



# THE NODIET METHOD©

**Your family-friendly lifestyle guide**

PORTION CONTROL | TIME CONTROL | FOOD CONTROL

**A simple way to structure what you eat, when you eat, and how much you eat - without strict meal plans or separate family meals.**

Use this guide as practical nutritional and lifestyle guidance. Your journey is individual, and results may vary.

## ENGLISH CLIENT EDITION

Version 1.0 | June 2026 | TenaZ International Diet Clinic

*Important: This guide is educational only and does not replace medical advice. Consult your healthcare practitioner before starting a weight-management programme if you are pregnant, breastfeeding, on chronic medication, or managing a medical condition.*



## 01 Welcome to the NODIET Method

*Start with the three pillars. They are the foundation of every TenaZ day.*

The NODIET Method is a simple, structured way of eating. It helps you make practical food choices, follow a daily rhythm, and use portions that fit your own body. You are not expected to cook special meals or count calories.

The Method is family-friendly: cook one healthy meal for everyone, then use your own hand to guide your portion. You choose the food; the Method gives you a clear structure.

**Your focus:** Do the basics consistently. The goal is a sustainable lifestyle - not perfection.

### Inside this guide

|                                                                                                   |                                                                                                                 |
|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>Start Here</b><br>The three pillars, the 12-hour rhythm, and your daily meal structure.        | <b>The Food Groups</b><br>Fluids, protein, free vegetables, fats and carbohydrates - with simple portion rules. |
| <b>Everyday Eating</b><br>Meal ideas, shopping help, snacks, treats, eating out and quick resets. | <b>Support &amp; Tracking</b><br>Optional TenaZ support, progress checks, FAQs and a daily tracker.             |

### The three pillars

| Pillar          | What it means                                                               |
|-----------------|-----------------------------------------------------------------------------|
| Portion Control | How much you eat. Use your own hand - no scale or calorie counting needed.  |
| Time Control    | When you eat. Use your 12-hour daily eating window and food-group cut-offs. |
| Food Control    | What you eat. Build meals from the five TenaZ food groups.                  |

**Keep it simple:** When life gets busy, return to Portion Control, Time Control and Food Control. They are your reset button.



## 02 Start Here: Build Your Day

Your day follows a simple pattern - wake, Break your Fast, eat within your time windows, and Start your Fast 12 hours later.

### King, Prince, Pauper

Build your real meal around the time of day. Earlier meals include more food groups; later meals become lighter. At every main meal, keep one protein only and add free vegetables.

| Meal                    | Build your plate                                     |
|-------------------------|------------------------------------------------------|
| Breakfast - like a KING | Free vegetables + 1 protein + 1 fat + 1 carbohydrate |
| Lunch - like a PRINCE   | Free vegetables + 1 protein + 1 fat                  |
| Dinner - like a PAUPER  | Free vegetables + 1 protein                          |

### Choose the structure that matches your goal

| Your goal         | Your daily structure                                                                                 |
|-------------------|------------------------------------------------------------------------------------------------------|
| Weight-loss phase | Eat 1 real meal. Replace 2 meals with a TenaZ Shake + free vegetables, or with free vegetables only. |
| Maintenance phase | Eat 2 real meals. Replace 1 meal with a TenaZ Shake + free vegetables, or with free vegetables only. |

**Always start with real food:** Within 30 minutes of waking, eat 1 lean protein to Break your Fast. This is real food - it is not replaced by a Shake.

### My NODIET start plan

|                            |       |
|----------------------------|-------|
| My start date              | _____ |
| My Break-your-Fast protein | _____ |
| My 4-hour carb cut-off     | _____ |
| My 8-hour fat cut-off      | _____ |
| My Start-your-Fast time    | _____ |
| My reason for doing this   | _____ |

## 03 Time Control: Your 12-Hour Rhythm

*Food combinations change through the day. Use the rhythm below, based on when you wake up.*

Break your Fast within 30 minutes of waking with one lean protein. Your eating window closes 12 hours after that first protein. Free vegetables are the exception and may be eaten any time.

| When              | What to do                                                                  |
|-------------------|-----------------------------------------------------------------------------|
| Wake up           | Note the time and plan your first lean protein.                             |
| Within 30 minutes | Break your Fast: 1 lean protein. This begins your 12-hour rhythm.           |
| First 4 hours     | Protein + fat + carbohydrate + free vegetables or replace this meal.        |
| Hours 4-8         | Cut-off carbohydrate: protein + fat + free vegetables or replace this meal. |
| Hours 8-12        | Cut-off fat: protein + free vegetables or simply replace this meal.         |
| After 12 hours    | Start your Fast: no more meals. Free vegetables remain the exception.       |
| Before bed        | Stop eating at least 4 hours before bedtime. Aim for 6-8 hours of sleep.    |

### The no-fluid-with-food rule

The TenaZ Method asks you to keep fluids separate from food: aim for no fluid for 30 minutes before, during or after a meal. Drink your fluids steadily between meals instead.

