



## **NODIET© EBOOK**

1. **DYSFUNCTIONAL RANGE**
2. **NODIET©Method**
3. **FOOD CHARTS**

### **NEVER DIET AGAIN!**

Learn how to enjoy food  
and still lose weight with  
the TenaZ  
NODIET©Method.

**Sanet Muller**  
Behavior Modification

# **STEP 1: Faster with TenaZ!**

## **WHAT EACH TENAZ PRODUCT DOES:**

TenaZ is Safe with Chronic Medication, if in doubt, talk to your doctor.

**FOOD CONTROL:** To lose weight you must eat less, it's easy with TenaZ's Food Control Products. You don't starve and you don't develop too short, it's very important to learn a sustainable lifestyle to lose weight so that you stay thin forever after losing your weight and can also be healthier than before.

- **NODIET©Method:** Enjoy your food and lose weight. TenaZ teaches you simple Rules: Time, Portion and Food Control.
- **TenaZ Meal Shake:** You just replace the unhealthy meals and eat the healthy meals with your family with the NODIET©Method
- **No Thank You:** Help for overeating, works fantastic for emotional eaters, with no side effects!

**METABOLIC REPAIR:** Speed up your Metabolism.

- **Detox:** Removes toxins from your liver and promotes fat burning.
- **Good Morning:** Accelerated Catabolic Metabolism.
- **Good Night:** Accelerate Anabolic Metabolism.

**FAT ATTACKS:** Attack Big Fat Deposits.

- **Top:** Apple shape, Abdominal
- **Bottom:** Pear Shape, Butt, Thighs and Cellulite
- **All Over:** More than 15 Kg, Fat all over!
- **Stress:** Love Handles, Stomach Bulge and Stress Symptoms

**BOOSTER:** Addresses Gaps in Slimming, All-in-One Capsule

- **Fat Buster:** Control hormones and shrink skin, accelerate slimming, control appetite!

## MEAL SHAKE:

Simply replace unhealthy, high-kilojoule meals with the TenaZ Meal Shake.

USE FOR	MEAL SHAKE DOSSAGE	HOW TO MIX
<b>Weight Loss:</b> Replace any 2 main meals daily.  <b>Healthy Weight:</b> Replace 1 main meal daily.	<b>Less than 100kg</b> - Use 1 scoop per meal. <b>More than 100kg</b> – Use up to 2 scoops per meal. (If your budget doesn't allow it, you can add a protein and use just one scoop of powder.) <b>FIRST 4 DAYS:</b> You can use 2 scoops per meal during the first 4 days of your program. Depending on your Hunger! <b>Daily Maximum Dosage:</b> Use up to 4 scoops daily.	Mix 1 to two scoops of Powder with a 175ml low-calorie, COLD MEDIUM and mix thoroughly.  <i>Drink or eat within 15 minutes of mixing.</i>

\* Our TenaZ Meal Shake does not contain any fibre; therefore, strive to add Veggies when you replace a meal. You can eat up to 9 cups per day!

\* If you use a medium listed as a protein to mix your Meal Shake, it does not count as a protein.

**TIME NOTE:** Full Cream & Low-Fat mediums are allowed within the first 8 hours of your day. After first 8 hours, *the medium used, must be Fat-Free. NO FAT OR CARBS are allowed during your last 4 hours of your day.*

MIX WITH MEDIUM	First 4 hours	First 8 hours	Last 4 hours
Water	<ul style="list-style-type: none"> <li>Fresh or Frozen fruit</li> <li>All Bran Flakes</li> <li>Cocoa Powder</li> </ul>	<ul style="list-style-type: none"> <li>½ t Peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>Sweet O</li> <li>Drink-O-Pop</li> <li>Coffee powder</li> <li>Cinnamon</li> </ul>
Milk			
Yoghurt			
Pure fruit juice			
Ultra-Mel lite custard			
Diet ice cream			

\* The digestive enzymes get active after 15 minutes, and then the meal taste will change, and the product will separate and eventually go rotten.

## CAPSULES:

### NO STIMULANTS, SAFE WITH CHRONIC MEDICATION

*Only take the Supplements that apply to you!*

**TIME NOTE:** Always take your Capsules ½ an hour before the TIME (Brunch / Lunch / Dinner).

- Always take Capsules with a Glass of Water.
- Fat Attacks are Top / Bottom / All Over or Stress.
- You can combine Stress with Top / Bottom or All Over for maximum results.

TIME	BRUNCH	LUNCH	BEDTIME
<b>FOOD CONTROL</b>	1 No Thank You	1 No Thank You	
<b>METABOLIC REPAIR</b>	1 Good Morning		1 Good Night 2 Detox
<b>FAT ATTACKS</b>	1 Fat Attack		1 Fat Attack
<b>BOOSTER</b>	1 Fat Buster		

## **STEP 2: Enjoy Food!**

The TenaZ NODIET©Method teaches you the Secret of how to eat well, to lose weight easily and fast and stay lean!

### **TIME CONTROL:**

Divide your day into two parts. 12 Hours Day & 12 Hours Night. Your metabolism has a 24-hour hormonal cycle or circadian rhythm.

**WAKE UP:** When you wake up in the morning, make a note of the time. Your day involving food starts now for the next **12 hours**.

E.g. if you wake up at 6 am, you should have dinner at 6 pm latest.

**BREAK YOUR FAST:** Have a protein after you wake up within the **first ½ hour** before you have anything to drink, this activates a slow metabolism.

**NB** – this Protein does not count as Food, it's part of your daily routine to speed up your metabolism. Remember, for the rest of your life, you will have a protein when you wake up in the morning.

**FOOD CUT OFF TIME:** At TenaZ, we use the basic principle, that your liver can only metabolize certain food groups at certain times of the day. If you apply the rule, you become thin easily, if you eat the right size portion.

