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

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Important: This guide is educational only and does not replace medical advice. TenaZ products are not for pregnant or breastfeeding ladies, or for anyone under 18. If you are on chronic medication or managing a medical condition, please speak to your doctor or pharmacist before you start. Never stop or change your prescribed medication.

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

Start Here The three pillars, the 12-hour rhythm, and your daily meal structure.	**The Food Groups** Fluids, protein, free vegetables, fats and carbohydrates - with simple portion rules.
Everyday Eating Meal ideas, shopping help, snacks, treats, eating out and quick resets.	**Support & Tracking** 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.

THE 3 PILLARS

OF THE NODIET™ METHOD

1. PORTION CONTROL

WHAT IT MEANS

How much you eat. Use your own hand - no scale or calorie counting needed.



2. TIME CONTROL

WHAT IT MEANS

When you eat. Use your 12-hour daily eating window and food-group cut-offs.



3. FOOD CONTROL

WHAT IT MEANS

What you eat. Build meals from the five TenaZ food groups.



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 after waking.

King, Prince/Princess, 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.

Share it where you can: Eating your second meal with a friend or a family member is part of the Method - meals are better shared.

Meal	Build your plate
Breakfast - like a KING	Free vegetables + 1 protein + 1 fat + 1 carbohydrate
Lunch - like a PRINCE/PRINCESS	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.

Do not eat three real meals a day. This is the most common reason clients do not see results. In the weight-loss phase you eat one real meal and replace the other two. Eating three full meals and adding TenaZ products on top will not work.

Always start with real food: Within 30 minutes of waking, eat 1 lean protein to Break your Fast, or take a TenaZ Shake mixed with 200 ml yoghurt, where the yoghurt is your protein. A Shake in water alone does not count. Because Break your Fast falls inside your first 4 hours, that yoghurt may be full-cream or low-fat and sweetened or plain.

How to eat mindfully: How you eat matters as much as what you eat. These habits cost nothing and make every other rule easier to keep.

- Eat only when you are hungry, and stop when you are satisfied.
- Do not eat on the go. Sit down at a table.
- Eat slowly, chew your food, and taste what you are eating.
- Enjoy your meal with your family or friends.
- Do not eat in front of the television or a computer.
- Have fun preparing your meals.
- Keep your choices interesting - do not eat the same food every day.

Eat to live, not live to eat. That is the whole Method in six words.

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	_____

KING, PRINCE/PRINCESS, PAUPER

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

WAKE	BREAK YOUR FAST	EAT WITHIN YOUR TIME WINDOWS	START YOUR FAST
	Eat within 30 minutes after waking.		12 hours later.

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	WHAT IT MEANS
BREAKFAST - LIKE A KING	 FREE VEGETABLES + 1 PROTEIN + 1 FAT + 1 CARBOHYDRATE	More energy and more food groups earlier in the day.
LUNCH - LIKE A PRINCE/ PRINCESS	 FREE VEGETABLES + 1 PROTEIN + 1 FAT	Lighter than breakfast – no carbohydrates after the first 4 hours.
DINNER - LIKE A PAUPER	 FREE VEGETABLES + 1 PROTEIN	The lightest meal of the day. Sleep better, give your body rest and recover.

CHOOSE THE STRUCTURE THAT FITS YOUR GOAL

WEIGHT LOSS PHASE

EAT 1 REAL MEAL EACH DAY.



TenaZ + + TenaZ + +

REPLACE 2 MEALS WITH A TenaZ SHAKE + FREE VEGETABLES, OR WITH FREE VEGETABLES ONLY.

MAINTENANCE PHASE

EAT 2 REAL MEALS EACH DAY.



TenaZ +

REPLACE 1 MEAL WITH A TenaZ SHAKE + FREE VEGETABLES, OR WITH FREE VEGETABLES ONLY.

DRINK ENOUGH WATER
Body weight (kg) ÷ 10 = glasses of water per day.

ALCOHOL GUIDELINE
Women: max. 1 glass/day
Men: max. 2 glasses/day
Do not save drinks up or binge drink.

CONSISTENCY WINS.
SIMPLE. PRACTICAL. SUSTAINABLE.