**Practical reminder:** Keep water nearby throughout the day, but sip it between meals. Do not allow a busy day to leave you under-hydrated.

### A simple daily rhythm

| Time of day | Your pattern                                                                        |
|-------------|-------------------------------------------------------------------------------------|
| On waking   | Lean protein to Break your Fast.                                                    |
| Early day   | Your fullest real meal can be breakfast: vegetables + protein + fat + carbohydrate. |
| Midday      | Your lighter real meal can be lunch: vegetables + protein + fat.                    |
| Later day   | Your lightest real meal can be dinner: vegetables + protein.                        |
| Evening     | Free vegetables if needed, then prepare for sleep.                                  |

## 04 Portion Control: Your Hand Is Your Guide

*Your hand helps keep portions individual to your body. No food scale and no calorie counting are needed.*

Because your hand sets your portion, the same family meal can work for everybody. You do not need separate diet food. Build your plate using your own hand and keep your food groups inside their time windows.

| Food group                | Your hand guide                                                          |
|---------------------------|--------------------------------------------------------------------------|
| Protein                   | 1 palm-sized portion                                                     |
| Carbohydrate              | 1 fist-sized portion                                                     |
| Fat                       | 1 thumb-sized portion                                                    |
| Free vegetables and salad | Unlimited - aim for at least 3 cups per main meal, about 9 cups per day. |

### The raw rule

If you can eat it raw, it generally counts as a free vegetable in the Method. If it must be cooked before you can eat it, such as potato, butternut or pumpkin, it counts as a carbohydrate.

Other quick measures: 1 handful = 1 carbohydrate portion; 2 handfuls of cereal = 1 carbohydrate portion; 5 cups of popcorn = 1 carbohydrate portion; and 1/2 glass of 100% fruit juice counts as 1 fruit.

### When a day does not go to plan

**No guilt. No restart date.** Use a small side plate, take no second helping, replace the next two meals with a Shake + free vegetables (or free vegetables only), and continue at your very next meal.

### Three weight-loss choices

| Option         | How to structure it                                                                                                      |
|----------------|--------------------------------------------------------------------------------------------------------------------------|
| 2 Shakes a day | Eat 1 real meal. Replace the other 2 meals with a TenaZ Shake + free vegetables.                                         |
| 1 Shake a day  | Eat 1 real meal. Replace 1 meal with a Shake + free vegetables and 1 meal with free vegetables only.                     |
| No Shake       | Eat 1 real meal. Replace the other 2 meals with free vegetables only, such as a large salad, vegetable soup or stir-fry. |

**For maintenance:** Eat 2 real meals and replace 1 meal with a Shake + free vegetables, or with free vegetables only. Your Break-your-Fast protein is always real food.

## 05 Food Group 1: Fluids

Water is your first choice. Use your daily target and spread it through the day.

### Your fluid target

Body weight in kilograms divided by 10 = your number of 250 ml glasses per day. For example, 100 kg divided by 10 = 10 glasses. Spread fluids evenly during the day.

**Water target:** Body weight (kg) / 10 = number of 250 ml glasses per day. Try to finish most of your fluids in the first 12 hours of the day; drink more after that only if you need it.

### Simple fluid choices

| Choice          | Guideline                                                                                                                                               |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Water           | Your best everyday choice. Still, sparkling or flavoured water can all help.                                                                            |
| Flavoured water | Use fresh fruit, sparkling water, Sweet-O, Drink-O-Pop or Low-Cal if plain water is difficult. Avoid aspartame.                                         |
| Coffee and tea  | Up to 4 cups daily. Caffeine can disturb sleep, so use caffeine-free choices if you need more. Use a non-aspartame diet sweetener and fat-free milk.    |
| Alcohol         | Women: up to 1 drink daily. Men: up to 2 drinks daily. Alcohol slows results, so avoiding it supports your goals. Do not binge drink or save up drinks. |

### Keep water visible

Carry a water bottle, fill it before leaving home, and link a drink of water to everyday moments such as after a phone call, before a walk, or between meals.