- You are allowed to eat Carbohydrates in the first 4 hours of your Day.
- You are allowed to eat Fat in the first 8 hours of your Day.
- You are allowed to eat Proteins in the first 12 hours of your Day.
- Veggies are allowed 24 hours!

**START YOUR FAST:** Ideally, stop eating 4 Hours before bedtime. No more food after dinner!

If you are hungry, you can have Veggies.

**SLEEP:** 6 to 8 hours in a dark room – during deep sleep, glucagon releases the fat from your fat cells.

## FOOD CONTROL:

**KNOWLEDGE IS POWER! NEVER FEEL GUILTY AGAIN.** Take back control of your eating habits. 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.

### 1. FOOD GROUPS

Our TenaZ NODIET© Method have 5 Food Groups:

**Fluids, Veggies, Proteins, Fats and Carbohydrates.** Our guidelines recommend how much you should ingest from each food group daily.

**NO FOOD SCALE IS NEEDED!** For every Food Group there is a specific Portion Size.

	<b>FLUIDS:</b> Bodyweight / 10 = 250ml glasses per day
	<b>VEGGIES:</b> 9 Cups daily! 24/7
	<b>1 PROTEIN:</b> The size and the thickness of your inner palm.
	<b>1 FAT:</b> The size of your thumb.
	<b>1 CARBOHYDRATE:</b> The size of your fist.

Once you understand how important it is to eat healthily, you are empowered to make smart food choices while ditching old habits.

There is no use in mentally beating yourself up when occasionally giving in to temptation - it happens. Just get back on track as soon as possible.

**Please note** - you can have any food! The foods listed here are just good options.

# FOOD GROUP: FLUIDS

## FLUID CALCULATOR

Bodyweight divide by 10 = amount of 250ml glasses of fluid daily.

e.g.  $100\text{kg} \div 10 = 10$  glasses or 2.5l of fluid per daily.

\* You are allowed to take 2 (250ml) glasses of fluid extra daily.

\* Overhydration can cause hyponatremia.

Your body retains water but loses crucial electrolytes like sodium and potassium

**TIME NOTE:** First 12 Hours of your Day.

Strive to spread equally throughout your day. All fluids that you ingest count. Any other fluids after the first 12 hours are a bonus.

## FUNCTION

Prevent constipation.  
Appetite suppression.  
Increase resting metabolism.  
To be thin, you need to drink all the water your body needs to remove the waste material during the fat-burning process.  
Your body goes into fat-storing mode if you do not drink water.

## RULES

NO FLUID ½ an hour before, during and after meals.

- *Digestive enzymes are more effective.*
- *Food gets digested much easier.*
- *Absorption is better for control of malnutrition.*
- *Your brain registers food much easier.*
- *Ghrelin and Leptin levels are balanced.*

*Controls emotional eating.*

## SOURCE

### WATER

Water is the #1 fluid to ingest for ultimate weight loss results! Too Speed up weight loss, drink a glass of water every time you go to the toilet.

If you don't want to drink plain water, replace it with flavoured water or sparkling water or add some fresh fruit for flavour and colour.

You can also add Sweet O, Drink-O-Pop or Low-Cal to your water. Flavoured water drops (No Sugar Added) bought at retail outlets can also be used.

<b>COOLDRINK</b>	<p>Avoid energy drinks. These drinks might contain hidden calories and additives such as sugar that are not conducive to weight loss.</p> <p>Fizzy Diet Cooldrinks with zero sugar are allowed e.g. Coke Zero, Sprite Zero and Fanta Zero.</p> <p>Make your own homemade iced-tea or weekend fruit cocktail.</p>
<b>COFFEE &amp; TEA</b>	<p>Drink coffee &amp; tea in moderation, no more than 4 cups daily. If you need more, use caffeine-free options.</p> <p>Coffee &amp; tea contain caffeine - a natural appetite suppressant that, unfortunately, also makes you sleepless and increases stress levels.</p> <p>Stay away from refined sugar and honey. Use sweeteners where possible, i.e. Canderel. Use fat-free milk if you must.</p> <p>Drink lots of Green Tea to improve your weight loss results!</p>
<b>ALCOHOL</b>	<p><b>Ladies:</b> 1 glass. <b>Men:</b> 2 glasses.</p> <p>Do not "save" a whole week's worth of drinks for one day – Do not binge drink! Alcohol blocks fat burning and slow down your results! Limit alcohol, especially at the beginning of your weight loss programme. Alcohol gets metabolised differently than other beverages and foods. For the best results, do not drink!</p> <p>Under normal conditions, your body gets its energy from the calories in carbohydrates, fats, and proteins, which digest slowly and get absorbed within the gastrointestinal system. However, this digestive process changes when alcohol is present. Alcohol gets immediate attention because the body sees it as a toxin, thus resulting in a slowdown of the metabolic process.</p> <p>Our "Detox" helps your liver when you ingest alcohol.</p>



## RECIPES:

### WEEKEND FRUIT PUNCH:

\* Recommended for the first 4 days within the first 4 hours of your day.

**Ingredients:** 1 litre soda water, add Sprite Zero, diet cooldrink or cordial (e.g. passion fruit or guava), grated fruit (e.g. apple or papaya or any other fruit you prefer).

**Steps:** Mix the soda water and the diet cool drink well. Add the apple and papaya to the cooldrink and stir well. Place your punch in a serving jug and keep it refrigerated. The punch is delicious!

### EASY HOME-MADE ICED TEA

**Ingredients:** 8 tea bags, 1.5 litres (6 cups) boiling water, veggies & fruit for flavour & herbs of your choice.

**Instructions:** Pour the boiling water over the tea bags and allow it to brew for 5 minutes. Remove the tea bags and allow them to cool. Once cool, pour the cooled tea into a large jug and top it with Low Cal diet cooldrink. Add ice and fruit of your choice and serve or keep it in the refrigerator.

