



# NODIET Method<sup>®</sup>

**Family-friendly weight loss that's  
SOCIAL and SUSTAINABLE.**

At TenaZ, you are unique – so are your **Portion Sizes**. Use your **hand** as your portion guide – no food scale or calorie counting needed.

Enjoy all the **Food Groups** and build a lifestyle that works for you and your family.

# Food Groups

## Fluids



## Veggies



## Proteins



## Fats



## Carbs



A healthy eating plan includes a variety of **nutrient-rich foods** from **all the Food Groups**. It also allows for a **treat** now and then. Below, each Food Group is described with examples. These guidelines help you build healthy habits with recommended daily amounts.

**Don't do anything you're not willing to do for the rest of your life!**  
Enjoy the same food as your family—cook **healthy family meals** together.

**Please note you can have any food! The foods listed here are just good options.**



# Fluids

Do not drink any Fluids  
½ an hour before,  
during, or after Meals.

Digestive enzymes  
are more effective  
– food is digested  
much more easily.  
Absorption is much  
better.

Balance Ghrelin  
and Leptin levels –  
your brain registers  
food much more  
easily.  
No more Hunger!

## FLUID CALCULATOR

Body weight ÷ 10 = the  
number of 250ml glasses  
of Fluids you may drink  
per day.

Spread your Fluids  
throughout the day.

Strive to finish your  
Fluids within the  
first 12 hours of  
your day.

You are allowed  
more Fluids after  
the first 12 hours of  
your day, but only if  
needed.

## A WATER LILY stands in the water.

Water is the best  
Fluid for the  
ultimate weight  
loss results!

If you want to be  
thin, you need to  
drink the Water  
your body needs to  
remove waste  
during the **fat-  
burning** process.

## A CACTUS can survive with little water.

A cactus is plump  
and fat to preserve  
Water for the  
drought.

Your body goes into  
**fat-storing** mode  
if you do not drink  
enough Water.

**Water – 1<sup>st</sup> Prize!**



# Fluid Sources

## Coffee & Tea

Caffeine is a natural appetite suppressant, but it can cause insomnia and increase stress levels.

Limit to 4 cups per day. If you need more, use caffeine-free versions.

Use diet sweeteners and fat-free milk.

## Cold Drink

Replace water with flavoured water, sparkling water or add fresh fruit for flavour and colour.

Drink homemade iced tea. Mix water with "Drink-O-Pop," "Sweet-O," or "Low-Cal."

Diet fizzy drinks such as Coke Zero, Sprite Zero and Fanta Zero are allowed – up to 4 glasses per day.

## Alcohol

**Slows down your results.**  
For the best results:  
**DO NOT DRINK!**

Ladies are allowed 1 drink per day & Men 2.

Do not "save" a whole week's worth of drinks for one day.

**Do not binge drink!**

**Other Fluids – 2<sup>nd</sup> Prize!**



# Veggies



## FUNCTION

Veggies clean your digestive tract – like a tiny, invisible broom!

Cellulose binds with fat. It reduces fat absorption, slows down digestion and lowers the Glycaemic Index (GI) of food.

## RAW RULE

The rule is: **if you can eat it raw**, the Carb content is low enough to count as a Veggie.

Eat it raw or use any cooking method. You can boil it, stir-fry it or even make a soup.

**Beetroot, potato, butternut, and pumpkin are Carbs - you cannot eat them raw!**

## 9 CUPS

Eat **AT LEAST 3 cups per Main Meal!**

Broccoli and spinach are the best choices.

Cabbage, carrots and salad are easy to eat.