**Important:** Fluids are for hydration and routine. They are not a substitute for meals or medical care.

## 06 Food Groups 2 & 3: Protein and Free Vegetables

*Protein and vegetables form the base of your Method meals.*

### Protein - 1 per meal, in the first 12 hours

Protein supports energy, helps maintain muscle and can help you feel fuller for longer. Choose one protein at a time. Do not mix proteins in one meal. Choose lean cuts and remove visible fat and skin.

| Protein choice    | Method guide                                                                                               |
|-------------------|------------------------------------------------------------------------------------------------------------|
| Best meat options | Fish; game; chicken and turkey; ostrich; veal; beef; pork and lamb.                                        |
| Eggs              | Women and teens: 1-2. Men: 2-3. Boiled eggs do not need added fat.                                         |
| Dairy             | 250 ml fat-free, unsweetened yoghurt, milk or cottage cheese. Avoid full-cream choices during weight loss. |
| Plant choices     | Chickpeas, lentils, tinned baked beans, legumes, nuts and seeds. Aim for at least one meatless day.        |
| Biltong           | A snack only.                                                                                              |

### Free vegetables - unlimited, 24/7

Free vegetables are high in fibre and water and are used to round out every meal. Have at least 3 cups at each main meal. Still hungry? Add more vegetables as a stir-fry, soup or salad.

| Type           | Examples and rules                                                                                                                                                             |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vegetables     | Mushrooms, baby marrow, gem squash, eggplant, carrots, broccoli, cauliflower, green beans, peas, peppers, spinach, Brussels sprouts, cabbage, collard greens and winter melon. |
| Salad          | Lettuce, tomato, cucumber, onion, celery and asparagus.                                                                                                                        |
| Salad dressing | 1 tsp MCT, flaxseed or virgin olive oil; or a non-aspartame diet sweetener; or lemon juice/vinegar with fresh herbs.                                                           |
| Quick option   | A lite cup-a-soup when hungry - up to 5 a day.                                                                                                                                 |

**Build your plate:** Start with free vegetables, then add your protein, and then add fat and carbohydrates only when your time window allows them.

## 07 Food Groups 4 & 5: Fats and Carbohydrates

*Fats belong in the first 8 hours. Carbohydrates belong in the first 4 hours.*

### Fat - 1 portion per meal, first 8 hours only

Fat can help a meal feel satisfying and helps your body absorb the fat-soluble vitamins A, D, E and K. Limit animal fat and avoid trans fats.

| Rule               | What it looks like                                                                                                                                                                                              |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 fat portion      | 1 Tbsp macadamia, coconut, olive, hemp, flax, MCT, canola or sunflower oil; OR 1/4 avocado; OR 5 olives; OR 10 macadamia/almonds; OR 2 Tbsp pumpkin/flax/sesame seeds; OR 1 Tbsp mayonnaise (preferably light). |
| Also in moderation | Cheese, dark chocolate and peanut butter.                                                                                                                                                                       |
| Remember           | Nuts and seeds count as fat - they are not a free snack.                                                                                                                                                        |

### Carbohydrates - 1 fist-sized portion, first 4 hours only

Carbohydrates provide energy for the body and brain. Eat at least 1 carbohydrate each day, within your first 4 hours. Avoid refined carbohydrates such as sugar, sweets, white bread and highly processed wheat products.

| Carb type          | Method guide                                                                                                                                                 |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unrefined choices  | Basmati or brown rice, barley, whole-wheat pasta, couscous, seeded bread roll, cereal and popcorn.                                                           |
| Starchy vegetables | Pumpkin, white potato, butternut, beetroot and sweet potato.                                                                                                 |
| Fruit              | Counts as a carbohydrate. Women: 1 per day. Men: 2 per day. Use fruit within the first 4 hours. Whole fruit is best; 1/2 glass 100% juice counts as 1 fruit. |

### Snacks and treats

| When          | What to do                                                                                     |
|---------------|------------------------------------------------------------------------------------------------|
| Mid-morning   | Women: 1 fruit. Men: 2 fruit. Free vegetables are also allowed if needed.                      |
| Mid-afternoon | Free vegetables. Add 1 protein as a "power snack" if you get tired. Do not mix proteins.       |
| Weekly treat  | Enjoy 1 treat snack per week. Exchange it for your fruit in the first 4 hours of the day.      |
| Key question  | Snack only when you are genuinely peckish - not when you are bored, emotional or simply tired. |

