or high-fat protein. In your menu, medium-fat protein is given at dinner. This is a combination of a low-fat protein + the additional good fat used in your cooking preparation (approximately 1 tsp. oil).

High-fat proteins should be largely avoided, but can be used once per week, if desired.



PORTION SIZE FOR ALL PROTEIN:

As a general rule of thumb, all serves are palm-sized, meaning the size and thickness of your own palm not including your fingers. The average weight of a serve is 220g for males and 120g for females.

PROTEIN OPTIONS INCLUDE:

FOOD	FEMALES	MALES
*Beef	120g	120g
*Lamb	120g	120g
*Veal (lean & fat trimmed)	120g	120g
Pork (lean & fat trimmed)	120g	120g
Chicken (skin & bones removed)	120g	120g
Turkey (skin & bones removed)	120g	120g
Fresh Fish	120g	120g
**Sliced meat (e.g.lean ham, turkey)	120g	120g
Prawns or Oysters	1 cup	1 1/2 cups
Crab	1 1/2 cups	2 cups
Large Eggs	2 eggs	2 eggs + 1/2 another protein

VEGETARIAN PROTEIN OPTIONS



VEGETARIAN PROTEIN OPTIONS INCLUDE:

FOOD	FEMALES	MALES
Large Eggs	2 eggs	2 eggs + 1/2 another protein
*Low Fat Cottage / Ricotta Cheese	150g	120g
Plain Tofu (preferably firm)	150g	120g
Plain Tempeh	150g	120g
Soy Sausages	2 sausages	3 sausages
Soy Fillets	2 fillets	3 fillets
Soy Burgers	1 burger	2 burger

If none of these options 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	FEMALES	MALES
Energy	600-1200 KJ / 145-285 Kcal	1200-2000 KJ / 285-480 Kcal
Carbohydrate	10g or less	15g or less
Protein	At least 15g	At least 25g
Fat	10g or less	15g or less