**Veggies help you feel full & control your appetite.**

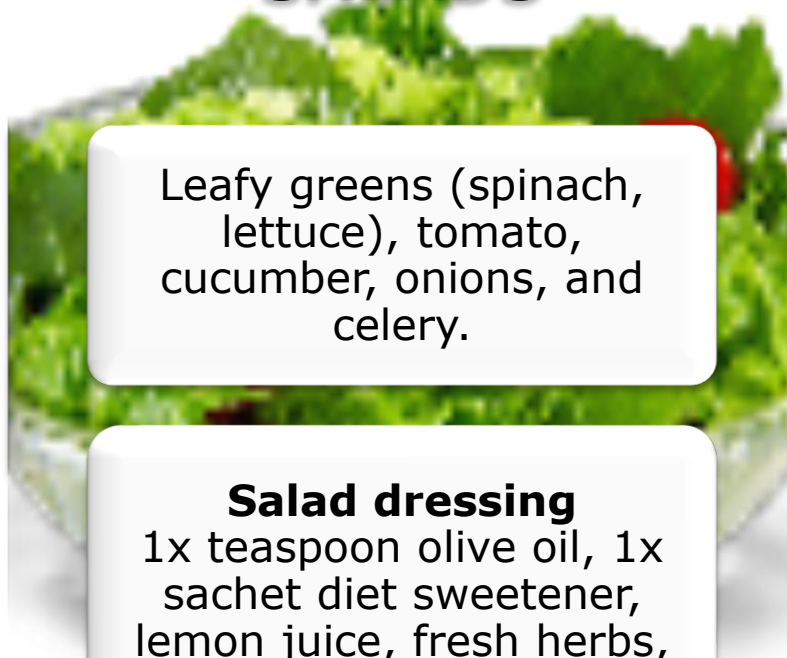


# Veggie Sources

## VEGETABLES

Mushrooms, baby marrow, gem squash, carrots, broccoli, cauliflower, green beans, spinach, brussels sprouts, cabbage, eggplant, asparagus and red-, green- and yellow peppers.

## SALADS



Leafy greens (spinach, lettuce), tomato, cucumber, onions, and celery.

### **Salad dressing**

1x teaspoon olive oil, 1x sachet diet sweetener, lemon juice, fresh herbs, salt and pepper.

## SOUP

You can mix Veggies and Salad to cook home-made soup.

Cup-a-Soup can be enjoyed when you are hungry - 1 packet per day.

Watch out for excess calories in salad dressings. A good tip is to keep your dressing separate and simply dip your fork into the dressing before each bite of salad.

**Always fill your plate with Veggies before adding other Food Groups.**

# Proteins

## FUNCTION

Boosts energy levels, protects and builds muscle and supports cell repair.

Combats hunger and boosts metabolism.

## RULES

**1 per Meal.**

Don't mix Proteins – eat only one type at a time.

Choose lean cuts - remove all fat and skin.



## OPTIONS

1<sup>st</sup> Fish

2<sup>nd</sup> Game

3<sup>rd</sup> Chicken & Turkey

4<sup>th</sup> Ostrich

5<sup>th</sup> Veal

6<sup>th</sup> Beef

7<sup>th</sup> Pork & Lamb

**Processed meat contains preservatives, saturated fat and salt – limit or avoid it.**



# Protein Sources

## Egg

Best Protein to use.

**1 for Ladies.**

**2 for Kids.**

**3 for Men.**

## Dairy

Yoghurt, milk and cottage cheese.

Use fat- and sugar-free products during weight loss.

**1 cup.**

## Meat

Fish, game, chicken, turkey, ostrich, veal, beef, pork and lamb.

Biltong, drywors and chilli bites. High salt – fluid retention!

**Cupped Handpalm.**

**Size & Thickness of your Handpalm.**

## Plant

Last option. Bottom Fat Attack should avoid soy!

Chickpeas, lentils, beans and tinned baked beans.

**1 cup.**

**Proteins are the building blocks of all your body cells!**



# Fats



## FUNCTION

Delays gastric emptying.  
Fat is necessary to absorb  
fat-soluble vitamins:

**A, D, E & K.**

Add 1 teaspoon of flaxseed  
or coconut oil/butter to all  
Salads and Vegetables to  
boost weight loss and  
naturally control hunger.

## GOOD - PLANT

¼ Avocado, 5x olives, 10x  
nuts.

1 Tablespoon: macadamia,  
coconut, olive, hemp, MCT,  
flaxseed, canola or  
sunflower oil.

2 Tablespoons: pumpkin,  
flax and sesame seeds.

## BAD - ANIMAL

The Fat on meat, butter,  
lard and cheese.

**Warning:** Animal fat  
contributes to visceral fat  
– a major cause of chronic  
lifestyle diseases.

**Remove all visible Fat. Do not add extra Fat to your food!**



## Function

Energy for the brain.  
Fuel for the muscles.  
Mood stabiliser.

Hard fruits contain less  
sugar than soft or tropical  
fruits.

## Starchy Vegetables

Pumpkin, white potato,  
sweet potato, butternut,  
beetroot, corn and peas.

## Fruit

Whole fresh fruits are  
best, but half a glass of  
100% fruit juice also  
counts as a fruit.

When buying frozen,  
canned or dried fruit,  
choose options that are  
lowest in added sugar.



# Carb Sources

## Rice

Basmati, brown rice, barley, couscous and quinoa.

**1 handful**  
**1 portion**

## Pasta

Wholewheat pasta.

**1 handful**  
**1 portion**

## Bread

Seed loaf, brown bread, sourdough bread and wraps.  
Strive to eat wheat-free rye bread.

**1 slice**  
**1 portion**

## Cereal

All Bran Flakes, Wheat-Bix, ProNutro and Oatmeal.

Be careful of sugar, wheat and soy.

**1 handful**  
**1 portion**

**Don't waste your hard work – skip fattening treats!**



# Food Preparation

## **Cooking Methods:**

Boil, steam, bake, grill, stir-fry, pressure cook, use a microwave or an air fryer.

Avoid deep-fried foods.

