

FAT

RULES: If you do not replace a meal, eat ONE FAT per meal!

SIZE: Thumb size.

CUT TIME: 8 hours after waking up!

- Fat is an energy source and helps your body burn fat to reduce your weight.
- Fats can be visible and non-visible – please read your food labels.
- Fat helps you feel full: **Fat** has **nine calories per gram**, while **carbohydrates** contain **four calories per gram**.
 - Choose foods with **"good" unsaturated fats** (liquid forms at room temprature – vegetable oil)
 - Limit foods high in **saturated fats** (meat and milk products)
 - Avoid **"bad" trans fats** (liquid oil that is turned into solid fat, such as margarine – increases bad cholesterol (LDL) and lowers good cholesterol (HDL))

PLANT BASED FATS ARE THE BEST! No fats are prohibited, please refer to the and the NODITE Method & eBook.

Enjoy your Fat. TenaZ Greetings ❤️