



NODIET© Method:

- Please study the NODIET eBook, Method and use the Food Chart that suits your program.
- Results will be seen in 2 weeks!

WEIGHT INN:

Weigh yourself once every 2 weeks, early in the morning with an empty bladder. Please update us every 2 weeks. We can only help you, if you contact us!

DO YOU HAVE THE FOLLOWING, TALK TO US:

- Negative Mindset
- Too much Stress
- Too little Sleep
- Not Active at all. Start Walking!
- Don't use any products.

BEHAVIOR:

Sugar and Alcohol are empty calories and spike your Blood Sugar Levels; this makes you hungry. If you are constantly hungry, it means your body doesn't tap in on your Fat Reserves for energy! Watch what you are eating and focus on cutting out HIDDEN Sugars.

Read Food Labels

- Portion size and calories.
- Sugar.
- Fat.
- Ingredients.

CHEMICAL:

- Do you get tired? Use our [GOOD MORNING](#) Capsule to feel on top of the world all day long.
- Sleep 7 hours a night, in a dark room. This will balance your Day and Night hormones and speed up your Resting Metabolism. If you battle to sleep, please take our [GOOD NIGHT](#) Capsules for deep sleep and better weight loss results!
- Spend 15 min in the sun.
- Are you sick, when you are not healthy, weight loss is impossible, Fight of Flight Mode is turned on.
- What Chronic Medication do you take?

Did you take any flu medicine during this time – contains sugar and alcohol.

Some medicine triggers weight gain due to hormonal imbalances caused. Or contains sugar!

Stress triggers the hormone Adrenalin, which gets converted by your liver to Cortisol.

Use our [DETOX](#) to remove Cortisol and the Stress Capsule to feed your adrenals.

HORMONAL:

CORTISOL: Stimulates your fat and carbohydrate metabolism, creating a surge of energy in your body. While this process is essential for survival situations, it also increases your appetite. Additionally, elevated cortisol levels can cause cravings for sweet, fatty, and salty foods. Take the [STRESS](#) Fat Attack.

INSULIN: Regulates how the body absorbs sugar, also known as glucose. The weight gain can be frustrating. Take the [ALL OVER](#) Fat Attack.

ESTROGEN: High levels of oestrogen in the body can irritate the cells that produce insulin in your body, making you insulin resistant and blood sugar levels rise, leading to weight gain. Low levels of oestrogen can also cause a very stubborn type of weight gain. Take the [BOTTOM](#) Fat Attack.

LEPTIN/GHERILIN: Ghrelin and leptin are two of many hormones that control your appetite sense of fullness. Take the [GOOD MORNING](#) & [GOOD NIGHT](#) for better sleep, faster metabolism and more energy.

LIMITED BUDGET:

Get your Fat Attack Capsule, take one Capsule in the morning and one Capsule at bedtime. Follow the NODIET Method and see how your Big Fat Deposits melt away!

HOW TO EAT:

GENERAL:

Get rid of all unhealthy fattening foods and drinks in your house.
Never binge eat or drink, rather enjoy the food you eat without any guilt.
There are no forbidden foods or drinks!

- Please use the NODIET Method Plate Rules: Portion, Time, and Food Combination Rules when you eat your Meal.
- Stive to eat at least 1 fruit a day.
- Remember you are allowed 9 cups of Free Veggies.
- Use the Fluid Calculator to know how much fluid you need to consume for optimal Health – Take your Body Weight/10 = Glasses of Fluid.

FOOD CONTROL:

Follow the [TenaZ NODIET Method](#). Use the [TENAZ MEAL SHAKE](#) it contains all the nutrients you need for MAXIMUM Weight Loss Results. Save Calories and prevent Starvation during weight loss.

When you replace a meal, enjoy extra Free Veggies if you are hungry.

If you need more Self-Control, get our [NO THANK YOU](#) capsule and take 1 capsule ½ an hour before Breakfast and 1 capsule ½ an hour before Lunch for the first 4 days of your program. Thereafter for the first 4 days – only when you need it!



FOOD CHARTS:

Please use the correct Food Chart for your TenaZ:

- **TWO MEAL SHAKE CHART** – Dysfunctional, Extreme, Starter Packs.
- **ONE MEAL SHAKE CHART** – Pensioner Chart.
- **NODIET CHART** – Single Products or No Products.
- **HEALTHY WEIGHT CHART** – Sustain Healthy Weight.
- **YOUR FOOD CHART** – Complete this Chart and send with WhatsApp to your Agent.



TWO 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		1	2	3	4		Take Caps after Protein, ½ 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 ½ 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.



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		<table><tr><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td></tr></table>	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. Snacks: Fruit – Ladies 1, Men & Kids 2. Veggies.
1	2	3	4																							
5	6	7	8																							
9	10	11	12																							
13	14	15	16																							
Option 2	Do not Skip Protein		Fruit		Veggies Protein Fat	Veggies	Veggies	<table><tr><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td></tr></table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		
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13	14	15	16																							
Option 3	Do not Skip Protein		Fruit	Veggies		Veggies	Veggies Protein	<table><tr><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td></tr></table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		Get Active. Drink Fluid. Take Caps ½ an hour before Bedtime.
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.




NODIET 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	Veggies	1	2	3	4		Take Caps after Protein, ½ an hour before Brunch. Eat 1 meal a day Replace 2 with Veggies. Snacks: Fruit – Ladies 1, Men & Kids 2. Veggies. Drink fluid Get Active. Take Caps ½ an hour before Bedtime.
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		
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		
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		

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



HEALTHY WEIGHT 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 Protein Fat	Veggies		1	2	3	4		Take Caps after Protein, ½ 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 ½ 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 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.



YOUR WEIGHT Chart®

	First ½ Hour Break your Fast	Caps	Snack	4 Hours Brunch	8 Hours Lunch	Snack	12 Hours Dinner	12 Hours Fluid				Caps	Weight
DAY 1	Do not Skip Protein							1	2	3	4		
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		
DAY 2	Do not Skip Protein							1	2	3	4		
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		
DAY 3	Do not Skip Protein							1	2	3	4		
								5	6	7	8		
								9	10	11	12		
								13	14	15	16		

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



30kg



20kg

