

## **CARBS**

**RULES:** If you don't replace a meal, eat ONE CARB per meal!

**SIZE:** fist

**CUT OFF TIME:** 4 hours after waking up!

Carbohydrates are necessary for healthy slimming and can help reduce overall body fat and stubborn belly fat.

THE SECRET IS THAT YOU ARE ALLOWED TO EAT CARBOHYDRATES ONLY IN THE FIRST 4 HOURS OF YOUR DAY.

- If you eat and do not replace a main meal in the first 4 hours of your day, then you may eat one carbohydrate the size of your fist.
- Please eat the same carbohydrate as your family, please do not making special diet foods, the secret is Time and Portion control as well as Food combinations. (NODIET Method)
- Ladies are allowed to eat 1 fruit and men 2 fruits a day. The fruit does not form part of a main meal and is a Snack.
- If you're craving a treat like chocolate or cake or any other fat-making carbohydrate, replace your fruit with a treat and get on with your slimming program. Enjoy every treat snack without guilt and replace the next meal with Vegetables or your TenaZ MEAL SHAKE.
- Slow-releasing carbohydrates (unrefined carbohydrates, control glucose levels and insulin's release) are better than fast-releasing carbohydrates (refined carbohydrates).

Please refer to the TenaZ NODIET Method and the NODIET eBook.

Enjoy your Carbs. TenaZ Greetings