#### What can I add:

- Any diet cooldrink of your preference - apple, peach, apricot and berry juices are all excellent.
- Fresh fruit adds flavour but also makes the iced tea pretty. Sliced peaches/nectarines, strawberries, raspberries, pomegranate and lemon; are all great additions.
- Herbs are also great; mint, rosemary, lavender, thyme and basil will all be delicious.

**How do you sweeten iced tea?** Add a sugar substitute to the hot tea, or sweeten your iced tea with pure fruit juice. NO SUGAR!

# FOOD GROUP: VEGGIES

**PORTION CONTROL:** 9 Cups per day

You are allowed of Veggies daily.

Enjoy Veggies when you are replacing a meal with your TenaZ Meal Shake and any Meal or Snack Meal.

**TIME NOTE:** Veggies are allowed 24/7.

## FUNCTION

Clean the digestive tract.  
Slows digestion.  
The cellulose in vegetables binds with the fat from food, lowering fat absorption and the glycaemic index (GI) of food.

## RULES

If you can eat it raw, the carb content is low enough to count as a vegetable and not a carb; potato, butternut, and pumpkin are not veggies, they are carbs, and you can't eat them raw!

Eat raw or use any cooking method listed under food preparation & consumption.

You can mix vegetables & salad. They can be chopped, sliced or whole.

## SOURCE

### VEGETABLES

Mushrooms, baby marrow, gem squash, carrots, broccoli, cauliflower, green beans, spinach, brussel sprouts, cabbage, etc.

### SALAD

Lettuce, tomatoes, cucumber, onion, spring onion, celery, mixed peppers, gherkins, asparagus, etc.

Strive to use garlic, onions & green chillies in 3 meals per week to stimulate adrenal fatigue.

\* Fresh, frozen, dried, or pickled/ tinned – might contain hidden calories and additives such as sugar that are not conducive to weight loss.

**QUICK TIP:** LITE Cup-a-soup – maximum of 2 packets daily.

**SAVE CALORIES:** Dip your fork into the salad dressing and then dish up your salad.

**SALAD DRESSING: Mix as preferred:** 1x teaspoon MCT oil/flaxseed oil/virgin olive oil, sunflower oil, or lite mayonnaise. 1x sachet diet sweetener. Lemon juice/vinegar. Fresh herbs, salt & pepper, and garlic spice.

## FOOD GROUP: PROTEINS

**PORTION CONTROL:** The size and thickness of your inner hand palm.

The protein ingested to break your fast, i.e. after you wake up within the **first ½ hour**, does not count as a Protein or Brunch!

**Weight Loss:** Replace any 2 main meals daily with the Meal Shake or Veggies. You are allowed 1 portion of Protein for other main meal.

**Healthy Weight:** Replace one main meal daily with the Meal Shake or Veggies. You are allowed 1 portion of Protein for other main meals, in other words 2 portions per day.

If you use a medium listed as a protein to mix your Meal Shake, it does not count as a Protein.

**TIME NOTE:** First 12 Hours of your Day.

### FUNCTION

Combats hunger.  
Boosts metabolism & energy levels.  
Repairs cells & muscles.

### RULES

Do not mix proteins.  
Use lean cuts: Remove all fat and skin.  
Strive to have at least one meatless day per Week or eat less red meat.

### SOURCE

#### EGG

**Ladies** - 2 eggs.  
**Kids** - 2 eggs.  
**Men** - 3 eggs.  
Eggs are the best protein to ingest.  
When boiled, it holds no extra fat.

#### DAIRY

*1 cup (250ml) = 1 portion*  
  
Yogurt, milk, or cottage cheese.  
  
Strive to use unsweetened & fat-free!  
  
**TIME NOTE:** *Full cream is allowed for the first 8 hours of your day. After that, Fat-Free gets used for the last 4 hours of your day.*

	<p>Greek yoghurt has more proteins and is the best choice, but it does contain animal fat.</p> <p>Gero Fat-Free yoghurt is the best to buy as it has no sugar.</p>																
<b>MEAT</b>	<p><i>Size and thickness of your palm = 1 portion</i></p> <table border="1"> <thead> <tr> <th>Option</th><th>Meat</th></tr> </thead> <tbody> <tr> <td>1st</td><td>Fish</td></tr> <tr> <td>2nd</td><td>Game</td></tr> <tr> <td>3rd</td><td>Chicken &amp; Turkey</td></tr> <tr> <td>4th</td><td>Ostrich</td></tr> <tr> <td>5th</td><td>Veal</td></tr> <tr> <td>6th</td><td>Beef</td></tr> <tr> <td>7th</td><td>Pork &amp; Lamb</td></tr> </tbody> </table> <p>Use lean cuts: Remove all fat and skin.</p>	Option	Meat	1st	Fish	2nd	Game	3rd	Chicken & Turkey	4th	Ostrich	5th	Veal	6th	Beef	7th	Pork & Lamb
Option	Meat																
1st	Fish																
2nd	Game																
3rd	Chicken & Turkey																
4th	Ostrich																
5th	Veal																
6th	Beef																
7th	Pork & Lamb																
<b>PLANTS</b>	<p><i>1 cup (250ml) = 1 portion</i></p> <p>Last choice! Chickpeas, lentils, beans, legumes, tofu, nuts, seeds, etc.</p> <p>Avoid SOYA, especially when you are a Bottom Fat Attack"! It may cause an Estrogen imbalance slowing down weight loss by blocking fat burning &amp; activating fat storing.</p>																

## FOOD GROUP: FATS

**PORTION CONTROL:** The size of your Thumb

You are allowed **1 portion** of **Fat**.

**Weight Loss:** Replace any 2 main meals daily with the Meal Shake or Veggies. You are allowed 1 portion of Protein for other main meal.