BREAK YOUR FAST
WITHIN 30 MINUTES OF WAKING



Break your Fast within 30 minutes of waking with one lean protein, or a TenaZ Shake mixed with 200 ml yoghurt. A Shake in water alone does not count.

Your eating window closes 12 hours after you wake up.

5 EXAMPLES OF LEAN PROTEIN

1. **CHICKEN BREAST**



2. **FISH** (e.g. hake, tilapia, salmon)



3. **EGGS**



4. **LEAN BEEF** (e.g. sirloin, fillet)



5. **TURKEY BREAST**



A small, smart start sets the tone for your entire day!

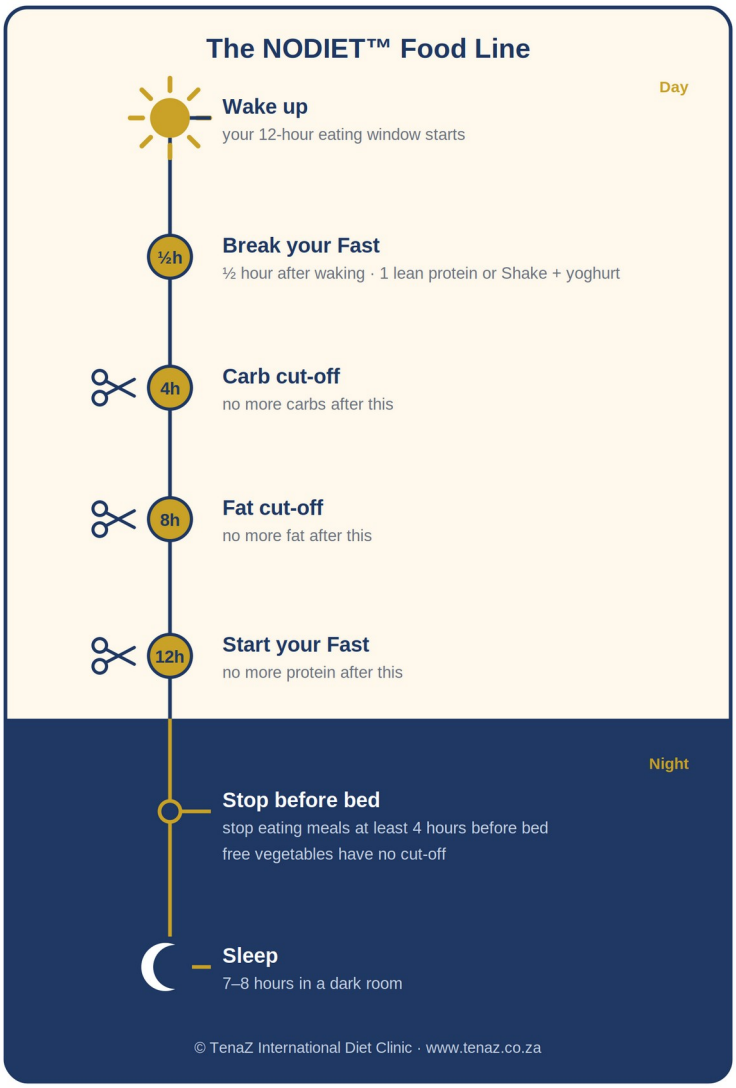


03 Time Control: Your 12-Hour Rhythm

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

Why timing matters: Your body runs on a daily 24-hour rhythm and handles food differently at different times of day. The Method works with that rhythm rather than against it - which is why the same food can suit you at breakfast and not at dinner.
Break your Fast within 30 minutes of waking with one lean protein, or with a TenaZ Shake mixed with 200 ml yoghurt, where the yoghurt is your protein. A Shake in water alone does not count. Your eating window closes 12 hours after you wake up. Free vegetables are the exception and may be eaten any time; water, black coffee or black tea may also be used.

When	What to do
Wake up	Note the time and plan your first lean protein.
Within 30 minutes	Break your Fast: 1 lean protein, or a Shake with 200 ml yoghurt. Your 12-hour rhythm runs from the time you woke.
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; water, black coffee or black tea may also be used.
Before bed	Stop eating at least 4 hours before bedtime. Aim for 7-8 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, or a Shake with 200 ml yoghurt.
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.

