



# Starter Pack<sup>®</sup>



**TenaZ NODIET Method**

**Plate Rules**

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

**TenaZ TWO Shake Chart<sup>®</sup>**

	Break your Fast	Capn	Break	Fruit	Lean	Lean	Thid	Capn	Shin
Option 1	Set one meal		Single Protein For Carb	Fruit	Lean	Lean			DEADLY WEIGHT LOSS: ESPECIALLY FOR EXTREME IN-COMFORT PAUSE & REVERSE.
Option 2	Set one meal			Fruit	Wagon Protein	Lean			CAPS & FIT: Morning: set up protein. To set first before break. Morning: to set first before bed.
Option 3	Set one meal			Fruit	Lean	Lean			LEAD: Weight Loss: Set 1 meal. Replace 2 healthy meals. Set 2 meals. Replace 1.

## Food Control



## Choose your Fat Attack



# When to Take Capsules

CURRENT WEIGHT:  
TARGET WEIGHT:  
TOTAL WEIGHT LOSS:

**Reason why want to lose weight:**

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**WEIGHT**

Week 1:  
Week 2:  
Week 3:  
Week 4:  
**Total for Month 1:**

Week 1:  
Week 2:  
Week 3:  
Week 4:  
**Total for Month 2:**

Week 1:  
Week 2:  
Week 3:  
Week 4:  
**Totaal vir Maand 3:**

**3 Products:**

**Fat Attack:**

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

**Food Control:**

*NODIET Method*  
*2 Shake Chart*  
2x 450g Meal powder per tub. 60 Meals.

**Starter Pack**

Use your Fat Attack. Replace 2 meals and lose up to **7kg!**



**Shake & NODIET Method:**

Eat 1 meal with the NODITE Method. Replace any 2 meals with TenaZ Meal and extra Vegetables.

**Capsules:**

Take capsules with a glass of water.

**30min before Brunch:**

1 Fat Attack

**30min before Bedtime:**

1 Fat Attack

NOTES:

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# 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.





# TWO Shake Chart<sup>®</sup>

	Break your Fast	Caps	Brunch	Fruit	Lrunch	Dinner	Fluid				Caps	Notes
<b>Option 1</b>	Do not Skip Protein		Veggies Protein Fat Carb	Fruit			1	2	3	4		<b>TENAZ PRODUCTS: DYSFUNCTIONAL EXTREME &amp; STARTER PACKS 2 SHAKES</b>  <b>CAPSULES:</b> <b>Morning:</b> After Protein, ½ an hour before Brunch. <b>Bedtime:</b> ½ an hour before Bedtime.  <b>FOOD:</b> <b>Weight Loss:</b> Eat 1 meal, Replace 2. <b>Healthy Weight:</b> Eat 2 meals, Replace 1.  <b>FRUIT:</b> Ladies 1, Men & Kids 2.
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
<b>Option 2</b>	Do not Skip Protein			Fruit	Veggies Protein Fat		1	2	3	4		
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		
<b>Option 3</b>	Do not Skip Protein			Fruit		Veggies Protein	1	2	3	4		
							5	6	7	8		
							9	10	11	12		
							13	14	15	16		

**Break your Fast!** When you wake up, eat a protein the size of your palm. A boiled egg works well.  
**Take your Fat Attack a 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 Vegetables:** 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.**

**Weigh more than 100 kg:** Add an extra lean protein to every meal.

**REPLACE 2 MEALS TO SAVE CALORIES**

**Add Veggies**

**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](mailto:diethotline@tenaz.co.za) and SMS 44021 for help or WhatsApp your Team Member.

<p><b>Brunch</b></p> 	<p><b>1 Protein, 1 Carb, 1 Fat &amp; 3 Veggies</b></p> 	<p>Lamb chop and porridge Tomatoes and onion mix Mushrooms</p>	
<p><b>Lunch</b></p> 	<p><b>1 Protein, 1 Fat &amp; 3 Veggies</b></p> 	<p>Fish Cheese sous Vegetable</p>	
<p><b>Dinner</b></p> 	<p><b>1 Protein &amp; 3 Veggies</b></p> 	<p>Chicken breast Salad Steamed Vegetables</p>	

**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<sup>©</sup>

	Break your Fast	Caps	Brunch	Fruit	Lunch	Dinner	Fluid				Caps	Weight
							1	2	3	4		
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		