**Healthy Weight:** Replace one main meal daily with the Meal Shake or Veggies. You are allowed 1 portion of Protein for other main meals.

**TIME NOTE:** First 8 Hours of your Day.

### FUNCTION

Delays gastric emptying.  
Stabilize blood sugar levels.  
Naturally control hunger pains.  
Fats are necessary to absorb fat-soluble vitamins A, D, E & K.

### RULES

Choose GOOD fats.  
  
Avoid BAD fats – they cause visceral fat or abdominal fat & many chronic lifestyle diseases.

### SOURCE

**GOOD FATS** – Plant based.

**1 tablespoon:** macadamia, coconut, olive, sesame, peanut, hemp, flax seed, MCT, canola, walnut, or sunflower oil OR nut butter.

**2 tablespoons:** pumpkin, flax & sesame seeds.

**10 x** nuts like macadamia or almonds.

**1/4** avocado.

**5 x** olives.

**Occasionally enjoy** dark chocolate, peanut butter, or mayonnaise.

**ESSENTIAL FATTY ACIDS:**

**Add 1 teaspoon of flax seed or coconut oil/butter to all salads and veggies for better weight-loss results.**

Essential fatty acids are necessary fats which the body cannot produce. Food that is rich in Omega-3 and Omega-6 helps support mental vitality, cardiovascular health, and the functioning of the nervous system. These fats also help to maintain good cholesterol levels and improve immune functions.

**Omega-3** fatty acid comes from salmon, tuna, mackerel, sardines, anchovies, chia seeds, walnuts, and linseeds. Strive to eat at least 3 portions per week or substitute with Omega 3 - capsules.  
Recommended Dosage: 250 – 300mg daily.

**Omega-6** fatty acid comes from sunflower oil, sunflower margarine. We generally ingest enough Omega-6 in our daily food intake.

**BAD FATS – Animal based**

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

## FOOD GROUP: CARBS

**PORTION CONTROL:** The size of your Fist

**Weight Loss:** Replace any 2 main meals daily with the Meal Shake or Veggies. You are allowed 1 portion of Carbs for other main meal.

**Healthy Weight:** Replace one main meal daily with the Meal Shake or Veggies. You are allowed 1 portion of Carbs for other main meals.

**TIME NOTE:** First 4 Hours of your Day.

### FUNCTION

Stabilises your mood.  
Supply energy for the brain.  
Supply fuel for the muscles.

### RULES

Eat at least 1 portion of carbs every day. (Fruit is a SNACK MEAL).  
Avoid refined carbs such as sugar, white bread, sweets, wheat etc. Instead, opt for low GI carbohydrates like brown rice, whole wheat pasta, and low GI seed bread.

### SOURCE

#### GRAINS

*1 handful = 1 portion*  
Basmati, brown rice, barley, couscous, whole wheat pasta. Popcorn = **5 cups**

#### BREAD

*1 slice = 1 portion*  
Seed loaf, bread roll *strives* to eat wheat-free rye bread.

#### CEREAL

*2 handfuls = 1 portion*  
All Bran Flakes, Wheat-Bix, ProNutro, etc. be careful of sugar, wheat, and soya.










#### VEGETABLES

*1 handful = 1 portion*  
Pumpkin, potato, butternut, sweet potato, peas, corn.

#### FRUIT

*1 fruit = 1 portion*  
*½ glass (125ml) of 100% fruit juice = 1 portion*  
**Ladies** 1 Fruit, **Kids** 2 Fruit, **Men** 2 Fruits  
Any fruit.  
**Hard fruits** have less sugar than soft / tropical fruit.  
**Dried fruit** has the same value as fresh fruit.  
*\*Frozen, dried, or tinned –might contain hidden calories and additives such as sugar that are not conducive to weight loss.*

## WEAR YOUR HAT & EAT YOUR FOOD!




BREAK YOUR FAST	
<ul style="list-style-type: none"> <li>• Eat 1 Protein</li> </ul>	
 <b>BRUNCH</b>	
Eat brunch like a <b>KING.</b> <ul style="list-style-type: none"> <li>• NO FLUIDS</li> <li>• 1 Protein</li> <li>• Veggies</li> <li>• 1 Fat</li> <li>• 1 Carbohydrate</li> </ul>	<b>REPLACE BRUNCH</b> 
<b>SNACK MEAL</b> - Ladies 1 Fruit, Men 2 Fruits.	
<b>* NO Carbs after the first 4 hours of your Day</b> 	
 <b>LUNCH</b>	
Eat lunch like a <b>PRINCE.</b> <ul style="list-style-type: none"> <li>• NO FLUIDS</li> <li>• 1 Protein</li> <li>• Veggies</li> <li>• 1 Fat</li> </ul>	<b>REPLACE LUNCH</b> 
<b>SNACK MEAL</b> – Free Veggies & Salads	
<b>* NO Fat after the first 8 hours of your Day</b> 	
 <b>DINNER</b>	
Eat dinner like a <b>PAUPER.</b> <ul style="list-style-type: none"> <li>• NO FLUIDS</li> <li>• 1 Protein</li> <li>• Veggies</li> </ul>	<b>REPLACE DINNER</b> 
<b>SNACK MEAL</b> – Veggies	
<b>* NO Proteins after the first 12 hours of your Day</b> 	
<i>* No Fluids ½ an hour before, during and after food</i>	



## SNACK MEALS

**You do not need any snacks if you are not diabetic.** We have 3 Snacks at TenaZ- Morning, Afternoon & Treat Snack.

When you have a Treat Snack, enjoy it early in your day. Your digestive system has the whole day to burn calories ingested. Do a little bit of extra physical activity to burn the extra calories. Be aware of the sugar content – that will spike your blood sugar levels and increase your hunger. Salt will cause your body to retain water and wait longer to see your results on the scale.