## 08 Family-Friendly Meal Ideas

*Cook one healthy meal for the household. Your hand guides your portion; the time window guides your food combination.*

The ideas below follow the King / Prince / Pauper structure. Mix and match. Family members who are not trying to lose weight can add a carbohydrate or a second helping.

| Day | Breakfast - KING                                                        | Lunch - PRINCE                                                          | Dinner - PAUPER                                             |
|-----|-------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------|
| 1   | Eggs, spinach, mushroom and tomato; 1/4 avocado; 1 slice seeded toast   | Grilled chicken; big garden salad; olive oil and lemon                  | Baked hake; broccoli, green beans and carrots               |
| 2   | Veggie omelette; a few almonds; 1/2 cup oats                            | Tinned tuna in water; lettuce, cucumber and tomato salad; olive oil     | Grilled chicken; roast cauliflower, baby marrow and peppers |
| 3   | Fat-free yoghurt; 2 Tbsp seeds; high-fibre cereal; berries              | Lean beef strips; stir-fried pepper, onion and baby marrow; 1/4 avocado | Grilled fish; big salad; lemon dressing                     |
| 4   | Boiled eggs; grilled tomato and mushroom; 5 olives; 1 seeded roll       | Chicken on shredded lettuce, tomato and cucumber; olive oil             | Lean mince with cabbage, carrots and green beans            |
| 5   | Fat-free cottage cheese; tomato and cucumber; 2 Tbsp seeds; 1 slice rye | Grilled ostrich; roast pepper, baby marrow and onion; olive oil         | Baked chicken; gem squash, spinach and green beans          |

**Meal replacement reminder:** In the weight-loss phase, choose one of your meals as the real meal. Replace the other two with a Shake + free vegetables or free vegetables only.

## 09 More Meal Ideas and a Budget Grocery List

*Good food does not need to be expensive. Start with affordable basics and cook once for the family.*

| Day | Breakfast - KING                                                              | Lunch - PRINCE                                                           | Dinner - PAUPER                                                   |
|-----|-------------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------|
| 6   | Eggs with onion and green pepper; 1/4 avocado; 1/2 cup cooked barley          | Tinned pilchards; large salad; olive oil                                 | Lean pork with broccoli, cauliflower and carrots                  |
| 7   | Plain yoghurt; 10 nuts; 1/2 cup oats; 1/2 banana                              | Grilled chicken; peppers, eggplant and baby marrow; olive oil            | Baked hake; spinach, green beans and cauliflower                  |
| 8   | Omelette with mushroom, spinach and tomato; 1/4 avocado; 1 slice seeded toast | Lentil and vegetable salad; mixed greens; olive oil and lemon            | Grilled turkey; carrots, green beans and baby marrow              |
| 9   | Boiled eggs; spinach and tomato; 2 Tbsp pumpkin seeds; high-fibre cereal      | Grilled fish; cucumber, tomato and lettuce salad; 1/4 avocado            | Lean beef steak (palm-size); broccoli, green beans and gem squash |
| 10  | Greek-style fat-free yoghurt; a few almonds; 1/2 cup oats; grated apple       | Chicken breast; roast pepper, onion, baby marrow and eggplant; olive oil | Baked fish; cabbage, carrots and green beans; lemon               |

### Budget weekly grocery list

| Food group         | Buy for the week                                                                                                                                    |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Protein            | Eggs; tinned pilchards and tuna; chicken portions with skin removed; lean mince; dried lentils or sugar beans; fat-free yoghurt and cottage cheese. |
| Free vegetables    | Cabbage, carrots, spinach/morogo, baby marrow, green beans, onions, tomatoes, lettuce/salad and gem squash. Buy in season and in bulk.              |
| Fats               | Sunflower or canola oil for cooking; a small bottle of olive oil for salads; raw peanuts or seeds; avocados when affordable.                        |
| Carbs (mornings)   | Oats; brown or basmati rice; brown/seeded bread; potatoes or sweet potato; popcorn kernels.                                                         |
| Fruit              | Bananas, apples, oranges or naartjies - choose what is in season and cheapest.                                                                      |
| Pantry and flavour | Rooibos and coffee; non-aspartame diet sweetener; lemon and vinegar; tinned tomato-and-onion; stock cubes, mixed herbs, curry and spices.           |

**Stretch your budget:** Eggs, tinned fish and dried beans are affordable proteins. Buy vegetables in season, cook once for the family, freeze leftovers, and choose the week's specials.

