









TWO MEAL SHAKE Chart®





	First 1/2 Hour Break your Fast	Caps	Snack	4 Hours Brunch	8 Hours Lunch	Snack	12 Hours Dinner	12 Hours Fast	Caps	Weight
Option 1	Do not skip Protein		Fruit	Veggies Protein Fat Carb		Veggies		1 2 3 4		Take Caps after Protein, 15 an hour before Brunch.
								5 6 7 8		
Option 2	Do not skip Protein		Fruit		Veggies Protein Fat	Veggies		1 2 3 4		Eat 1 meal a day Replace 2 with Meal Shakes. Add Veggies with Meal Shake.
								5 6 7 8		Snacks: Fruit - Ladies 1, Men & Kids 2. Veggies.
Option 3	Do not skip Protein		Fruit			Veggies	Veggies Protein	1 2 3 4		Drink fluid Get Active.
								5 6 7 8		Take Caps 15 an hour before Bedtime.
								13 14 15 16		

Weight Loss: Eat 1 Meal & Replace 2 with Meal Shake, add extra Veggies.



Starter Pack[®]



TenaZ TWO MEAL SHAKE Chart®											
	First 1/2 Hour Break your Fast	Caps	Snack	4 Hours Brunch	8 Hours Lunch	Snack	12 Hours Dinner	12 Hours Fluid	Caps	Weight	
Option 1	Do not skip Protein		Fruit	Veggies Protein Fat Carb		Veggies		1 2 3 4		Take Caps after Protein, 1/2 an hour before Brunch. Eat 1 meal a day Replace 2 with Meal Shakes. Add Veggies with Meal Shake. Snacks: Fruit - Ladies 1, Men & Kids 2, Veggies. Drink fluid Get Active. Take Caps 1/2 an hour before Bedtime.	
								5 6 7 8			
								9 10 11 12			
								13 14 15 16			
Option 2	Do not skip Protein		Fruit		Veggies Protein Fat	Veggies		1 2 3 4			
								5 6 7 8			
								9 10 11 12			
								13 14 15 16			
Option 3	Do not skip Protein		Fruit			Veggies	Veggies Protein	1 2 3 4			
								5 6 7 8			
								9 10 11 12			
								13 14 15 16			
Weight Loss: Eat 1 Meal & Replace 2 with Meal Shake, add extra Veggies.											





Pensioners Pack[®]





ONE MEAL SHAKE Chart[®]

	First ½ Hour Break your Fast	Caps	Snack	4 Hours Brunch	8 Hours Lunch	Snack	12 Hours Dinner	12 Hours Fluid	Caps	Weight
Option 1	Do not Skip Protein		Fruit	Veggies Protein Fat Carb	Veggies	Veggies		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Take Caps after Protein, ½ an hour before Brunch. Eat 1 meal a day Replace 1 with Meal Shake. Add Veggies with Meal Shake, & 1 with Veggies.
Option 2	Do not Skip Protein		Fruit		Veggies Protein Fat	Veggies	Veggies	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Snacks: Fruit – Ladies 1, Men & Kids 2, Veggies. Get Active, Drink Fluid.
Option 3	Do not Skip Protein		Fruit	Veggies		Veggies	Veggies Protein	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Take Caps ½ an hour before Bedtime.

Weight Loss: Eat 1 Meal & Replace 2 = 1 with Meal Shake & 1 with Veggies.





Meal + Single Products®



TenaZ ONE MEAL SHAKE Chart®										
	First 7 ¹ / ₂ Hour Break your Fast	Caps	Snack	4 Hours Brunch	8 Hours Lunch	Snack	12 Hours Dinner	12 Hours Fluid	Caps	Weight
Option 1	Do not Skip Protein		Fruit	Veggies Protein Fat Carb	Veggies	Veggies		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Take Caps after Protein, 1 ¹ / ₂ an hour before Brunch. Eat 1 meal a day Replace 1 with Meal Shake. Add Veggies with Meal Shake, & 1 with Veggies.
Option 2	Do not Skip Protein		Fruit		Veggies Protein Fat	Veggies	Veggies	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Snacks: Fruit = Ladies 1, Men & Kids 2, Veggies. Get Active, Drink Fluid. Take Caps 1 ¹ / ₂ an hour before Bedtime.
Option 3	Do not Skip Protein		Fruit	Veggies		Veggies	Veggies Protein	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		

Weight Loss: Eat 1 Meal & Replace 2 = 1 with Meal Shake & 1 with Veggies.



