

**3 DAY Diet****3 DAY Diet®**

	First ½ hour break your fast	Cap-sules	Breakfast	Snack Meal	Lunch	Snack Meal	Dinner	Fluid	Cap-sules	Rules
<b>DAY 1</b>	Boiled Egg		Carrots Boiled Eggs 2 slices Bread	Apple		Carrots		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Take Capsules after Protein, ½ hour before breakfast.  Eat 1 main meal per day.
<b>DAY 2</b>	<b>CHOOSE</b> Steak Fish Chicken			Orange Nartjie Grapefruit	Tomato Steak/Fish /Chicken ½ Avocado	Tomato		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Use 2 scoops of powder per Meal Shake. Add daytime vegetables if needed.  Use up to 3 Meal Shakes per day – 6 Scoops Powder!
<b>DAY 3</b>	<b>CHOOSE</b> Cottage Cheese Yogurt			Pineapple Papaya		Cucumber	Cucumber Cottage Cheese or Yogurt	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Snack: Fruit – Ladies 1, Men & Children 2. Drink Liquid Take capsules ½ hour before bedtime.

**MAXIMUM results: Follow the first 3 days of the week. Repeat max 4x per month.**

**WATER:** Body mass/10 = Glasses of water - Drink first 12 hours!

**DAY 1:**

**BREAK FAST:** Boiled Egg

**CAPSULES:** Drink ½ hour before breakfast with 1 glass of water

1 Good Morning

- 1 Fat Buster

- 1 No Thank You

1 Fat Attack – Top/Bottom/All Over/Stress

**BREAKFAST:** 2 slices of Bread, 2 Boiled Eggs, 1t mayonnaise, salt and pepper & 3 Carrots.

**SNACK:** Apple

**CAPSULES:** Drink 1/2 hour before lunch with 1 glass of water

- 1 No Thank You

**AFTERNOON MEAL:** 2 scoops of TenaZ powder with 250ml of water

**SNACK:** 3 Carrots

**BEFORE TRAINING:** 2 scoops of TenaZ powder with 250ml of water

**EVENING MEAL:** 2 scoops of TenaZ powder with 250ml of water and 3 Carrots

**CAPSULES:** Drink 1/2 hour before bedtime with 1 glass of water

- 1 Good Night

2 Detox

1 Fat Attack – Top/Bottom/All Over/Stress

**DAY 2:**

**BREAK FAST:** Steak/Fish/Chicken

**CAPSULES:** Drink ½ hour before breakfast with 1 glass of water

1 Good Morning

- 1 Fat Buster

- 1 No Thank You

1 Fat Attack – Top/Bottom/All Over/Stress

**BREAKFAST:** 2 Scoops TenaZ powder with 250ml of water

**SNACK:** Orange/Nartjie/Pomelo

**CAPSULES:** Drink ½ hour before lunch with 1 glass of water

- 1 No Thank You

**AFTERNOON MEAL:** Steak/Fish/Chicken with 3 Tomatoes and ½ Avocado

**SNACK:** 3 Tomatoes

**BEFORE TRAINING:** 2 scoops of TenaZ powder with 250ml of water

**EVENING MEAL:** 2 scoops TenaZ powder with 250ml of water and 3 Tomatoes

**CAPSULES:** Drink ½ hour before bedtime with 1 glass of water

- 1 Good Night

2 Detox

1 Fat Attack – Top/Bottom/All Over/Stress

**DAY 3:**

**BREAK FAST:** Cottage Cheese/Yogurt

**CAPSULES:** Drink ½ hour before breakfast with 1 glass of water

1 Good Morning

- 1 Fat Buster

- 1 No Thank You

1 Fat Attack – Top/Bottom/All Over/Stress

**BREAKFAST:** 2 scoops TenaZ powder with 250ml of water and 1 Cucumber

**SNACK:** Pineapple/Papaya

**CAPSULES:** Drink ½ hour before lunch with 1 glass of water

- 1 No Thank You

**AFTERNOON MEAL:** 2 scoops of TenaZ powder with 250ml of water

**SNACK:** 1 Cucumber

**BEFORE TRAINING:** 2 scoops of TenaZ powder with 250ml of water

**EVENING MEAL:** Cottage Cheese/Yogurt with 1 Cucumber

**CAPSULES:** Drink ½ hour before bedtime with 1 glass of water

- 1 Good Night

2 Detox

1 Fat Attack – Top/Bottom/All Over/Stress