

## **PORTION CONTROL RULES.**

Measuring appropriate portion size without any measuring tools is by simply using your hands, because your hands usually match your body size.

### **FOOD GROUP PORTION**

**Liquid** - body weight/10 = glasses

**Vegetables** - 9 cups per day


**Protein** – Palm-sized serving

**Fats** – Thumb-size section

**Carbohydrates** - Hand size section

**Fruit** – Fist-size

Please let us know if you need any support.

TenaZ Blessings 

**Tip:** At TenaZ there is no forbidden food. You can eat any Food or Snack meal you like. You never have to say that you are on a diet.

**Time is the big secret! Take a look at Time Control.**

If you ever break these rules, simply replace the following 2 meals with the TenaZ Meal Shake or Vegetables and Salads.