## 10 Composition Support: Food Choices

Every plan follows the same NODIET Method. These food lists simply help you lean your everyday shopping towards the option that matches you.

Choose the food guide that best describes where you mainly carry weight. If stress is your biggest challenge, add the Stress food ideas to your Top, Bottom or All Over choices. These are practical food preferences, not a diagnosis.

### Find your food guide

| Where you carry it / what you notice       | Your food guide                            |
|--------------------------------------------|--------------------------------------------|
| Upper body - back, chest, arms, neck       | Top                                        |
| Lower body - hips, thighs, bum             | Bottom                                     |
| Evenly all over the body                   | All Over                                   |
| High stress, poor sleep, "tired but wired" | Add Stress food choices to your main guide |

#### TOP

Best everyday foods: cabbage, broccoli, cauliflower, spinach, rocket, beetroot, carrots, garlic, onion, lemon; eggs, chicken, tinned pilchards/sardines, lean mince; a little olive oil, nuts or seeds. Go easy on sugar, cooldrinks, juice, alcohol, fried food, white bread and too much coffee.

#### ALL OVER

Best everyday foods: cabbage, spinach, carrots, broccoli, green beans, tomatoes and onion; eggs, chicken, tinned fish and lean mince; lentils, beans and chickpeas; a little olive oil, plain yoghurt and sauerkraut. Go easy on sugar, cooldrinks, processed foods, big second helpings and alcohol.

#### BOTTOM

Best everyday foods: cauliflower, broccoli, cabbage, spinach, green beans, carrots, beetroot; lentils, beans, chickpeas, ground flaxseed; eggs, chicken, tinned fish; butternut or pumpkin in the morning. Go easy on sugar, sweets, white bread, lots of pap or rice, alcohol, fried and processed foods.

#### STRESS

Add spinach, Swiss chard, broccoli, cabbage; sweet potato, beans, lentils, a banana and oats in your early window; eggs, chicken and tinned fish; pumpkin seeds, a little avocado and plain yoghurt. Go easy on excess coffee, energy drinks, sugar, alcohol, skipped meals and late heavy dinners.

**A calm routine matters:** Aim for earlier nights, a daily walk and a calm wind-down. Keep caffeine to the morning only when stress or sleep is a concern.

## 11 Move More, Sleep Well, Notice Progress

*You do not need an extreme exercise plan. Begin with a small routine that you can repeat.*

### The 5-minute walk

| Step | Your walking routine                                                             |
|------|----------------------------------------------------------------------------------|
| 1    | Start from a recognisable landmark such as a lamp post, sign or rock.            |
| 2    | Walk for 5 minutes and mark the point you reached.                               |
| 3    | Turn around and walk home along the same route.                                  |
| 4    | Do this twice a day. As your fitness improves, you will naturally reach further. |

Tie a walk to a habit you already have - for example after your morning routine and after dinner. Aim for 15 minutes of sunshine where practical, and 6-8 hours of sleep. Build activity gradually and seek professional advice before starting a new exercise routine if you have a medical concern.

### Progress is more than a scale

Use the Clothes Test: choose one pair of jeans or one belt and check the fit every few weeks, not every day. A looser waistband or a new belt notch can show change that a scale does not show.

|                                                                                                                                              |                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>ENERGY &amp; SLEEP</b><br>Waking up easier; less afternoon slump; falling asleep faster; sleeping through the night; feeling more rested. | <b>BODY &amp; APPEARANCE</b><br>Clothes fitting more comfortably; less puffiness or bloating; feeling more confident in photographs. |
| <b>MIND &amp; MOOD</b><br>Clearer focus; a calmer, steadier mood; less irritability; feeling more confident.                                 | <b>FOOD &amp; CRAVINGS</b><br>Less mindless snacking; feeling satisfied after meals; cravings easing; food tasting better.           |

