



NODIET Method[®]

Food Groups

Fluids

Veggies

Proteins

Fats

Carbs

Portion Control

Weight /10
= Glasses

9 Cups

Hand palm

Thumb

Fist

Time Control

Break
Fast

Brunch like a
King

Lunch like a
Prince

Dinner like a
Pauper

Start
Fast

TenaZ FOOD Chart [®]									
	Break Fast	Cups	Brunch	Fruit	Lunch	Dinner	Fluid	Cups	Weight
DAY 1							1 2 3 4 5 6 7 8 9 10 11 12		
DAY 2							1 2 3 4 5 6 7 8 9 10 11 12		
DAY 3							1 2 3 4 5 6 7 8 9 10 11 12		

Complete and email to diethotline@tenaz.co.za



WEIGHT LOSS:

Eat 1 meal.
Replace 2 meals.

HEALTHY WEIGHT:

Eat 2 meals.
Replace 1 meal.

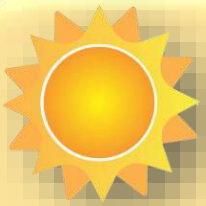




Time Control

24 Hour Timeline

12 Hours Food



Break your Fast

START UP

Take note of the time.

Your day involving food starts for the next
12 Hours.

START EATING

Eat in first **½ hour** a Protein.

The Protein activates your slow metabolism.

12 Hours Fasting



Start your Fast

FINISH UP

Take note of the time.

Your day involving food stops for the next
12 Hours.

FINISH EATING

4 Hours before Bedtime.

Food Groups

Fluids



Veggies



Proteins



Fats



Carbs



A healthy eating pattern includes a variety of nutrient-rich foods across and within all the food groups. It allows for a treat now and then. Each of the food groups are described below with examples. The guidelines present eating habits with recommended amounts for daily consumption.

- ✓ Do not do anything you are not willing to do for the rest of your life!
- ✓ Please enjoy the same food as the rest of your family - cook healthy family meals together.
- ✓ Read your food labels to avoid hidden sugar and fat
- ✓ Be careful: low-fat food can be high in added sugar! High kilojoule content slows down weight loss.

Please note you can have any food! The foods listed here are the best options.



Fluids

Strive to drink no fluid $\frac{1}{2}$ an hour before, during and after meals.

Digestive enzymes are more effective - food get digested much easier.

Absorption is much better.

Balance Ghrelin and Leptin levels - your brain register food much easier.
No more Hunger!

FLUID CALCULATOR

Bodyweight $\div 10$ = the amount of 250ml glasses of fluid you may drink.

Spread your fluid throughout the day.

Strive to finish your fluid in the first 12 hours of your day.

You are allowed more fluid after the first 12 hours of your day, but only if needed.

A WATER LILY stands in the water.

Water is the best fluid to consume for your ultimate weight loss results!

If you want to be thin, you need to drink all the water your body needs to remove the waste material during the fat burning process.

A CACTUS can survive with little water.

A Cactus is plump and fat to preserve water for the drought.

Your body goes into fat storing mode if you do not drink water.

Water – 1st Prize!



Fluid Sources

Coffee & Tea

Caffeine; a natural appetite suppressant that makes you sleepless and increases stress levels.

Do not drink more than 4 cups a day. If you need more, use caffeine-free versions.

Use sugar-free sweetener and fat-free milk.

Cold Drink

Replace water with flavoured water, sparkling water or add some fresh fruit for flavour and colour.

Drink homemade iced-tea. Mix water with "Drink-O-Pop," "Sweet-O," or "Low-Cal."

Fizzy drinks such as Soda Water, Coke Zero, Sprite Zero and Fanta Zero are allowed.

Alcohol

Slows down your results! – for the best results, **DO NOT DRINK!**

Ladies are allowed 1 drink.
Men 2 drinks per day.

Do not "save" a whole week's worth of drinks for one day.

Do not "Binge" drink!

Other Fluids – 2nd Prize!



Veggies



FUNCTION

Veggies cleans your digestive tract – like a tiny, invisible broom!

Cellulose binds with fat. Lowers fat absorption, slows down digestion and lowers the (GI) of food.

RAW RULE

Eat raw or use any cooking method. You can cook, boil, stir-fry or even make a soup.

The rule is - **if you can eat it raw**, the carb content is low enough to be a veggie.

Beetroot, potato, butternut, and pumpkin are carbs, you cannot eat them raw!

9 CUPS

Choose **AT LEAST 3 portions per main meal!**

Broccoli and spinach are the best choices.

