

## FOOD CHARTS

Here are the following 4 Food Charts from TenaZ, please combine it with our NODIET Method. Choose the right FOOD CHART for your TenaZ Products or Home Slimming Pack.

1. **TWO MEAL SHAKE** – Dysfunctional, Extreme, Starter Packs and with the Meal Shake if you want to replace 2 meals a day. Replace two meals with the TenaZ Meal Shake. Have one meal with your family with the NODITE Rules.
2. **ONE MEAL SHAKE** - Pensioner Pack - Replace one meal with TenaZ Meal Shake, one meal with Vegetables and eat the one meal with your family with the NODITE Rules.
3. **NODIET Diet** - All loose products or if you do not use any products. Eat one meal and replace the other 2 meals with Vegetables.
4. **HEALTHY WEIGHT** - Use while on vacation or when you reach your healthy weight.

If you are struggling to get results, we suggest, provided you are healthy and active, that you follow the Special **NEW 3 DAY Diet** of TenaZ the first 3 days of each week.

Please let me know. if I can explain anything.

Please complete your FOOD CHART and please send it back in case you need any help with the NODIET Method.

TenaZ Greetings