



Pensioners Pack[©]



TenaZ NODIET Method

Plate Rules

- Time Control
- Food Groups
- Portion Control
- Food Combinations
- Food Preparation

WEIGHT LOSS:
Eat one meal.
Replace two.

HEALTHY WEIGHT:
Eat two meals.
Replace one.

TenaZ ONE Shake Chart

	Breakfast Fast	Cups	Breads	Fruit	Lean	Dairy	Half	Cups	Spice
Option 1	Do not eat breakfast		Replace protein fat carb	Fruit	Vegetables		1/2 1/2 1/2 1/2	1/2 1/2 1/2 1/2	TENA Z PROTEIN, FIBRE & PACK 1 SHAKE
Option 2	Do not eat breakfast		Vegetables	Fruit		Vegetables (No meat)	1/2 1/2 1/2 1/2	1/2 1/2 1/2 1/2	CAPSULES: Morning: After dinner, 1/2 of Tena Z Shake Protein. Bedtime: 1/2 of Tena Z Shake & 1/2 of Tena Z
Option 3	Do not eat breakfast			Fruit	Vegetables Protein Fat	Vegetables	1/2 1/2 1/2 1/2	1/2 1/2 1/2 1/2	FOOD: Breakfast: Lunch: 1/2 of Tena Z Shake & 1/2 of Tena Z Shake 1/2 of Tena Z Shake & 1/2 of Tena Z Shake 1/2 of Tena Z Shake & 1/2 of Tena Z Shake 1/2 of Tena Z Shake & 1/2 of Tena Z Shake

Food Control



Choose your Fat Attack



When to Take Capsules

CURRENT WEIGHT:
TARGET WEIGHT:
TOTAL WEIGHT LOSS:

Reason why want to lose weight:

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:

2 Products:

Fat Attack:

Choose Top or Bottom or
All Over or Stress:
1x Fat Attack (60)

Food Control:

NODIET Method

1 Shake Chart

1x 450g Meal powder per
tub. 30 Meals.

Pensioners Pack

Use your Fat Attack.

Replace 1 meal with the Meal Shake
and the other with Vegetables and
lose up to **5kg!**



Shake & NODIET Method:

Eat 1 meal with the NODIET Method.
Replace 1 meal with Meal Shake and
extra Vegetables. Eat 3 cups
Vegetables for other meal.

Capsules:

Take capsules with glass of water.

30min before Brunch:

1 Fat Attack

30min before Bedtime:

1 Fat Attack

NOTES:



How to use Shake



*This container contains 30x 15g servings

Shake

450g Meal powder per tub. 30x (15g) meals per tub.

Please use. An almost full scoop of powder, the measuring spoon is larger than 15g.

MIX THE POWDER WITH ANY OF THE FOLLOWING:

- Water – best results!
- Milk and yogurt, pay attention at the time of day, Full Cream first 4 hours, Low Fat first 8 hours and fat-free first 12 hours.
- Sugar-free fruit juice.
- Diet cooldrink.

If you still feel hungry, feel free to eat 3 cups of Vegetables of your choice.

YOU WILL NEVER GO ON A DIET AGAIN

- Affordable, cheaper than food.
- No extra Vitamins and Minerals are needed.
- No hunger, restore nutritional imbalances – turn on your Fat burning switch.
- Only 50 calories per meal.
- Pure cellular food, with all the nutrients you need for maximum weight loss results.
- The BIG SECRET is the digestive enzymes: Protease, Amylase, and Lactase help your digestive system break down proteins and carbohydrates and metabolize maximum fat.
- The TenaZ meal can control food intolerance and help with food allergy, which is the main reason for obesity.

Take back control of your eating habits.

The more meals you replace, the faster you're going to lose weight.

DOSE:

WEIGHT LOSS:

Replace 2 meals a day – lunch and dinner are best. You need 2 cans per month if you want to replace 2 meals a day.

WEIGHT STABILIZES:

Replace 1 meal a day. You need 1 can per month if you want to replace 1 meal a day.

DOSAGE BY WEIGHT:

If you weigh 100kg or less - Use 1 scoop (15g) of powder.

If you weigh 100kg or more - Use 1 scoop (15g) of powder and add an extra protein the size of your palm to each meal replacement you use.

Popeye Shake

1 Cup raw spinach leaves




1 Cup of water

Your TenaZ Meal Shake powder
Add in food processor and enjoy!

Watch our [You Tube Channel](#) for Shake recipes.



ONE Shake Chart®

	Break your Fast	Caps	Brunch	Fruit	Lunch	Dinner	Fluid				Caps	Notes
Option 1	Do not Skip Protein		Veggies Protein Fat Carb	Fruit	Veggies		1	2	3	4		TENAZ PRODUCTS: PENSIONER PACK 1 SHAKE CAPSULES: Morning: After Protein, ½ an hour before Brunch. Bedtime: ½ an hour before Bedtime. FOOD: Weight Loss: Eat 1 meal, Replace 2. Healthy Weight: Eat 2 meals, Replace 1. FRUIT: Ladies 1, Men & Kids 2.
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
Option 2	Do not Skip Protein		Veggies	Fruit		Veggies Protein	1	2	3	4		
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
Option 3	Do not Skip Protein			Fruit	Veggies Protein Fat	Veggies	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 Attacka ½ hour before Brunch with a glass of water.

Water: Weigh yourself - 10 kg of body weight = 1 glass of water. Do not drink any liquid ½ hour before, during, or after food. Instead, drink water regularly throughout your day.
Liquid: Coffee and tea or any other liquids are extra! Alcohol is allowed – Men 2 drinks, ladies 1 – **However, it will slow down your weight loss!**

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

Hungry? First, determine if you are hungry. Avoid impulsive or emotional eating. Water is a natural appetite suppressant - drink a glass of water or a cup of tea. Wait 20 minutes. If you're still hungry, eat vegetables to fill you up. Avoid sugar, it makes you hungry! You can have up to 9 cups of vegetables. Add a small portion of lean protein to control hunger.

Morning activity: Enjoy fresh air and walk for at least 10 minutes.

CHOOSE 1 MEAL TO ENJOY WITH FAMILY, USING PLATE RULES TO HAVE A HEALTHY SOCIAL LIFE THAT IS SUSTAINABLE DURING AND AFTER WEIGHT LOSS.			REPLACE 2 MEALS TO SAVE CALORIES
Weigh more than 100 kg: Add an extra lean protein to every meal.			Add Veggies
Brunch 	1 Protein, 1 Carb, 1 Fat & 3 Veggies    	Lamb chop and porridge Tomatoes and onion mix Mushrooms	
Lunch 	1 Protein, 1 Fat & 3 Veggies   	Fish Cheese sous Vegetable	
Dinner 	1 Protein & 3 Veggies  	Chicken breast Salad Steamed Vegetables	

Eat slowly, at least 20 minutes.

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.

- 3 STEPS - MAX RESULTS:**
- 1. Follow the TenaZ NODIET Method.
 - 2. Use your TenaZ products.
 - 3. Complete your FOOD Chart & send to diethotline@tenaz.co.za and SMS 44021 for help or WhatsApp your Team Member.

Evening activity: Go for a brisk walk of at least 10 minutes.

Take your Fat Attack Capsule a ½ hour before Bedtime with a glass of water. Sleep 8 hours in a dark room.



FOOD Chart[©]

	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		