

VEGETABLES

RULE: ASK YOURSELF BEFORE EATING, CAN I EAT THIS VEGETABLE OR SALAD RAW?

If your answer is YES, eat as much as you need — Raw or Cooked, just the way you like it!

SIZE: You become nine cups a day.

CUT-OFF TIME: ALLOWED 24 HOURS A DAY.

As a snack meal, main meal or add to a main meal, or add to your TenaZ Shake.

When you're hungry and it's not time for a main meal, make a salad or stir-fry vegetables or a soup. You can use any cooking method. Please refer to the NODIET eBook or Method.

Enjoy your Veggies! TenaZ Greetings!