



# Never DIET again!

Welcome at TenaZ!

TenaZ does not believe in strict dieting.

Knowledge is power! We teach you how to eat to speed up your resting metabolism and how to lose weight with our **NODIET©Method**.

When you order your TenaZ Home-Slimming-Pack you will receive the **NODIET©e-Book** with more info on what to eat to lose weight faster and easier.

**NEVER GIVE UP, TenaZ really works!**





## Love Food Lose Weight

Time  
Control

Portion  
Control

Food  
Control

### **WEIGHT LOSS:**

Eat one meal a day.  
Replace 2 meals a day  
with Veggies or a TenaZ  
Meal Shake.

### **HEALTHY WEIGHT:**

Eat two meals a day.  
Replace 1 meals a day  
with Veggies or a  
TenaZ Meal Shake.



# NODIET©Method Rules

## Time Control

Break  
your  
Fast

Start  
your  
Fast

## Portion Control

Fluids

Veggies

Proteins

Fats

Carbs

## Food Control

Brunch

Snack Meal

Lunch

Snack Meal

Dinner

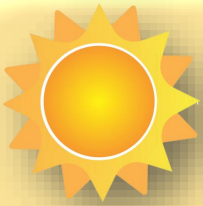
**Love Food – Lose Weight!**



# Time Control

## 24 Hours' Timeline

### 12 Hours Day



## Break your Fast

### WAKE UP

Take note of the time. Your day involving food starts now for the next **12 Hours**.

After you wake up,  
within the first **½ hour** have a Protein.  
The Protein activates a slow metabolism to  
break down fat into energy.

**Sun Bath 15min in full sun.**

### 12 Hours Night



## Start your Fast

### FINISH UP

Take note of the time. Your day involving food stops now for the next **12 Hours**.

### STOP EATING

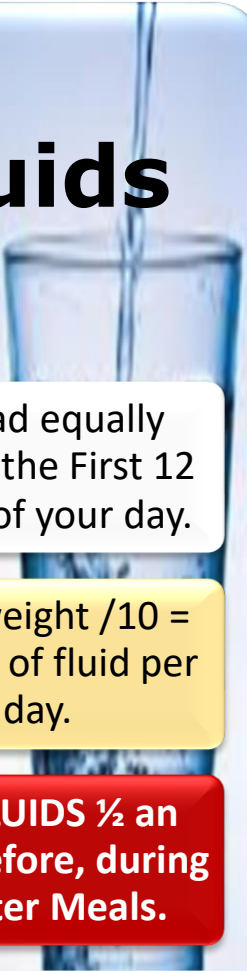
**4 Hours** before Bedtime. e.g. If you wake up  
at 7am  
you should have dinner at 7pm latest.  
Go to bed at 11pm.

**Sleep 6 – 8 hours in a dark room.**



# Portion Control

## Fluids



Spread equally during the First 12 hours of your day.

Bodyweight /10 = glasses of fluid per day.

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

Alcohol – Ladies 1 Glass, Men 2 Glasses per day.

## Veggies



24 hours.

9 Cups per day.

3x Brunch  
3x Lunch  
3x Dinner.

## Proteins



First 12 hours.

Hand palm thickness.

Break your FAST.

1x Brunch  
1x Lunch  
1x Dinner.

## Fats



First 8 hours.

Thumb size.

1x Brunch  
1x Lunch.

## Carbs



First 4 hours.

Fist size.

1x Brunch



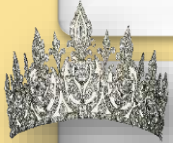
# Food Combinations

## Main 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 Meals



### **MORNING FRUIT**

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



### **POWER SNACK**

Veggies & 1 Protein if you get tired in the afternoon.



### **TREAT SNACK**

Once a Week, first 4 hours.

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

#### **WEIGHT LOSS:**

Eat one meal a day. Replace 2 meals a day with Veggies or a TenaZ Meal Shake.

#### **HEALTHY WEIGHT:**

Eat two meals a day. Replace 1 meals a day with Veggies or a TenaZ Meal Shake.





# NODIET Chart<sup>©</sup>

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

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

# 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.
- ✓ Be careful: low-fat food can be high in added sugar!
- ✓ Read your food labels to avoid hidden sugar and fat. Be careful, high kilojoule content slows down weight loss.

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





MORE

# Fluids - Water

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.