Cabbage, carrots and salad are easy to eat.

Look Great – Feel Wonderful!

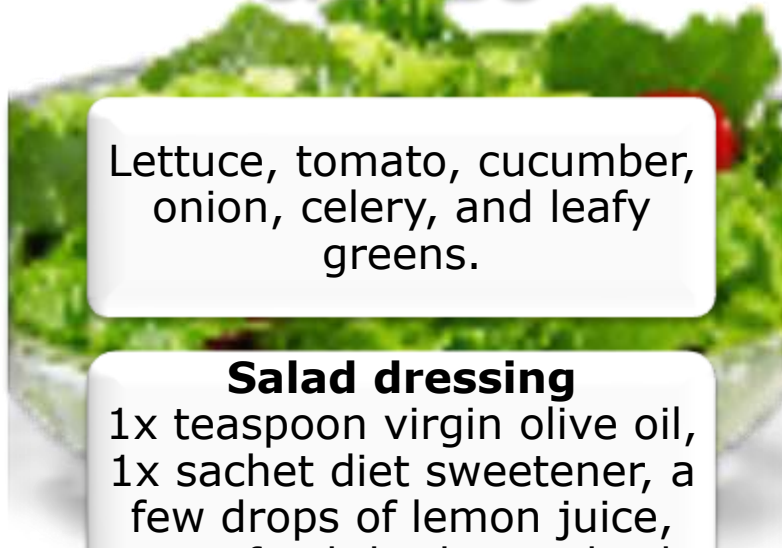


Veggie Sources

VEGETABLES

Mushrooms, baby marrow, gem squash, carrots, broccoli, cauliflower, green beans, spinach, brussel sprouts, cabbage, eggplant, asparagus, red, green & yellow peppers, and summer squash.

SALADS



Lettuce, tomato, cucumber, onion, celery, and leafy greens.

Salad dressing

1x teaspoon virgin olive oil, 1x sachet diet sweetener, a few drops of lemon juice, some fresh herbs, and salt & pepper.

SOUP

You can mix vegetables and salad to cook home-made soup.

Quick diet Cup-a-soup can be enjoyed when you are hungry 1 packet per day.

When you are hungry – Eat!

Eat what you want, not what you think you should.

Eat consciously and enjoy every mouthful. When you satisfied, stop eating!

Always fill your plate with Veggies!



Proteins

FUNCTION

Boosts energy levels,
protects and restores
muscles, and repairs cells.

Combats hunger and
boosts metabolism.

RULES

1 per meal!

Do not mix proteins.

Lean cuts: Remove all fat
and skin.



OPTIONS

1st Fish

2nd Game

3rd Chicken & Turkey

4th Ostrich

5th Veal

6th Beef

7th Pork & Lamb

Weigh yourself, once every 2 weeks, naked, every morning after using the restroom, before eating or drinking anything for the day. Complete your Food Chart daily & WhatsApp your TenaZ Team Member every 3rd day.

Never Mix Proteins, eat only one of a kind, at a Time!



Protein Sources

Egg

Best protein to consume.

1 for ladies.

2 for kids.

3 for men.

Dairy

Yoghurt, milk, cottage cheese.

While losing weight, please use fat-free and no sugar.

**1 cup
1 portion**

Meat

Fish, game, chicken, turkey, ostrich, veal, beef, pork & lamb.

30g Biltong may be a snack only!

Remove skin & fat. Always opt for LEAN meats!

Size and thickness of your palm 1 portion

Plant

Last option. Bottom Fat Attack should avoid Soy!

Chickpeas, lentils, beans & tinned baked beans.

**1 cup
1 portion**

Use your Food Chart to stick to your Eating Habits to lose weight. You're more likely to go through the Drive-Thru if you don't plan your meals out in advance!

Proteins are the building blocks of all your body cells!



Fats



FUNCTION

Delays gastric emptying.
Fat is necessary to absorb
fat-soluble vitamins:

A, D, E & K.

Add 1 teaspoon of **flax seed** or **coconut oil/butter** to all salads and veggies for better weight loss results and to control your hunger pains naturally.

GOOD - PLANT

Olive, canola, sunflower, flaxseed, sesame and peanut oil.

1 tablespoon: macadamia, coconut, olive, hemp, flax, MCT canola OR sunflower oil.

¼ avocado, 5 x olives, 10 x nuts.

2 tablespoons: pumpkin, flax & sesame seeds.

BAD - ANIMAL

The fat on a piece of meat, butter, lard & cheese.