**Your progress is individual:** Notice what changes for you. Results and experiences vary from person to person.

## 12 Stay Consistent: Quick Fixes and Eating Out

*Life happens. Use the next best choice, then continue at your next meal.*

| Common slip-up                  | Quick fix                                                                                                       |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Drinking with meals             | Keep fluids 30 minutes before and after food, not during.                                                       |
| Carbs too late                  | Keep carbohydrates within the first 4 hours after you Break your Fast.                                          |
| Skipping your protein start     | Begin within 30 minutes of waking, even if it is just a boiled egg or unsweetened yoghurt.                      |
| Snacking from boredom or stress | Drink water, wait 20 minutes, take a short walk, then choose free vegetables if you are still genuinely hungry. |
| Second helpings                 | Use your hand portion and fill up on free vegetables instead.                                                   |
| Forgetting meal replacements    | Plan ahead. Keep a Shake at work or choose free vegetables when a Shake is not available.                       |
| Not enough water                | Return to your bodyweight (kg) / 10 target.                                                                     |
| Checking the scale every day    | Use the Clothes Test and your non-scale victories.                                                              |

### Eating out or having a takeaway

Make takeaways an occasional treat rather than a lifestyle. Choose a grilled lean protein with free vegetables or a salad, skip the bread, chips and fizzy drinks, use a small side plate, and keep to your hand portions. Then return to the Method at your next meal.

**The key habit:** Eat only when you are hungry, avoid second helpings, and do not stop the Method because one meal was not perfect.

## 13 Optional TenaZ Support

TenaZ products support the NODIET Method. They do not replace food choices, portions or the daily rhythm.

Use only the products that apply to your own pack and follow their labels and the guidance given to you by TenaZ. You do not need every product for the Method to work.

| Product             | How it fits the Method                                                                         |
|---------------------|------------------------------------------------------------------------------------------------|
| NODIET Method       | Your free eating programme: the portion, time and food rules.                                  |
| TenaZ Shake         | A nutritious meal replacement to use as part of the Method. Adults 18+ only.                   |
| No Thank You        | A fibre, botanical and amino-acid capsule that supports mindful eating and digestive wellness. |
| Good Morning        | A morning capsule to complement an active daytime routine.                                     |
| Good Night          | An evening capsule to complement your overnight wind-down.                                     |
| Balance             | A daily wellness capsule.                                                                      |
| Composition Support | Top, Bottom, All Over or Stress: selected according to your TenaZ plan.                        |
| Today               | An everyday nutritional support capsule.                                                       |

### The TenaZ Shake

Mix 1 nearly full scoop (15 g) with 200 ml water or milk. Mix well and drink within 15 minutes. Using milk instead of water increases kilojoule intake.

For weight loss, use the Shake to replace 1-2 meals as part of the Method. For maintenance, use it to replace 1 meal. Your lean protein within 30 minutes of waking is always real food and is never replaced.

| Detail                                  | Important information                                                               |
|-----------------------------------------|-------------------------------------------------------------------------------------|
| Suitable for                            | Adults aged 18 years and older.                                                     |
| Not suitable for                        | Children, pregnant women or breastfeeding women.                                    |
| Allergens                               | Contains milk and soy. Made in a facility that also processes gluten, egg and nuts. |
| Before surgery                          | Stop at least 2 weeks before a planned surgical procedure.                          |
| Chronic medication or health conditions | Consult your healthcare practitioner before use.                                    |
| Storage                                 | Store at or below 25 C in a cool, dry place. Keep out of reach of children.         |

**Safety first:** Take TenaZ products only as directed. TenaZ products are not intended to diagnose, treat, cure or prevent any disease.

## 14 Frequently Asked Questions

Keep this page handy for the questions that come up most often.

