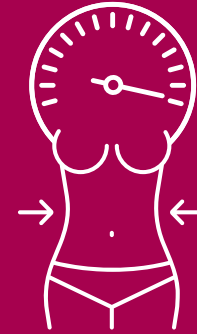




Tony Ferguson



Extreme Meal Plan



Tony  Ferguson
health made easy



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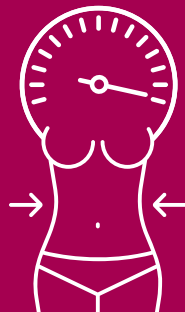


Welcome

Congratulations on getting your **Tony Ferguson Extreme 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.



DAILY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 BRUNCH (AFTER 11AM)	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables 1 1/4 cup whole strawberries	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables 1 small apple	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables 1 small banana	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables 1/2 cup mango	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables 1 medium peach	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables 1 medium citrus fruit	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables 3/4 cup blueberries
MID- AFTERNOON	1 Tony Ferguson Multivitamin 1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Multivitamin 1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Multivitamin 1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Multivitamin 1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Multivitamin 1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Multivitamin 1 Tony Ferguson Chromium PLUS	1 Tony Ferguson Multivitamin 1 Tony Ferguson Chromium PLUS
 DINNER (BEFORE 8PM)	1 Tony Ferguson Meal Replacement 1 Tony Ferguson Thermoburn 1 portion Balsamic Chicken	1 Tony Ferguson Meal Replacement 1 Tony Ferguson Thermoburn 1 portion Asian Pork Salad	1 Tony Ferguson Meal Replacement 1 Tony Ferguson Thermoburn 1 portion Aubergine Cannelloni	1 Tony Ferguson Meal Replacement 1 Tony Ferguson Thermoburn 1 portion Creamy Coconut Curry	1 Tony Ferguson Meal Replacement 1 Tony Ferguson Thermoburn 1 portion Pork Chops with Veg Salad	1 Tony Ferguson Meal Replacement 1 Tony Ferguson Thermoburn 1 portion Chicken in Red Wine Vinegar	1 Tony Ferguson Meal Replacement 1 Tony Ferguson Thermoburn 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 after 11am.						

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	
 BRUNCH (AFTER 11AM)	1 Tony Ferguson Meal Replacement 2 portions non-starchy vegetables 1 portion fruit
MID-AFTERNOON	1 Tony Ferguson Multivitamin 1 Tony Ferguson Chromium PLUS
 DINNER (BEFORE 8PM)	1 Tony Ferguson Meal Replacement 1 Tony Ferguson Thermoburn 1 palm sized protein portion 2 portions non-starchy vegetables
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 after 11am.

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



5 Extreme 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:

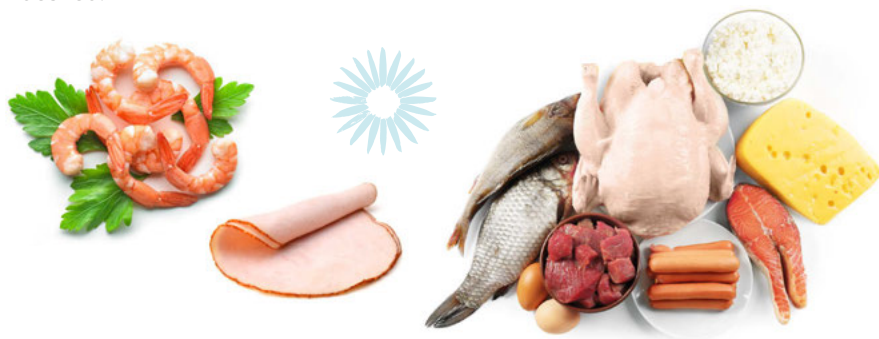
1.	Amarath / Chinese cabbage
2.	Artichokes
3.	Asparagus
4.	Bamboo shoots
5.	Beans, fresh (green beans)
6.	Bean sprouts
7.	Beetroot
8.	Broccoli
9.	Brussels sprouts
10.	Cabbage
11.	Carrots
12.	Cauliflower
13.	Celery
14.	Cucumber
15.	Eggplant / aubergine
16.	Green onion
17.	Leeks
18.	Lettuce (all salad 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 Extreme 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

7

R150 OFF Voucher

Congratulations! This voucher entitles you to R150 off in the Tony Ferguson online store when you spend R500 or more.

YOUR VOUCHER CODE

Extreme10

TONY FERGUSON EXTREME MEAL PLAN VOUCHER TERMS & CONDITIONS

- Use this voucher to receive R150 off purchases that are valued at R500 or more. This voucher will also qualify you for free shipping.
- This voucher can only be redeemed on the www.tonyferguson.co.za online store and cannot be exchanged for cash.
- The voucher will not be applicable for sale items or items that are on offer.
- Only one voucher code can be used per meal plan user download.

**Tony
Ferguson**
health made easy

Shop online at tonyferguson.co.za