MORNING SNACK	
<ul style="list-style-type: none"> <li>• NO FLUIDS</li> <li>• Ladies 1 Fruit</li> <li>• Men &amp; Kids 2 Fruits</li> </ul>	<b>ANY FRUIT</b> 
* If you need a treat snack (e.g. cake), replace the morning snack with it.	
TREAT SNACK	
<ul style="list-style-type: none"> <li>• NO FLUIDS</li> <li>• Take in the instead of your MORNING SNACK</li> <li>• No rules! Rather have a treat than a cheat!</li> </ul>	<b>ANYTHING YOU LIKE</b> 
MIDAFTERNOON SNACK	
<ul style="list-style-type: none"> <li>• NO FLUIDS</li> <li>• Eat as many Veggies as you need – Maximum of 9 cups daily.</li> </ul>	<b>VEGGIES</b> 

## SWEETS:

Sugar-free chewing gum - as much as you want.

## FOOD PREPARATION & CONSUMPTION

HEALTHY COOKING METHODS	CONDIMENTS (food seasoning)
<ul style="list-style-type: none"> <li>✓ Steaming</li> <li>✓ Baking</li> <li>✓ Grilling</li> <li>✓ Poaching</li> <li>✓ Roasting</li> <li>✓ Broiling</li> <li>✓ Pressure cooking.</li> <li>✓ Stir-fry</li> </ul> <p>Limit fried foods! Use as little oil as possible when cooking or substitute with Spray &amp; Cook.</p>	<p><b>Dried herbs and spices:</b> Pepper, vinegar, curry, Coleman's English mustard, garlic flakes, dried tarragon, thyme, rosemary, oregano, parsley, cinnamon, red and green chilli etc.</p> <p><b>Fresh herbs and spices:</b> These are always tastier and lower in kilojoules i.e., ginger, tarragon, oregano, garlic etc.</p> <p><b>Use sparingly:</b> 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.</p> <p>Condiments with a high salt &amp; sodium content may cause fluid retention, while condiments containing sugar convert to fat when your body cannot use it.</p>

### "EAT TO LIVE AND NOT LIVE TO EAT"

- ✓ NEVER SAY THAT YOU ARE ON A DIET!
- ✓ Do not do anything you are not willing to do for the rest of your life!
- ✓ 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.
- ✓ Eat regularly to ensure that your optimal metabolic rate is maintained, but only eat when you are hungry and stop eating when you are satisfied.
- ✓ Your body has enough fat deposits to deplete, so you don't need to continue eating to stay active.
- ✓ Use fresh, raw, and unprocessed foods rather than refined, processed foods. E.g., choose brown rice rather than white rice or brown whole wheat bread rather than white bread.

- ✓ Avoid having a second portion of food.
- ✓ Remember: alcohol, sugar, aspartame, wheat, soy, and animal fats all tend to block your “fat burn mode” and activate your “fat store mode”.
- ✓ Read your food labels. Be careful: low-fat food can be high in added sugar!
- ✓ Make the best food choices from the specific food groups & use healthy cooking methods.
- ✓ Never shop when you are hungry, and 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.
- ✓ Don’t sit in front of the TV or computer when you eat.
- ✓ Do not eat on the go! Sit down, eat slowly, chew your food and taste what you are eating.
- ✓ If you are hungry, eat Veggies.
- ✓ Drink plenty of fluids - water is the best choice!
- ✓ Track your progress with your “Food Chart!”

## GOING OUT FOR DINNER

You can go out to restaurants; all you need to do is not overindulge. Make takeaways an occasional treat, not a lifestyle! Use a small plate when you eat at social gatherings – it will help you to eat less. The trick is eating the correct **food groups** and **portions** at the **right time**.

**Restaurant:** Order grilled fish or grilled lean meat with vegetables and salad, Chicken or Tuna salad, Chicken stir-fry, add extra vegetables.

Drink a light wine, red wine, or whiskey with water or zero calories cooldrink.

**Coffee Bar:** Drink your tea or coffee, as usual - with milk and sweetener. Cake - Eat a small slice.

**Kentucky:** Ladies - Mini grilled twister & Men – Large grilled twister + coleslaw with water or zero calories cooldrink.

**McDonalds:** Cheeseburger - take 1 bun off or Chicken salad.

**Please note** - Eating out or eating takeaways should not be ingested more than once a week.

## **STEP 3: Take Notes!**

Combine your FOOD CHART with our NODIET©Method, we have 4 Food Charts, choose the one that suits you the best:

### **ONE SHAKE CHART:**

The ONE SHAKE Chart is used if you replace only one meal a day with the TenaZ Meal Shake and one meal with Vegetables.

**Usually the Pensioner Pack or if you ordered loose products from which you may have ordered 1 can of TenaZ Meal Shake.**

TenaZ											ONE SHAKE Chart <sup>©</sup>										
	First ½ Hour Break your Fast	Caps	Snack	Brunch	Lunch	Snack	Dinner	Fluid				Caps	Weight								
Option 1	Do not Skip Protein		Fruit	Veggies Protein Fat Carb	Veggies	Veggies		1	2	3	4		Take Caps after Protein, ½ an hour before Brunch.  • Eat 1 meal a day • Replace 1 with Meal Shake. Add Veggies with Meal Shake. • Replace 1 with Veggies.								
								5	6	7	8										
								9	10	11	12										
								13	14	15	16										
Option 2	Do not Skip Protein		Fruit		Veggies Protein Fat	Veggies	Veggies	1	2	3	4		Snacks: Fruit – Ladies 1, Men & Kids 2. Veggies.								
								5	6	7	8										
								9	10	11	12										
								13	14	15	16										
Option 3	Do not Skip Protein		Fruit	Veggies		Veggies	Veggies Protein	1	2	3	4		Get Active. Drink Fluid.  Take Caps ½ an hour before Bedtime.								
								5	6	7	8										
								9	10	11	12										
								13	14	15	16										

**Weight Loss:** Eat 1 Meal & Replace 2 = 1 with Meal Shake & 1 with Veggies.

### **NOTES:**

## TWO SHAKE CHART:

The TWO SHAKE Chart is used when replacing only two meals a day with the TenaZ Meal Shake.