Warning: Animal fat creates visceral fat; the cause of many chronic lifestyle diseases.

Always strive to remove all visible fats, do not add extra fat to your food!



Carbs

Function

Energy for the brain.
Fuel for the muscles.
Mood stabiliser.

Hard fruits contain less
sugar than soft / tropical
fruit.

Starchy Vegetables

Pumpkin, white potato,
butternut, beetroot, sweet
potato, corn, etc.



Fruit

Whole fruits are best, but
half a glass of 100% fruit
juice also counts as a fruit.

When purchasing frozen,
canned or dried fruit,
choose options that are
lowest in added sugars.

- ✓ Don't engage in other activities when you eat!
- ✓ Turn off the TV, don't talk on the phone and put down the magazine.
- ✓ Only eat when you are hungry.
- ✓ Immediately stop eating when you are satisfied!
- ✓ Keep healthy snacks on hand and keep junk food out of your house.

Limit your carb intake to lose weight faster!



Carbs Sources

Rice

Basmati, brown rice, barley, couscous, quinoa.

**1 handful
1 portion**

Pasta

Whole wheat pasta.

**1 handful
1 portion**

Bread

Seed loaf, bread roll
Strive to eat wheat-free rye bread.

**1 slice
1 portion**

Cereal

*All Bran Flakes,
Wheat-Bix,
ProNutro, Oatmeal.*

*Be careful of
sugar, wheat and
soya.*

**2 handfuls
1 portion**

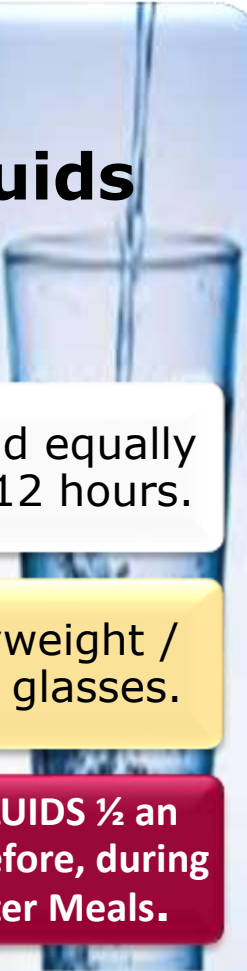
- ✓ Keep a Food Dairy, keep note of the Time! Remember that you are worth it!
- ✓ Get active, start walking. If you are on the Stress Fat Attack, walk at least a total of 45min per day to relax.
- ✓ Contact us on WhatsApp for support from your TenaZ Team Member.

Sweet Nothings, is not worth all your hard work, avoid Fattening Treats!



Portion Control

Fluids



Spread equally
First 12 hours.

Bodyweight /
10 = glasses.

**NO FLUIDS ½ an
hour before, during
or after Meals.**

Alcohol
Ladies 1, Men 2
glasses per day.

Veggies



24 hours

9 Cups per day

Brunch
Lunch
Dinner

Proteins



First 12 hours

Hand palm
thickness

Break your
FAST

Brunch
Lunch
Dinner

Fats



First 8 hours

Thumb size

Brunch
Lunch

Carbs



First 4 hours

Fist size

Brunch



Food Preparation

Cooking Methods:

Steaming, Baking, Grilling, Poaching, Roasting, Broiling, Pressure cooking, Stir-fry. Microwave, Airfry. Limit fried foods. Use as little oil as possible when cooking or substitute with Spray & Cook.

Dried herbs and spices:

Pepper, Vinegar, Curry, Coleman's English mustard, Garlic flakes, Tarragon, Thyme, Rosemary, Oregano, Parsley, Cinnamon, Red and green chilli etc.

Fresh herbs and spices:

These are always tastier and lower in kilojoules i.e, Ginger, Tarragon, Oregano, Garlic etc.

Use in moderation:

Commercial seasonings may contain hidden sugars and flavourings in the ingredients. For better results, avoid store-bought condiments, i.e. Ready-made salad dressing, Sauces, and Jams.

Condiments with a high salt & sodium content may cause fluid retention, while condiments containing sugar convert to fat when your body cannot use it.

- ✓ Never shop when you are hungry, always have a shopping list prepared to avoid impulse buys.
- ✓ Don't buy unhealthy, ready-to-eat foods. If it's not in your house, you can't eat it. Enjoy the same food as the rest of your family.
- ✓ Make your meal choices interesting, don't always eat the same foods. Have fun when preparing meals.
- ✓ Use fresh, raw, and unprocessed foods rather than refined, processed foods.