TIME CONTROL: YOUR 12-HOUR RHYTHM

The first 12 hours of your day is your eating window. Use three simple 4-hour blocks to know which food groups fit best and when.

WHEN	WHAT TO DO
WAKE UP	Note the time. Your 12-hour rhythm starts when you wake up.
30 MIN — WITHIN 30 MINUTES	Break your Fast with 1 lean protein, or a TenaZ Shake mixed with 200 ml yoghurt.
0-4 HOURS — FIRST 4 HOURS	Protein + fat + carbohydrate + free vegetables or replace this meal.
4-8 HOURS — HOURS 4-8	Carbohydrate cut-off: protein + fat + free vegetables or replace this meal.
8-12 HOURS — HOURS 8-12	Fat cut-off: protein + free vegetables or replace this meal.
AFTER 12 HOURS — AFTER 12 HOURS	Start your Fast: no more meals. Free vegetables remain the exception; water, black coffee or black tea can also be used.
BEFORE BED	Stop eating at least 4 hours before bedtime. Aim for 7–8 hours of sleep.

DRINK WATER THROUGHOUT THE DAY
Stay hydrated to support your healthy routine.

PORTION GUIDE
Palm = Protein
Fist = Carbohydrate
Thumb = Fat
Free vegetables = Unlimited

WATER TARGET
Body weight (kg) ÷ 10 = glasses of water per day.

ALCOHOL GUIDELINE
Women: max 1 glass/day
Men: max 2 glasses/day
Do not save drinks up or binge drink.

Small, consistent choices every day — for a healthier, more balanced you.

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 real food, or a Shake mixed with 200 ml yoghurt.

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.

This is simple, practical and supports your healthy lifestyle.

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. 

REMEMBER: Listen to your body, eat mindfully and stay consistent with good choices every day.

Drink water throughout the day and stay well hydrated.

Small, consistent choices every day – for a healthier, more balanced you.

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.

Fibre, fluid and your bathroom habits

When you eat one real meal and replace two meals with a Shake, you are taking in less food than before. It is normal to then go to the toilet less often. It does not mean something is wrong — there is simply less food to process.

Fibre and fluid work together; one without the other does not work. Every day: free vegetables up to 9 cups, allowed 24/7; fluid at your body weight ÷ 10 in 250 ml glasses, preferably water; spread evenly across the first 12 hours. Example: 80 kg ÷ 10 = 8 glasses (2 litres).

If you genuinely cannot reach 9 cups of vegetables, take your vegetables in other forms - a vegetable soup, a stir-fry or a large salad - and check that you are drinking your full daily fluid target (body weight in kg ÷ 10 = 250 ml glasses). Fibre and fluid work together, and fibre without enough fluid makes matters worse.

Speak to your TenaZ Team Member or your healthcare practitioner if the change continues, becomes uncomfortable, or worries you.

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

THE 5 FOOD GROUPS AT TENAZ

Simple. Structured. Sustainable.

Eat from the 5 food groups in the right amounts and at the right times to support your body, your energy and your goals.

1 FLUIDS



Hydration supports every function in your body.

BEST CHOICES
Water is best. Herbal tea, black coffee, black tea.

HOW MUCH?
Body weight (kg) ÷ 10 = number of 250 ml glasses of water per day.

2 PROTEIN
FIRST 12 HOURS



Builds and repairs tissue, supports muscle and keeps you full longer.

PORTION GUIDE
1 palm of protein per meal.

WHEN?
Eat 1 protein at every meal within the first 12 hours.

3 FREE VEGETABLES
24/7



High in fibre and water, low in energy density. Eat as much as you want, any time.

PORTION GUIDE
At least 3 cups per meal. Aim for up to 9 cups per day.

WHEN?
Any time of day, including after 12 hours.

4 FAT
FIRST 8 HOURS



Helps you feel satisfied and supports vitamin absorption.

PORTION GUIDE
1 thumb of fat per meal.

WHEN?
Eat within the first 8 hours. Cut off after 8 hours.

5 CARBOHYDRATES
FIRST 4 HOURS



Provide energy for your body and brain. Choose unrefined carbs.