**Usually the Dysfunctional, Extreme, or Starter Pack. You can also use the Chart if you are using 2 TenaZ Meal Shakes per day.**

## TWO SHAKE Chart<sup>®</sup>

	First ½ Hour Break your Fast	Caps	Snack	Brunch	Lunch	Snack	Dinner	Fluid				Caps	Weight
Option 1	Do not Skip Protein		Fruit	Veggies Protein Fat Carb		Veggies		1	2	3	4		Take Caps after Protein, ½ an hour before Brunch.  • Eat 1 meal a day • Replace 2 with Meal Shakes. Add Veggies with Meal Shake.
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		
Option 2	Do not Skip Protein		Fruit		Veggies Protein Fat	Veggies		1	2	3	4		Snacks: Fruit – Ladies 1, Men & Kids 2. Veggies.
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		
Option 3	Do not Skip Protein		Fruit			Veggies	Veggies Protein	1	2	3	4		Drink fluid Get Active.  Take Caps ½ an hour before Bedtime.
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		


**Weight Loss:** Eat 1 Meal & Replace 2 with Meal Shake, add extra Veggies.

## NOTES:

## NODIET CHART:

The NODIET Chart is used if you replace 2 meals a day with vegetables.

**Usually if you have no products or if you ordered loose products without any TenaZ Meal Shake.**

 <b>NODIET Chart®</b>															
	First ½ Hour Break your Fast	Caps	Snack	Brunch	Lunch	Snack	Dinner	Fluid				Caps	Weight		
<b>Option 1</b>	Do not Skip Protein		Fruit	Veggies Protein Fat Carb	Veggies	Veggies	Veggies	1	2	3	4		Take Caps after Protein, ½ an hour before Brunch.  <b>• Eat 1 meal a day</b> <b>• Replace 2 with Veggies.</b>		
								5	6	7	8				
								9	10	11	12				
								13	14	15	16				
<b>Option 2</b>	Do not Skip Protein		Fruit	Veggies	Veggies Protein Fat	Veggies	Veggies	1	2	3	4		<b>Snacks:</b> Fruit – Ladies 1, Men & Kids 2. Veggies.  Drink fluid Get Active.		
								5	6	7	8				
								9	10	11	12				
								13	14	15	16				
<b>Option 3</b>	Do not Skip Protein		Veggies	Veggies	Veggies	Veggies	Veggies Protein	1	2	3	4		Take Caps ½ an hour before Bedtime.		
								5	6	7	8				
								9	10	11	12				
								13	14	15	16				

**Weight Loss:** Eat 1 Meal Main Meal & Replace 2 with Veggies.

## NOTES:

## HEALTHY WEIGHT CHART:

Congrats, you are Normal weight, whether you take a break or go on vacation! The HEALTHY WEIGHT Chart is used if you want to stabilize your weight.

**Usually, you use the TenaZ Meal Shake 1 x a day, drink the Fat Buster in the morning and use the Detox every 6 months.**

 <b>HEALTHY WEIGHT Chart®</b>															
	First ½ Hour Break your Fast	Caps	Snack	Brunch	Lunch	Snack	Dinner	Fluid				Caps	Weight		
<b>Option 1</b>	Do not Skip Protein		Fruit	Veggies Protein Fat Carb	Veggies Protein Fat	Veggies		1	2	3	4		Take Caps after Protein, ½ an hour before Brunch.  • Eat 2 meals a day • Replace 1 with Veggies.		
								5	6	7	8				
								9	10	11	12				
								13	14	15	16				
<b>Option 2</b>	Do not Skip Protein		Fruit	Veggies Protein Fat Carb	Veggies Protein Fat	Veggies	Veggies	1	2	3	4		<b>Snacks:</b> Fruit – Ladies 1, Men & Kids 2. Veggies.  Drink fluid Get Active.		
								5	6	7	8				
								9	10	11	12				
								13	14	15	16				
<b>Option 3</b>	Do not Skip Protein		Fruit	Veggies	Veggies Protein Fat	Veggies	Veggies Protein	1	2	3	4		Take Caps ½ an hour before Bedtime.		
								5	6	7	8				
								9	10	11	12				
								13	14	15	16				

**Weight Control:** Eat 2 Meal & Replace 1 = 1 = with Meal Shake or Veggies.

## NOTES:

## **PLAN WHAT YOU EAT. CHANGE YOUR EATING HABITS. CHANGE THE WAY YOU BUY FOOD.**

**Plan what you eat. Change your eating habits. Change the way you buy food.** The Food Chart is a powerful, proven aid for effective weight loss. It will help you keep track of what you eat & drink and what you weigh. Additionally, it serves as an aid to analyse your TenaZ journey!

If you do not eat enough healthy food that your body needs, your body may go into "starvation mode" – the fat will be stored and not used for energy.

- ✓ Realize what you eat and drink daily and whether you are active enough to promote weight loss.
- ✓ Identify problem foods and drinks you struggle with, containing excessive calories and fat.
- ✓ Identify moods, situations and events that lead to excessive eating of unwanted calories. So, you can plan to overcome or avoid them!
- ✓ Prevent "calorie amnesia" (the forgetfulness that leads to rebound weight gain after weight loss). Recording dietary details put you back on track again.
- ✓ Develop greater self-discipline. You will think twice about over-indulging if you have a record of it.
- ✓ Motivate you to carefully plan your meals and to be more active.