|                                                             |                                                                                                                                                                                                              |
|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1. What should I do if I feel hungry?</b>                | First drink water and wait 20 minutes. Take a short walk or phone a friend. If you are still genuinely hungry, have free vegetables or salad. Follow your own TenaZ plan if you use Shakes.                  |
| <b>2. How do I maintain my weight?</b>                      | Eat 2 real meals and replace 1 meal with a Shake + free vegetables, or free vegetables only. Keep using the Portion, Time and Food Control rules.                                                            |
| <b>3. Can I drink coffee or tea?</b>                        | Yes. Keep it to about 4 cups daily. Caffeine can disturb sleep, so keep caffeine to the morning and choose caffeine-free options if you need more.                                                           |
| <b>4. Can I have alcohol?</b>                               | Women: up to 1 drink daily. Men: up to 2 drinks daily. Alcohol can slow your progress, so avoiding it supports your goals. Do not binge drink or save up drinks.                                             |
| <b>5. Can I eat out?</b>                                    | Yes, occasionally. Choose grilled lean protein with free vegetables or salad, skip bread, chips and fizzy drinks, use a small side plate, and return to the Method at your next meal.                        |
| <b>6. Why are carbs earlier in the day?</b>                 | The Method uses carbohydrates within the first 4 hours after you Break your Fast. Later meals focus on protein and free vegetables. You still include at least 1 carbohydrate each day, in the early window. |
| <b>7. Can my family follow the Method?</b>                  | Yes. The Method is family-friendly: cook one healthy meal, then adjust portions. The Shake and capsules are for adults aged 18 years and older only.                                                         |
| <b>8. I have stopped losing weight - what must I check?</b> | Return to the basics: hand portions, your 4-hour carb cut-off, your 8-hour fat cut-off, real protein on waking, no second portions, enough water and meal replacements if you use them.                      |
| <b>9. Do I have to use the TenaZ Shake?</b>                 | No. The Shake is a convenient option. You can follow the Method without it by replacing meals with free vegetables only.                                                                                     |
| <b>10. Can I have a treat?</b>                              | Yes. Have 1 treat snack per week, exchanged for your fruit within the first 4 hours of the day. Then return to the Method at the next meal.                                                                  |



## 15 Your Daily Tracker

Print or copy this page for each day. Honest notes help you see patterns and stay accountable.

Day and date: \_\_\_\_\_ Hours slept: \_\_\_\_\_

How my clothes feel today: looser / same / tighter

| Step             | My plan                                                                                                   | Tick / what I had |
|------------------|-----------------------------------------------------------------------------------------------------------|-------------------|
| On waking        | Break your Fast: 1 lean protein + water.                                                                  |                   |
| Morning products | Only the TenaZ products in my pack; follow my directions.                                                 |                   |
| Breakfast - KING | Shake + free vegetables (or free vegetables only), OR protein + fat + carbohydrate + free vegetables.     |                   |
| Mid-morning      | Fruit in the early window if needed, or free vegetables.                                                  |                   |
| Lunch - PRINCE   | Shake + free vegetables (or free vegetables only), OR protein + fat + free vegetables.                    |                   |
| Dinner - PAUPER  | Shake + free vegetables (or free vegetables only), OR protein + free vegetables - before Start your Fast. |                   |
| Fluids           | Body weight (kg) / 10 = glasses of water through the day.                                                 |                   |
| Bedtime          | Free vegetables if needed; prepare for 6-8 hours of sleep.                                                |                   |
| Movement         | Two 5-minute walks; sunshine if practical.                                                                |                   |
| Notes            | What I ate / how I felt / what I learned today:                                                           |                   |

**Today's promise:** I will make the next best choice, not wait for a perfect day.



## 16 My Why and My Journey

*Your reason matters. Come back to this page on the difficult days.*

**Why do I want to do this - and who is it for?**

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**What do I want to achieve?**

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**How do I want to feel?**

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**How do I want my clothes to fit?**

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**My healthy goal or goal clothing size:**

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**My target date or special occasion:**

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**What is one obstacle I expect - and how will I handle it?**

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## 17 Important Information

Please read this page before using TenaZ products.

### Client disclaimer

TenaZ products are classified as Category D Complementary Medicines and have not been evaluated by SAHPRA. They are not intended to diagnose, treat, cure or prevent any disease. Use as part of the NODIET Method© and a healthy lifestyle. Individual results may vary. Always consult your healthcare practitioner before starting any complementary medicine programme, especially if you are pregnant, breastfeeding, on chronic medication, or have a medical condition.

### Product-label statement

**SAHPRA statement:** "This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for its safety, quality or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease."

### Keep your communication accurate

| Use this language   | Examples                                                                                                                                                                    |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Appropriate wording | "Supports a healthy, balanced lifestyle." "A nutritious meal replacement as part of the NODIET Method." "Nutritional support for your weight-management journey."           |
| Avoid               | Claims that any product burns fat, treats or cures a condition, guarantees weight loss, is clinically proven, is safe for a medical condition, or is prescribed by doctors. |

### Need support?

For product guidance, availability or your current TenaZ plan, contact TenaZ on WhatsApp 063 062 1888 or email [orders@tenaz.co.za](mailto:orders@tenaz.co.za). For medical advice, speak to your own healthcare practitioner.

**Final reminder:** The NODIET Method is nutritional and lifestyle guidance, not medical advice. Use products only as directed.