PORTION GUIDE
1 fist of carbs per meal.

WHEN?
Eat within the first 4 hours. Cut off after 4 hours.

THE NODIET™ METHOD TIME RULE

0 – 4 HOURS
Protein + Carbs + Fat + Free Veggies

4 – 8 HOURS
Cut off Carbohydrates

8 – 12 HOURS
Cut off Carbohydrates and Fats

AFTER 12 HOURS
Free Vegetables, Water, Black Coffee or Black Tea only

12 HOUR EATING WINDOW

PORTION CONTROL
Use your hand as a guide at every meal.

EAT IN A WINDOW
All meals and snacks within 12 hours.

CHOOSE WISELY
Limit sugar, wheat, alcohol and aspartame.

STAY HYDRATED
Drink your water throughout the day.

CONSISTENCY
Small daily habits create big, lasting results.

This is general nutritional guidance and not medical advice. If you have a medical condition, are pregnant, breastfeeding, or taking medication, consult your healthcare professional.

You + TenaZ = a New You!

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 yoghurt, milk or cottage cheese, matched to the time of day: in your first 4 hours full-cream or low-fat, sweetened or plain; from 4 to 8 hours full-cream or low-fat but unsweetened; after 8 hours fat-free and unsweetened. Sweetened counts as your carbohydrate and full-cream as your fat.
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, then replace your next meal.
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/Princess / 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/PRINCESS	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

Real meal 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/PRINCESS	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.
How to shop: Most of the battle is won in the shop, not in the kitchen.
- Never shop when you are hungry.
- Always take a prepared list, and stick to it.
- Avoid emotional buying - if it was not on the list, it does not go in the trolley.
- Do not buy unhealthy ready-to-eat foods. If it is not in the house, you will not eat it.

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, middle	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 COMPOSITION SUPPORT

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.

BOTTOM COMPOSITION SUPPORT

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.

ALL OVER COMPOSITION SUPPORT

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.

STRESS COMPOSITION SUPPORT

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 7-8 hours of sleep. Build activity gradually and seek professional advice before starting a new exercise routine if you have a medical concern.

Choose something you can keep doing: Pick an activity you can carry on with for the rest of your life without big cost or big effort - walking, cycling, swimming, dancing, or work around the house and garden. A routine you enjoy is a routine you will keep.
Why sleep matters: Rest matters as much as movement. When you are awake late at night you are far more likely to reach for comfort food, and your body does much of its repair work during deep sleep. Aim for 7-8 hours in a dark room and keep caffeine to the morning.

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.

ENERGY & SLEEP Waking up easier; less afternoon slump; falling asleep faster; sleeping through the night; feeling more rested.	**BODY & APPEARANCE** Clothes fitting more comfortably; less puffiness or bloating; feeling more confident in photographs.
MIND & MOOD Clearer focus; a calmer, steadier mood; less irritability; feeling more confident.	**FOOD & CRAVINGS** 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 your Shake	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 three real meals a day	Eat 1 real meal, replace the other 2. This is the most common reason clients stall.

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.

WHEN A DAY DOES NOT GO TO PLAN

No guilt. No restart date.
One small choice can get you back on track.

1 NO GUILT.

It happens.
Let it go.

2 USE A SMALL SIDE PLATE.

Smaller portion, big difference.

3 TAKE NO SECOND HELPING.

One helping is enough.

4 REPLACE THE NEXT TWO MEALS WITH...

A Shake + free vegetables (or free vegetables only).

5 CONTINUE AT YOUR VERY NEXT MEAL.

New choice.
Fresh start.

FREE VEGETABLES YOU CAN ENJOY



NO NEED TO WAIT FOR MONDAY OR A NEW DATE.
The best time to continue is **RIGHT NOW.**

One small choice can change your whole day.
You've got this!

Small, consistent choices every day – for a healthier, more balanced you.

Drink water throughout the day and stay hydrated.

Build your plate with your hand and eat within your time windows.

Free vegetables = unlimited.

Use your Shake as a convenient, smart choice.

