



## Food Control





# When to Take Capsules

CURRENT WEIGHT:  
TARGET WEIGHT:  
TOTAL WEIGHT LOSS:

**Reason why want to lose weight:**

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## **WEIGHT**

Week 1:  
Week 2:  
Week 3:  
Week 4:

**Total for Month 1:**

Week 1:  
Week 2:  
Week 3:  
Week 4:

**Total for Month 2:**

Week 1:  
Week 2:  
Week 3:  
Week 4:

**Totaal vir Maand 3:**

## **3 Products:**

### **Fat Attack:**

Choose Top of Bottom of  
All Over of Stress:  
2x Fat Attack (60)  
You can choose 2  
different Fat Attacks if  
needed.

### **Booster:**

Fat Buster (30)

### **Food Control:**

*NODIET Method*  
*NODIET Chart*

## **Fat Combat Pack**

Lose up to **9kg** in 3 months!  
The NODIET Method teaches you a  
healthy lifestyle. The Fat Attack  
reduces Fat deposits, while the Fat  
Buster improves your body's Shape.



## **NODIET Method:**

Replace 2 meals with Vegetables and  
eat the other meal with your family  
with the NODIET Method Eat 3 cups  
Vegetables per meal.

## **Capsules:**

Take capsules with a glass of water.

## **30min before Brunch:**

1 Fat Attack in Month 1 and 2 or Fat  
Buster in Month 3.

## **30min before Bedtime:**

1 Fat Attack month 1 and 2.

NOTES:

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# NODIET Chart®

	Break your Fast	Caps	Brunch	Fruit	Lunch	Dinner	Fluid				Caps	Notes
Option 1	Do not Skip Protein		Veggies Protein Fat Carb	Fruit	Veggies	Veggies	1	2	3	4		<b>TENAZ PRODUCTS: WITH CAPSULES NO CAPSULES NO SHAKES</b>  <b>CAPSULES:</b> <b>Morning:</b> After Protein, ½ an hour before Brunch. <b>Bedtime:</b> ½ an hour before Bedtime.  <b>FOOD:</b> <b>Weight Loss:</b> Eat 1 meal, Replace 2 with Veggies.  <b>FRUIT:</b> Ladies 1, Men & Kids 2. Veggies.
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
Option 2	Do not Skip Protein		Veggies	Fruit	Veggies Protein Fat	Veggies	1	2	3	4		
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
Option 3	Do not Skip Protein		Veggies	Fruit	Veggies	Veggies Protein	1	2	3	4		
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
















**Break your fast!** When you wake up, eat a protein the size of your palm. A boiled egg works well.  
**Take your Fat Attack Month 1 & 2 or Fat Buster Month 3, ½ an hour before Brunch.**

**Water:** Weigh yourself - 10kg of bodyweight = 1 glass of water. Don't drink any liquid ½ an hour before, during or after food. Drink water frequently throughout your day instead.  
**Fluid:** Coffee and tea or any other fluids are extra! Alcohol is allowed – Men 2 drinks, ladies 1 – **However, this will slow your weight loss!**

**Eat 1 meal wit the NODIET Method & replace 2 with Veggies:** This will help to control hunger – balance your **Leptin** (*decreases* hunger) and **Ghrelin** (*increases* hunger) levels. The more body fat you have the more **Leptin resistant** you will be.

**Hungry?** First establish if you are hungry. **Avoid mindless or emotional eating.** Water is a natural appetite suppressant - have a glass of water or a cup of tea. Wait 20 min. If you are still hungry, eat veggies to fill you up. Avoid Sugar and Alcohol, it makes you hungry! You can have up to 9 cups of veggies. Add a small portion of lean protein to control hunger.

**Morning activity:** Enjoy some fresh air and walk for at least 10-min.

<b>CHOOSE 1 MEAL TO ENJOY WITH FAMILY, USING PLATE RULES TO HAVE A HEALTHY SOCIAL LIFE THAT IS SUSTAINABLE DURING AND AFTER WEIGHT LOSS.</b>			<b>REPLACE 2 MEALS TO SAVE CALORIES</b>	<b>Eat slowly, at least 20 minutes.</b>  The best Meals to replace are Lunch and Dinner.  Eat the right Portion size, at the right Time and Food Combination. If you want a treat, eat it in the first 4 Hours of your morning - only if necessary.  Don't eat high-calorie foods, always keep weight loss in mind when eating.  <b>3 STEPS - MAX RESULTS:</b> 1. Follow the TenaZ NODIET Method. 2. Use your TenaZ products. 3. Complete your FOOD Chart & send to <a href="mailto:diethotline@tenaz.co.za">diethotline@tenaz.co.za</a> and SMS 44021 for help or WhatsApp your Team Member.
<b>Weigh more than 100 kg:</b> Add an extra lean protein to every meal.			<b>Add Veggies</b>	
<b>Brunch</b> 	<b>1 Protein, 1 Carb, 1 Fat &amp; 3 Veggies</b>    	Lamb chop & pap Tomatoes and onion mix Mushrooms		
<b>Lunch</b> 	<b>1 Protein, 1 Fat &amp; 3 Veggies</b>   	Fish Cheese sauce Veggies		
<b>Dinner</b> 	<b>1 Protein &amp; 3 Veggies</b>  	Chicken breast Salad Steamed Veggies		

**Evening Activity:** Go for a brisk walk of at least 10-min.

**Take your Fat Attack Month 1 & 2, ½ an hour before bedtime with a glass of water. Sleep 8 hours in a dark room.**



# FOOD Chart<sup>©</sup>

	Break your Fast	Caps	Brunch	Fruit	Lunch	Dinner	Fluid				Caps	Weight
DAY 1							1	2	3	4		
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
DAY 2							1	2	3	4		
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
DAY 3							1	2	3	4		
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		