Eat to live and not live to eat!



Food Combinations

Meals



BRUNCH like a KING

3 Veggies, 1 Protein, 1 Fat & 1 Carb.



LUNCH like a PRINCE

3 Veggies, 1 Protein & 1 Fat.



DINNER like a PAUPER

3 Veggies & 1 Protein.

Snack



FRUIT

Ladies 1, Men & Kids 2, first 4 hours.



POWER SNACK

Veggies & 1 Protein if you get tired, battle with blood sugar levels or are Diabetic.



TREAT SNACK

Once a Week, first 4 hours.

NO FLUID ½ an hour before, during and after Food!

WEIGHT LOSS: Eat one meal. Replace 2 with Veggies or a Shake & Veggies.

HEALTHY WEIGHT: Eat two meals. Replace 1 with Veggies or a Shake & Veggies.



Secret to Success

Switch "Fat Store Mode" off & Start "Fat Burn Mode"

YOU NEED WALKING SHOES, NAIL VARNISH AND 5 MINUTES!

Start - Walk from a recognizable landmark every day.
Walk or run as fast as you can for 5 minutes.
You NEED to sweat to get RESULTS!

Stop - Make a mark on the pavement with nail varnish.
Turn around and follow the same route home.
Take your time, walk to cool down.

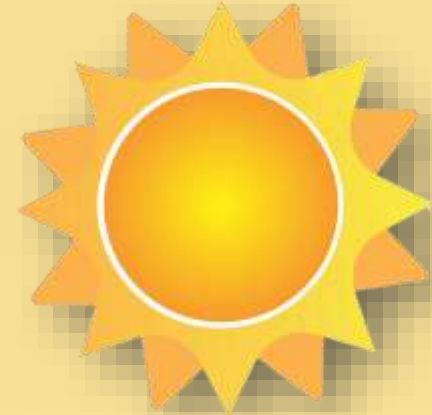
Repeat this twice a day.

As your fitness levels improve, the distance will increase.

STRESS: Walk constantly for 45 minutes - calm, 5 days a week.

Take your Before Picture and WhatsApp it to your Team Member.
Take pictures every month and see the progress.
Its never too late to lose weight, you can start with you next meal.
One meal at a time, one day at a time, you will lose your weight!

15 min in the sun



Sleep 8 hours





Results

Ultimate Weight loss?

- Fast 4 hours between main meals. This helps to balance your Leptin (decreases hunger) & Ghrelin (increases hunger) levels. The more body fat you have, the more Leptin resistant you will be.
- Do not eat snacks! Enjoy breakfast with NODIET Rules. Simply replace lunch and dinner mixing your TenaZ Shake with water. If you do not have the TenaZ Shake, replace lunch and dinner with Veggies.
- Stop eating 4 hours before bedtime!
- Strive to not consume alcohol, wheat, soya or any sugar.
- Get active!

Hungry?

- Drink a glass of water (if you are hungry, most times it's because your body is dehydrated). Wait 20 minutes, go for a walk or phone a friend. If you still feel hungry, have an extra Shake with yogurt and Veggies.
- Eat as many vegetables and salads as you want – they are unlimited! Carrots work best!
- Eat a boiled egg or a lean protein with your Shake.

By following the NODIET Method, you will lose a lot of fat.
But you won't necessarily have a Great Looking Body. As you lose weight, your skin might not shrink fast enough - Use the Fat Buster for lean Muscle Tone! Get a Great Body!



Healthy Weight or Holiday

What should I use when I reach Healthy Weight or take a Break?

- Follow the HEALTHY Chart & use the NODIET Method.
- Take the **"Fat Buster"** and Replace one meal with Veggies or the **"Shake"**.
- Use **"Good Night"** when you struggle to sleep.
- Add **"Stress"** if you have any Stress Symptoms, have a look at the website STRESS CAPSULE for symptoms.
- If you drink alcohol, take 2 **"Detox"** capsules.
- You need the TenaZ **"Detox"** once every 6 months to sustain a healthy digestive system.
- Strive to be as physically active as possible.
- Make takeout food an occasional treat, not a lifestyle!
- Use a small plate when you eat at social gatherings – it will help you to eat less.
- Don't eat in front of a screen (TV, computer etc.).
- Remember: alcohol, sugar, wheat, soy and animal fats all tend to block your "fat burn mode" and activate your "fat store mode".
- Drink plenty of fluids - water is the best choice!
- Reward yourself with small, delicious treats, not Food.