Single Products[®]

TenaZ		NODIET Chart®											
	First 1/2 Hour Break your Fast	Caps	Snack	4 Hours Brunch	8 Hours Lunch	Snack	12 Hours Dinner	12 Hours Fluid				Caps	Weight
Option 1	Do not skip Protein		Fruit	Veggies Protein Fat Carb	Veggies	Veggies	Veggies	1 2 3 4	5 6 7 8	9 10 11 12	13 14 15 16		Take Caps after Protein, 1/2 an hour before Brunch. Eat 1 meal a day Replace 2 with Veggies.
Option 2	Do not skip Protein		Fruit	Veggies	Veggies Protein Fat	Veggies	Veggies	1 2 3 4	5 6 7 8	9 10 11 12	13 14 15 16		Snacks: Fruit = Ladies 1, Men & Kids 2. Veggies. Drink fluid Get Active.
Option 3	Do not skip Protein		Fruit	Veggies	Veggies	Veggies	Veggies Protein	1 2 3 4	5 6 7 8	9 10 11 12	13 14 15 16		Take Caps 1/2 an hour before Bedtime.
Weight Loss: Eat 1 Meal & Replace 2 with Veggies.													





Healthy Weight Pack[®]



TenaZ [®] HEALTHY WEIGHT Chart [®]											
	First 1/2 Hour Break your Fast	Caps	Snack	4 Hours Brunch	8 Hours Lunch	Snack	12 Hours Dinner	12 Hours Fluid	Caps	Weight	
Option 1	Do not Skip Protein		Fruit	Veggies Protein Fat Carb	Veggies Protein Fat	Veggies		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		Take Caps after Protein, 1/2 an hour before Brunch. Eat 2 meals a day Replace 1 with Meal Shake or Veggies. Snacks: Fruit - Ladies 1, Men & Kids 2, Veggies. Drink Fluid Get Active. Take Caps 1/2 an hour before Bedtime.	
Option 2	Do not Skip Protein		Fruit	Veggies Protein Fat Carb	Veggies Protein Fat	Veggies	Veggies	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16			
Option 3	Do not Skip Protein		Fruit	Veggies	Veggies Protein Fat	Veggies	Veggies Protein	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16			

Weight Control: Eat 2 Meal & Replace 1 = 1 = with Meal Shake or Veggies.





Packs contain the following

Dysfunctional

Was R4600
SAVE R750

NOW R3850

NODIET© Method

TWO MEAL SHAKE CHART

No Thank You

2 Meals p/d

Detox

Good Morning

Good Night

Fat Attack

1 Booster

Extreme

Was R3400
SAVE R550

NOW R2850

NODIET© Method

TWO MEAL SHAKE CHART

No Thank You

2 Meals p/d

Detox

Good Morning

Good Night

Fat Attack

1 Booster

Starter

Was R1900
SAVE R250

NOW R1650

NODIET© Method

TWO MEAL SHAKE CHART

No Thank You

2 Meals p/d

Detox

Good Morning

Good Night

Fat Attack

1 Booster

Pensioner

Was R1450
SAVE R200

NOW R1250

NODIET© Method

ONE MEAL SHAKE CHART

No Thank You

1 Meal p/d

Detox

Good Morning

Good Night

Fat Attack

1 Booster



Time Calculator[©]

TIME CALCULATOR	
7kg or more	6kg and less
15kg Dysfunctional Pack 10kg Extreme Pack 7kg Starter Pack	6 kg Pensioner Pack Products with Meal Shake Products without Meal Shake
FORMULA	
Weight to lose /10 = months e.g. 10kg/10 = 1 month 1x 30 = 30 days + 1 month Weight Pack	Weight to lose /6 = months e.g. 10kg/6 = 1.6 months 1.6 x30 = 48 days + 1 month Weight Pack
Use Healthy Weight Pack to Shape, Tone & Stabilise weight! For 10kg lost, use 1 month Healthy Weight Pack! Healthy Weight Pack - 1 Meal Shake + 1 Fat Buster	