### **WRITE DOWN:**

**Time:** The time at which you eat your meal or snack.

**Emotions:** Any emotions you were experiencing before you ate, such as stress, frustration, etc.

**Hunger/Fullness:** Please rate yourself on a scale of 1-10, with 1 being not hungry at all and 10 being famished.

**Location:** Where you ate, for instance, at home, at work, in the car, at a restaurant, etc.

**Food Eaten - include portions:** Everything you ate and drank as well as the portion of each food or beverage - Fluids, Veggies & Salads, Proteins, Fats, and Carbs. As you keep your Food Chart, you can add up the totals to see whether you met your meal plan goals for the day or whether you need to work on areas so you can be more in line with your daily goals.



## **FINDING THE BALANCE**

No single food will supply your body with all the nutrients you need. Enjoying a variety of foods will allow you to take advantage of all the health benefits captured in each food.

Getting the balance right and maintaining the balance will help you to achieve a slim, healthy body, whereas upsetting the balance and synergy unfortunately may lead to ill health and lifestyle diseases such as heart disease, diabetes and high blood pressure.

Never skip meals, especially breakfast. Eating breakfast in the morning to kick-start your metabolism. Skipping meals slows down your metabolism and creates cravings during the day. Replace your breakfast with TenaZ.

Eating regular meals and snacks is very important. Irregular eating makes it more difficult for your body to burn fat. Ideally, you can eat every 3 hours. Regular eating helps the metabolism to be active throughout the day and thus aids in weight loss.

You don't have to eat the same foods every day.

## **PLATO PHASE, WHAT NOW?**

- Take the Fat Buster capsule.
- Now is the time to start an exercise program.
- Eat breakfast and replace lunch & dinner.
- Eat vegetables and salads instead of carbohydrates.
- Do not eat any snack meals.
- Strive to say away from processed foods.
- Cut out all wheat and gluten products for at least 4 weeks.

## **OVERCOME EMOTIONAL EATING**

**I ONLY EAT WHEN I AM HUNGRY, NOT IN RESPONSE TO NEGATIVE EMOTIONS OR AS A REWARD!**

My life doesn't revolve around eating. Eating is something I do 1 to 5 times a day when I am hungry and ONLY until I am no longer hungry.

Eating is not the only pleasure in life. It's one of my interests and is currently taking its rightful place in my life.

I don't get fulfilment from food. I get fulfilment from my hobbies and spending time with my friends and family.

I don't have to eat more just because it's the weekend or we are on holiday.

I don't have to give up working on my eating habits just because I overdid them. I must forgive myself and will start again.

I have the rest of my life to eat every day. I don't have to eat all day!

I am not on a diet: I am learning to eat according to my body's needs, not according to what I like and want now.

**You can do it! Step by step. Meal by meal. One day at a time.**

## **OVERCOME MINDLESS EATING**

### **I ONLY EAT WHEN I AM HUNGRY!**

Stop constant eating! Analyse your urge to eat - are you hungry or eating for another reason – habit, boredom or fatigued? Immediately drink a glass of water and rest a bit or go for a brisk walk or phone a friend. Delay eating with 30 minutes to Focus on your weight loss goals and think before you act.... still hungry?

Fill up with Veggies or TenaZ Meal Shake.

When you eat, strive to eat for at least 20 minutes! Your brain takes 20 minutes to realize there is food in your stomach. First, eat the protein, then the vegetables and last carbohydrates.

Use a small side plate instead of a normal plate.

Never eat all the food in your plate, have the self-control to leave some food in the plate.

Swop your fork and knife, use utensils the other way around.

Cut all your food into tiny pieces before eating.

## **SECRETS TO SUCCESS:**

**Increase your weight loss results** - Turn off your Fat-Store & start Fat-Burn!

**It takes time to get into a routine but gets easier when you embrace your new lifestyle and start seeing results.**

**PERSEVERANCE GUARANTEES RESULTS.**

*\* Exercise is optional; however, exercise naturally burns fat, builds your stamina, reduces stress, and improves the shape of your body, your health as well as your results. We strive to get you more active!*

### **HOW TO GET ACTIVE AGAIN?**

Start by doing more around the house, like gardening, cleaning, washing the car, etc. When choosing an activity, go for the one you can do for the rest of your life without any excessive costs or efforts involved, such as walking, running, cycling, swimming, and dancing. Establishing a consistent routine will help you to reach your goals.

- Start with walking, the easier exercise. If it's not in a safe area, you can get a treadmill or climb stairs or start skipping using the same routine. Start with 5-minutes in the morning and 5-minutes in the evening; this gives you 10-minutes a day.
- Increase exercise gradually until you reach at least 30-minutes a day. At this stage, you can start running, follow the same routine as above, and add 5 minutes of running in the morning and 5-minutes of running in the evening until you can run without effort.
- Now that you are active, it is time to join the gym and move to the next level!
  - **Morning:** Do cardio exercises before breakfast. In the morning, your body's carbohydrate store is low, and then your body burns a lot fatter. It will raise your heart rate, sufficient to burn more fat. It must be intensive and leave you sweating, panting, and puffing. Why? Because then your body will continue to burn fat after you have stopped. Exercise 5-6 times a week for at least 30-minutes at a time.

- **Evening:** Start building muscle in the evenings. Muscles are active cells and are good kilojoule burners. The more muscle you have, the more body fat you will burn. Do weights or strenuous exercise 3 times a week.

## **EASY WALKING ROUTINE**

You need walking shoes, nail varnish and only 5-minutes! Start your walk from a recognizable landmark such as a lamp post, sign, rock etc. After 5-minutes of walking, make a mark on the pavement with nail varnish. Now turn around and follow the same route home; no need to time the walk back. Repeat this schedule twice a day. As your fitness levels improve, the distance will increase. Remember: you absolutely **NEED** to sweat to see real results with this exercise; that is the most important part!

