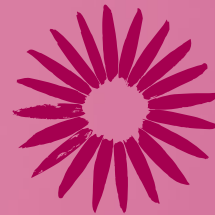


Tony Ferguson

Classic Meal Plan



Tony 
Ferguson
health made easy



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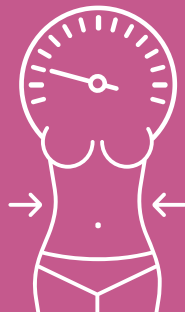
1

Welcome

Congratulations on getting your **Tony Ferguson Classic 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 until you reach your goal weight. Once you've reached your goal weight, visit our website to get your own customised maintenance 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 to 9.

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

Classic 7 DAY MEAL PLAN



Tony Ferguson

| 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 cup papaya | 1 1/4 cup whole strawberries | 1 small orange | 1 small apple | 2 tbsp. dried fruit | 1 small banana | 3/4 cup blueberries |
|  LUNCH | 1 Tony Ferguson Meal Replacement Unlimited nonstarchy vegetables 2 tbsp. almonds | 1 Tony Ferguson Meal Replacement Unlimited nonstarchy vegetables 30g coconut flakes | 1 Tony Ferguson Meal Replacement Unlimited nonstarchy vegetables 2 tbsp. almonds | 1 Tony Ferguson Meal Replacement Unlimited nonstarchy vegetables 30g coconut flakes | 1 Tony Ferguson Meal Replacement Unlimited nonstarchy vegetables 2 tbsp. almonds | 1 Tony Ferguson Meal Replacement Unlimited nonstarchy vegetables 30g coconut flakes | 1 Tony Ferguson Meal Replacement Unlimited nonstarchy vegetables 2 tbsp. almonds |
| AFTERNOON SNACK | 1 small apple | 1 medium citrus fruit | 1 small banana | 1/2 cup mango | 1 cup papaya | 3/4 cup blueberries | 1 1/4 cup whole strawberries |
|  DINNER | 1 portion Balsamic Chicken | 1 portion Asian Pork Salad | 1 portion Aubergine Cannelloni | 1 portion Creamy Coconut Curry | 1 portion Pork Chops with Veg | 1 portion Chicken in Red Wine Vinegar | 1 portion Chilli Lamb Stir Fry |
| 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. | | | | | | |
| TREAT | Choose one Weekly Treat on a maximum of two days per week (page 4) | | | | | | |

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.

Tony Ferguson

Treats



Balance is essential in any healthy lifestyle and part of this is being able to enjoy the treats we love. These “treats” shouldn’t be thought of as “cheats”, they’re part of your healthy, balanced lifestyle and you can feel completely comfortable including them in your routine.

There’s no need for feelings of guilt when having your treats - enjoy them as part of your journey towards a healthier you!

WEEKLY TREATS

Choose one of the following Weekly Treat options on a maximum of 2 days per week (i.e. choose one option twice each week).

Your treat allowance is in addition to your regular daily intake.



| WEEKLY TREAT OPTION | ONE SERVING SIZE |
|---|------------------------------------|
| Tony Ferguson Dessert | 1 portion (as packaged) |
| Sugar-free chocolate | 1 small bar / 1 row chocolate slab |
| Sugar-free dessert / pudding (of choice) | 1 portion (as packaged) |
| Sugar-free biscuits / cookies (of choice) | 1 portion (as packaged) |
| Sugar-free frozen cream pop | 1 portion (as packaged) |
| Dark chocolate (regular) | 2 blocks (10-15g) |
| Rice cakes | 1 large / 2 small rice cakes |
| Popcorn | 1 cup (light popcorn) |
| Sliced cheese (of choice) | 30g |
| Nuts | 20g |
| Saltine type crackers | 2 crackers |
| Biltong / Dröewors | 30g |
| Distilled spirits: vodka, rum, gin or whiskey (mixed with a sugar free soft drink / soda water) | 1 tot (30ml) |
| Dry wine, red or white | 1/2 wine glass (120ml) |
| Sake | 30ml |
| Light beer | 1 bottle / 1 can (340-360ml) |






If nothing on the Weekly Treat options list appeals to you, use these guidelines to help you choose your own treat.