**Drink & Shrink! Water – 1<sup>st</sup> Prize!**



# Fluids - Other

## Coffee & Tea

Contain 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 – 2<sup>nd</sup> & 3<sup>rd</sup> 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!**

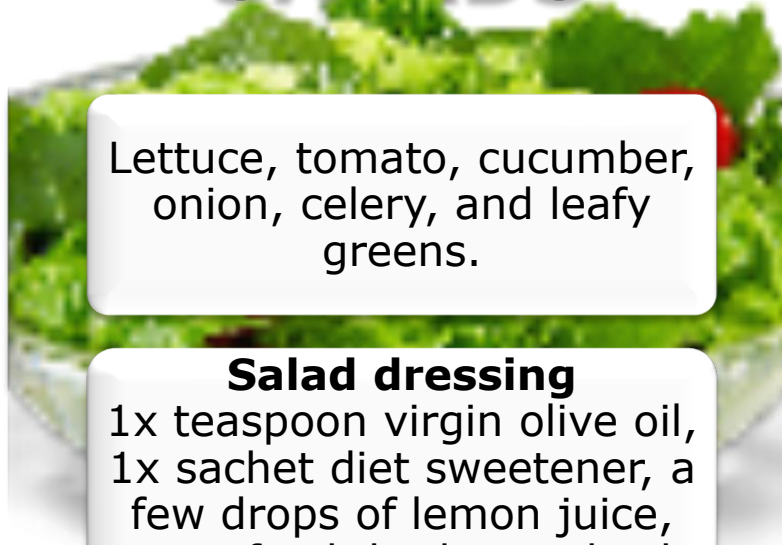


# Veggie Sources

## 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 (e.g. Royco Lite) can be enjoyed when you are hungry (maximum of 2 packets 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 think you are full, stop eating!

**Always fill at least half of 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.

**Strive to have at least  
one Meatless Day a  
week.**



## OPTIONS

1<sup>st</sup> fish

2<sup>nd</sup> game

3<sup>rd</sup> chicken & turkey

4<sup>th</sup> ostrich

5<sup>th</sup> veal

6<sup>th</sup> beef

7<sup>th</sup> 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 every 3<sup>rd</sup> day to your AGENT

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





# Protein Sources

## Egg

Best protein to consume.

**1 for ladies.**

**1 – 2 for kids.**

**2 - 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**

Stick to your Food Chart

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.

Keep healthy snacks on hand and keep junk food out of your house.

- ✓ 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!

**Limit your carb intake to lose weight faster!**



# Carbs - More

## 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 45min per day to relax.
- ✓ Contact us on WhatsApp at AGENT for support.

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



# 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 sparingly:**

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, 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. 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!**





# YOUR FOOD Chart<sup>©</sup>

	First ½ Hour Break your Fast	Caps	Snack	4 Hours Brunch	8 Hours Lunch	Snack	12 Hours Dinner	12 Hours 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.



# Secret to Success

## Turn off Fat Store & Start Burning Fat!

**You need walking shoes, nail varnish and only 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. No need to time your walk back home, take your time and walk to cool down.

**Repeat this schedule twice a day.**

As your fitness levels improve, the distance will increase.

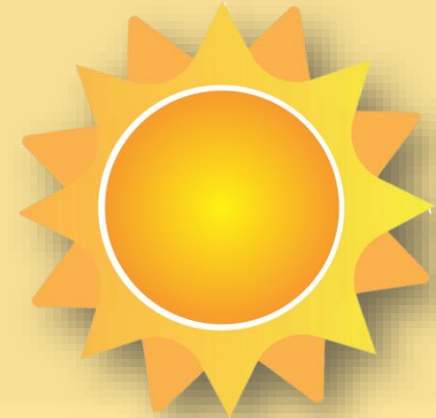
**STRESS:** Walk constantly for 45 minutes - calm, 5 days a week.

Take your Before Picture and WhatsApp it to your Agent.

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 overweight!

**15 min in the sun!**



**Sleep 6 - 8 hours!**





# Ultimate Results

## What can I do for 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 any snacks! Enjoy breakfast with NODIET Rules. Simply replace lunch and dinner mixing your TenaZ Meal Shake with water or fat free milk. If you do not have the TenaZ Meal 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!

## 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, go for a walk or phone a friend. If you still feel hungry, have an extra Meal 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 portion of lean protein with your Meal 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 Chart®

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



# Healthy Weight **Holiday / Break period**

## What should I use when I reach Healthy weight or take a Vacation?

- Follow the HEALTHY WEIGHT Chart & the NODIET© Method.
- Take the **"Fat Buster"** and Replace one meal a day with the **"Meal Shake"**.
- Use **"Good Night"** when you struggle to sleep.
- Add **"Stress"** if you got 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.