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	Category	What it does	How to take it
NODIET™ Method	Accountability Support	Your free eating programme — the portion, time and food rules. Every product below simply supports it.	**Weight Loss:** replace 2 meals a day. **Maintain Weight:** replace 1 meal a day. **Weight Training: add a Shake to 3 high-protein meals a day.**
Free Online Evaluation	Accountability Support	A short online form about your goals, routine and preferences. Your details go straight to your TenaZ Team Member, who helps you choose the right support. Prefer to talk? Ask for a 15-minute call.	Complete it at tenaz.co.za/evaluation-form when you start, then once a month to track how you are going.
TenaZ Shake	Nutritional Support	A nutritious meal supplement that makes good nutrition easy — use it to replace a meal as part of the Method. Adults 18+.	1 nearly full scoop (15 g) in 200 ml cold water or milk. Replaces 2 meals a day to lose weight, 1 to maintain. With weight training or intense exercise: add 1 Shake (2 scoops) to each of 3 high-protein meals. Maximum 3 Shakes a day, maximum 6 scoops (90 g) a day.
No Thank You	Nutritional Support	A fibre, botanical and amino-acid capsule that supports mindful eating and digestive wellness as you find your feet. Morning (and afternoon) for the first few days, then as needed.	1 capsule ½ hour before breakfast and ½ hour before lunch, with a glass of water. First 4 days, then only if cravings.
Good Morning	Metabolic Support	A morning capsule taken ½ hour before breakfast to complement your active daytime routine.	1 capsule ½ hour before breakfast, with a glass of water.
Good Night	Metabolic Support	An evening capsule taken ½ hour before bed to complement your overnight wind-down.	1 capsule ½ hour before bedtime, with a glass of water.
Balance	Metabolic Support	A daily wellness capsule to support a balanced lifestyle. You may take 2× when you drink alcohol.	2 capsules ½ hour before bedtime, with a glass of water.
Top · Bottom · All Over · Stress	Composition Support	Matched to where you carry weight — Top (upper body), Bottom (lower body), All Over (evenly) or Stress (when stress is your main concern; combine with a body area). Each has a matching food guide.	1 capsule ½ hour before breakfast and 1 capsule ½ hour before bedtime, with a glass of water.
TenaZ Capsule	Daily Support	A once-a-day morning capsule with amino acids, B-vitamins and chromium – for every day, and to keep your routine steady once you have reached your goal. Contains caffeine. Not for phenylketonurics.	1 capsule first thing on waking, on an empty stomach, ½ hour before your first protein, with a glass of water.

How much Shake do I use? One serving is one almost-full scoop (15 g) stirred into 200 ml of cold water or milk. Drink it within 15 minutes. Milk adds kilojoules.

– Up to 100 kg: one almost-full scoop (15 g).

– Over 100 kg: one almost-full scoop (15 g) together with a palm-sized portion of lean protein, or two scoops (30 g).

Your first 4 days. Depending on hunger you may take the larger serving at each Shake meal — 2 scoops (30 g), or 1 scoop (15 g) with a palm-sized portion of lean protein. From day 5, return to the serving for your weight.

How often? To lose weight, use the Shake for two of your meals and eat one real meal the NODIET way. To stay at your weight, use the Shake for one meal and eat two real meals. If you do weight training or intense

exercise and want to build lean muscle, eat 3 high-protein meals and add a Shake to each meal, 2 scoops (30 g) at a time (up to 3 Shakes, 6 scoops or 90 g, a day).
Always: your first protein of the day is real food, or a Shake mixed with 200 ml yoghurt where the yoghurt is the protein - a Shake in water alone does not count. You can add free vegetables to any Shake meal.

The TenaZ Shake

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

When	What you may add
First 4 hours	Fruit or cocoa
First 8 hours	½ tsp peanut butter
Last 4 hours	Flavourings only

For weight loss, use the Shake to replace 2 meals as part of the Method. For maintenance, use it to replace 1 meal. With weight training or intense exercise, add a Shake (2 scoops) to each of 3 high-protein meals. Your lean protein within 30 minutes of waking is real food, or a Shake mixed with 200 ml yoghurt, which counts as one of the meals you replace that day.

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.

HOW TO USE THE TenaZ Shake



The TenaZ Shake is a convenient meal supplement you use to replace a meal, as part of the NODIET™ Method.