Take a look at the label of the treat you’d like, and choose a portion size that is in line with the following guidelines:

- The ‘total calories’ of your treat option should not exceed 100kcal (420kJ) per serving.
- Aim for low sugar or sugar-free. A single serving should contain 14g or less of ‘total carbohydrate’; of which no more than 10g should be from ‘sugar(s)’.
- The ‘total fat’ in your treat should be limited to a maximum of 10g per serving.
- There is no restriction on the ‘protein’, provided your treat meets the caloric guidelines above.



| MAKE YOUR OWN DAY | |
|---|--|
|  BREAKFAST | 1 Tony Ferguson Meal Replacement |
| MORNING SNACK | 1 portion fruit |
|  LUNCH | 1 Tony Ferguson Meal Replacement Unlimited non-starchy vegetables Good fat portion (based on body weight, see page 9) |
| AFTERNOON SNACK | 1 portion fruit |
|  DINNER | 1 palm sized portion protein Unlimited non-starchy vegetables 1 portion starchy vegetables (optional) |
| 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. |
| TREAT | Choose one Weekly Treat on a maximum of two days per week (page 4) |

How it works

Use the food lists on the following pages to “Make Your Own Day” using the table on the left of this page.

The food lists on the following pages offer various options for portions of each food group that you can use to make up your meals.

In this case, the word “portion” doesn’t indicate the total amount of a food that you can eat, it’s simply a unit of measurement of food. For example, for Morning Snack, 1 portion of fruit is equivalent to a 3/4 cup of blueberries.

Feel free to customise your plan according to your needs and tastes as long as you stick to the times and portion sizes!

LET’S GO

Reaching your health goals shouldn’t be a daily fight against yourself, actually, for long term success the opposite should be true.

Your meal plan shouldn’t be something you have to follow, but something you want to follow because it leaves you feeling good all round!

PORTION: measurement unit of food



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. | Baby corn |
| 5. | Bamboo shoots |
| 6. | Beans, fresh (green beans) |
| 7. | Bean sprouts |
| 8. | Beetroot |
| 9. | Broccoli |
| 10. | Brussels sprouts |
| 11. | Cabbage |
| 12. | Carrots |
| 13. | Cauliflower |
| 14. | Celery |
| 15. | Cucumber |
| 16. | Eggplant / aubergine |
| 17. | Green onion |
| 18. | Leeks |
| 19. | Lettuce (all salad greens) |
| 20. | Mixed vegetables (without corn or peas) |
| 21. | Mushrooms |
| 22. | Okra |
| 23. | Onions |
| 24. | Pea pods: snap peas / mange tout |
| 25. | Peppers (all varieties) |
| 26. | Radishes |
| 27. | Sauerkraut |
| 28. | Spinach |
| 29. | Swiss chard |
| 30. | Tomato |
| 31. | Turnips |
| 32. | Zucchini / baby marrow |

STARCHY VEGETABLES

Try to consume seasonal vegetables.



PORTION SIZE FOR ALL STARCHY VEGETABLES:

As a general rule of thumb, all serves are palm-sized, meaning the size and thickness of your own palm not including your fingers.

STARCHY VEGETABLES INCLUDE:

| | |
|----|--|
| 1. | Potatoes |
| 2. | Sweet potatoes |
| 3. | Pumpkin |
| 4. | Butternut |
| 5. | Peas |
| 6. | Corn |
| 7. | Mixed vegetables containing peas and / or corn |

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 |

GOOD FAT

Fat can be used in cooking, as an addition to a meal or as a snack (e.g. nuts / olives).

USE YOUR WEIGHT TO DETERMINE HOW MANY PORTIONS OF GOOD FATS YOU SHOULD HAVE PER DAY:

| WEIGHT | NUMBER OF PORTIONS PER DAY |
|-----------------------|----------------------------|
| Below 75kg | 1 portion |
| Between 75kg - 120 kg | 2 portion |
| Above 120kg | 3 portion |

GOOD FAT OPTIONS INCLUDE:

| FOOD | SERVING SIZE: |
|-------------------------------|--------------------------|
| Oils e.g. Olive, Coconut | 1 tablespoon (20g) |
| Avocado | 1/2 medium avocado (85g) |
| Nuts or Seeds e.g. Almonds | 2 tablespoons (30g) |
| Olives | 12 medium |
| Coconut Flakes | 30g |
| Coconut Milk or Coconut Cream | 60ml |