## **SPEND ATLEAST 15-MIN IN THE SUN!**

You need to spend at least 15-minutes in the sun to absorb more vitamin D. You can obtain vitamin D, a fat-soluble vitamin, by eating foods high in it, taking supplements or getting some exposure to the sun. Vitamin D changes how fat cells are stored and formed and raises serotonin and testosterone levels. It may help with weight loss, reduce body fat, and prevent weight gain.

## **RESTING/SLEEPING**

**Getting 6 - 8 hours of quality sleep** is crucial to a healthy weight loss programme. Numerous studies have suggested that restricted and poor sleep quality may lead to metabolic disorders, weight gain, and an increased risk of obesity and other chronic health conditions. Increased oxidative stress, glucose intolerance, and insulin resistance are all linked to poor sleep. Additionally, less sleep may disrupt circadian rhythms, allowing your body less time to repair its cells, leading to weight gain.

Neurotransmitters control your appetite; Ghrelin promotes hunger, and leptin contributes to feeling full. A lack of sleep may cause dysregulation of ghrelin and leptin, leading to an increased appetite and diminished feelings of fullness. Sleep-deprived individuals tend to choose foods that are high in calories and carbohydrates. When you are awake, you have more time to eat.

# **FREQUENTLY ASKED QUESTIONS:**

## ***1. WHAT DO I DO WHEN I FEEL HUNGRY?***

- Drink a glass of water (if you are hungry, most times it's because your body is dehydrated). Wait 20-minutes, phone a friend, or go for a walk.
- If you still feel hungry, have an extra TenaZ Meal Shake with yoghurt.
- Eat as many vegetables and salads as you want – Maximum of 8 cups daily! Carrots & Tomatoes work best!
- Add a boiled egg or a portion of lean protein to your Meal Shake.

## ***2. HOW DO I SUSTAIN MY WEIGHT LOSS AFTER REACHING MY IDEAL WEIGHT OR DURING HOLIDAYS / A BREAK PERIOD?***

- Take Booster Capsule.
- Replace one meal daily with Meal Shake.
- If you drink alcohol, take 2 Detox Capsules.
- Use the **NODIET©Method** guidelines for a healthy lifestyle.
- Strive to be as active as possible.

## ***3. WHAT TENAZ PRODUCTS SHOULD I USE WHEN I REACH NORMAL WEIGHT?***

- Replace one meal daily with a Meal Shake.
- Use Good Night when you struggle to sleep.
- Use Stress if you got Stress Symptoms.
- You need the TenaZ Detox once every 6 months to sustain a healthy digestive system.

## ***4. WHAT CAN I DO FOR ULTIMATE WEIGHT LOSS?***

- Do not eat any snacks!
- Fast 4 - 6 hours between all meals. Fasting between main meals helps to balance your Leptin (decreases hunger) and Ghrelin (increases hunger) levels. The more body fat you have, the more Leptin-resistant you will be.
- Enjoy breakfast with portion control. Simply replace lunch and dinner with a Meal Shake. Stop eating 4 hours before bedtime!
- Do not ingest alcohol, wheat, soya, or any sugar.



## YOUR FOOD Chart<sup>©</sup>

	First ½ Hour Break your Fast	Caps	Snack	Brunch	Lunch	Snack	Dinner	Fluid				Caps	Weight
DAY 1	Do not Skip Protein							1	2	3	4		
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		
DAY 2	Do not Skip Protein							1	2	3	4		
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		
DAY 3	Do not Skip Protein							1	2	3	4		
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		

**Weight Control:** Eat 2 Meal & Replace 2 Meals with Shake or Veggies.

<p><b><u>BEFORE PHOTO – kg:</u></b></p>	<p><b><u>1 MONTH PHOTO - kg</u></b></p>
<p><b><u>2 MONTHS PHOTO - kg</u></b></p>	<p><b><u>3 MONTHS PHOTO - kg</u></b></p>

**Please take a photo every month for 1 year and see how your body changes!**

## **CONTACT TENAZ**

<b>NAME</b>	<b>NUMBER</b>	<b>EMAIL</b>	<b>SANETCODE</b>
<b>BERRIE</b>	072 192 0727	<a href="mailto:berrie@tenaz.co.za">berrie@tenaz.co.za</a>	BERRIE
<b>MARLIN</b>	076 993 3215	<a href="mailto:madelein@tenaz.co.za">madelein@tenaz.co.za</a>	MADELEIN
<b>ELFIE</b>	083 227 6105	<a href="mailto:elfrieda@tenaz.co.za">elfrieda@tenaz.co.za</a>	ELFIE
<b>MAGRIET</b>	071 372 7555	<a href="mailto:magriet@tenaz.co.za">magriet@tenaz.co.za</a>	MAGRIET
<b>ELEANOR</b>	072 697 0887	<a href="mailto:eleanor@tenaz.co.za">eleanor@tenaz.co.za</a>	ELEANOR
<b>BERTIE</b>	076 817 1619	<a href="mailto:bertie@tenaz.co.za">bertie@tenaz.co.za</a>	BERTIE
<b>HEAD OFFICE</b>			
<b>DIET HOTLINE</b>	063 062 1888	<b>SANET</b> WhatsApp only	
<b>PARCELS</b>	062 958 6867	<b>SHELLY</b>	<a href="mailto:admin@tenaz.co.za">admin@tenaz.co.za</a>

### **DISCLAIMER:**

Information provided is for educational purposes only and not intended to be a substitute for professional medical advice specific to the reader's particular situation. The information is not to diagnose or treat any health concerns you may have. The reader is recommended to seek immediate professional medical advice from a doctor or other healthcare practitioner about any health question, symptom, treatment, disease, or medical condition.