

# 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.



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 OF FOOD



## FRUIT

Try to consume seasonal fruits. 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: 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	1/2 cup (fresh fruit only)
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: ONE PORTION
Raw vegetables	1 cup
Cooked vegetables	1/2 cup

### NON-STARCHY VEGETABLES INCLUDE:

1.	Amaranth
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

## STARCHY VEGETABLES

Try to consume seasonal vegetables.



### PORTION SIZE FOR 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 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	220g
*Lamb	120g	220g
*Veal (lean & fat trimmed)	120g	220g
Pork (lean & fat trimmed)	120g	220g
Chicken (skin & bones removed)	120g	220g
Turkey (skin & bones removed)	120g	220g
Fresh Fish	120g	220g
**Sliced meat (e.g.lean ham, turkey)	120g	220g
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

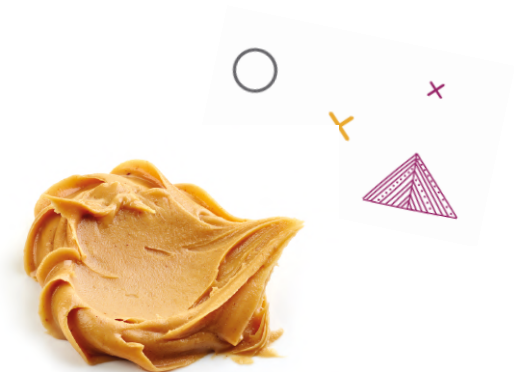


FOOD	FEMALES	MALES
Large Eggs	2 eggs	2 eggs + 1/2 another protein
*Low Fat Cottage / Ricotta Cheese	150g	200g
Plain Tofu (preferably firm)	150g	250g
Plain Tempeh	150g	200g
Soy Sausages	2 sausages	3 sausages
Soy Fillets	2 fillets	3 fillets
Soy Burgers	1 burger	2 burgers

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).



**GOOD FAT OPTIONS INCLUDE:**

FOOD	SERVING SIZE: ONE PORTION
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

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 portions
Above 120kg	3 portions