INSTRUCTION	WHAT TO DO
MIX	Mix 1 nearly full scoop (15 g) with 200 ml water or milk.
DRINK	Mix thoroughly and drink within 15 minutes. Milk increases the kilojoule intake.
WEIGHT LOSS	Eat 1 real meal. Replace 2 meals with a Shake + free vegetables, or free vegetables only.
MAINTENANCE	Replace 1 meal per day with a Shake + free vegetables.
EXERCISE	Weight training or intense exercise, and you want to build lean muscle? Eat 3 high-protein meals and add a Shake to each meal, 2 scoops (30 g) at a time.
IMPORTANT	Break your Fast within 30 minutes with 1 lean protein, OR a TenaZ Shake mixed with 200 ml yoghurt (the yoghurt is your protein). A Shake in water alone does not count.























SHAKE SAFETY:
For adults 18+; not for children or for pregnant or breastfeeding women. Contains milk and soy. Consult your healthcare practitioner if you use chronic medication, manage a condition or plan a procedure.
Maximum 3 Shakes a day • maximum 6 scoops (90 g) a day.
Stop 2 weeks before surgery.

MILK SOY

SUPPORT YOUR ROUTINE. STAY CONSISTENT. YOU'VE GOT THIS.

Your journey. Your pace. Your life. ♡

14 Frequently Asked Questions

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

1. What should I do if I feel hungry?	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.
2. How do I maintain my weight?	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.
3. Can I drink coffee or tea?	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.
4. Can I have alcohol?	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.
5. Can I eat out?	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.
6. Why are carbs earlier in the day?	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.
7. Can my family follow the Method?	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.
8. I have stopped losing weight - what must I check?	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 your Shakes if you use them.
9. Do I have to use the TenaZ Shake?	No. The Shake is a convenient option. You can follow the Method without it by replacing meals with free vegetables only.
10. Can I have a treat?	Yes. Have 1 treat snack per week, exchanged for your fruit within the first 4 hours of the day. Then replace your next meal and return to the Method.
11. What if I don't feel like protein when I wake up?	Start small with a boiled egg or unsweetened yoghurt. Do not force your body; build a routine gradually that works for you.

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	TenaZ Capsule on an empty stomach with a glass of water, then half an hour later Break your Fast - 1 lean protein to start your day (e.g. a boiled egg), or a TenaZ Shake mixed with 200 ml yoghurt.	
Morning capsules	½ hour before breakfast: Good Morning · Composition Support capsule (Top, Bottom, All Over or Stress) · No Thank You (first 4 days, then as needed). Take only those in your own pack.	
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/PRINCESS	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 capsules	½ hour before bed: 2× Balance · Good Night · Composition Support capsule (Top, Bottom, All Over or Stress). Take only those in your own pack. Free vegetables if needed; aim for 7-8 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?

_____
_____
_____

What do I want to achieve?

_____
_____

How do I want to feel?

_____
_____

How do I want my clothes to fit?

_____
_____

My healthy goal or goal clothing size:

_____

My target date or special occasion:

_____

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

_____
_____

17 Important Information

Please read this page before using TenaZ products.

Client disclaimer

TenaZ products are Category D Complementary Medicines and have not been evaluated by SAHPRA. The TenaZ Shake is classified Discipline-Specific Traditional 33.7 (Combination Product). The TenaZ capsules are classified Multiple Substance Formula D34.12 (S0). 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. TenaZ products are not for pregnant or breastfeeding ladies, or for anyone under 18. If you are on chronic medication or have a medical condition, please speak to your doctor or pharmacist before you start. Never stop or change your prescribed medication.

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."

What TenaZ does and does not claim

Our position	What we mean
What we say	TenaZ products support a healthy, balanced lifestyle. The TenaZ Shake is a nutritious meal supplement used as part of the NODIET™ Method. The products offer nutritional support for your weight-management journey.
What we never claim	TenaZ does not claim 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. If you see or hear any of these claims about TenaZ products, they did not come from us.

Need support?

For product guidance, availability or your current TenaZ plan, contact TenaZ on WhatsApp 063 062 1888 or email 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.