Use as little oil as possible or replace it with Spray & Cook.

## **Dried Herbs & Spices:**

Pepper, vinegar, curry powder, Coleman's English mustard, thyme, rosemary, parsley, cinnamon, red- and green chilli, etc.

## **Fresh Herbs & Spices:**

Fresh herbs are always more flavourful and lower in calories – like ginger, tarragon, oregano, garlic, etc.

## **Use in moderation:**

Commercial seasonings may contain hidden sugars and artificial flavourings.

For better results, avoid store-bought condiments like ready-made salad dressings, sauces and jams.

## **Condiments:**

High in salt and sodium may cause fluid retention, while those with added sugar can be converted to fat when your body doesn't use it for energy.

- ✓ Never shop when you're hungry – always go with a list to avoid impulse buys.
- ✓ Don't buy unhealthy, ready-to-eat foods. If it's not in the house, you can't eat it.
- ✓ Eat the same meals as your family – just choose your portions wisely with the NODIET Method.
- ✓ Keep your meals exciting – don't eat the same thing every day. Enjoy preparing healthy food.
- ✓ Choose fresh, raw, and unprocessed foods rather than refined or processed items.

**Eat to live, not live to eat!**



# NODIET Method<sup>©</sup>



**TIME** is the big **SECRET!**





# Time Control



## Break your Fast

### WAKE UP

Make a note of the time.

Your **12-hour** eating window starts now.

### START EATING

Eat a Protein within the first **½ hour**.  
Protein activates your slow metabolism.



## Start your Fast

### FINISH UP

Make a note of the time.

Your **12-hour** fast starts now.

**STOP EATING**  
**4 hours** before **Bedtime**.



# NODIET Method<sup>®</sup>



**SUSTAINABLE LIFESTYLE**





Monitor your daily routine with your TenaZ Day Card.

**DYSFUNCTIONAL RANGE**

Fill the gaps in your weight loss plan for maximum results.



# TenaZ Day<sup>®</sup>

<p><b>BREAK YOUR FAST</b></p> <p><i>First ½ hour.</i></p> <p>Eat a Protein the size &amp; thickness of your Handpalm.</p> <p>Protein activates your metabolism.</p> <p><i>Don't eat anything else with your Protein.</i></p>	<p><b>CAPSULES</b></p> <p><i>½ hour before Breakfast.</i></p> <p>Always take your capsules with a glass of water.</p> <p>Only take the capsules that apply to you.</p> <ul style="list-style-type: none"> <li>• 1 No Thank You</li> <li>• 1 Good Morning</li> <li>• 1 Fat Attack</li> <li>• 1 Fat Buster</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• Top/Bottom/All Over/Stress = Fat Attack.</li> <li>• Top/Bottom/All Over can be combined with Stress.</li> </ul>	<p><b>FRUIT</b></p> <p><i>First 4 hours.</i></p> <p>Any Fruit of your choice. Switch Fruit with a Treat Snack.</p> <p>Ladies: 1 Men &amp; Kids: 2</p>	<p><b>Choose &amp; EAT 1 MEAL with friends and family.</b></p>			<p><b>CAPSULES</b></p> <p><i>½ hour before Bedtime.</i></p> <ul style="list-style-type: none"> <li>• 2 Detox</li> <li>• 1 Good Night</li> <li>• 1 Fat Attack</li> </ul>
	<p><b>BREAKFAST</b></p> <p><i>First 4 hours.</i></p> <p>3 c Veggies 1 Protein 1 Fat 1 Carbohydrate</p> 	<p><b>LUNCH</b></p> <p><i>First 8 hours.</i></p> <p>3 c Veggies 1 Protein 1 Fat</p> 	<p><b>DINNER</b></p> <p><i>First 12 hours. No food 4 hours before Bedtime.</i></p> <p>3 c Veggies 1 Protein</p> 	<p><b>REPLACE 2 with SHAKE &amp; VEGGIES or JUST VEGGIES.</b></p>		
	<p><b>TenaZ Shake &amp; 3 c Veggies</b></p> 		<p><b>3 c Veggies</b></p> 			
<p><b>FLUIDS</b></p> <p><i>First 12 hours.</i></p> <p>Body weight ÷ 10 = 250ml glasses per day.</p> <ul style="list-style-type: none"> <li>• Drink your Fluids in the first 12 hours of your day.</li> <li>• No Fluids ½ hour before, during, or after meals.</li> <li>• Spread it evenly throughout your day.</li> </ul> <p><b>Alcohol:</b> Ladies 1, Men 2 drinks.</p>						



# Dysfunctional Range



## GET EVERYTHING YOU NEED TO SUPPORT EFFECTIVE FAT LOSS

**FOOD CONTROL: NODIET METHOD** – Build a healthy, social Lifestyle without strict dieting. **SHAKE** – Supports balanced Nutrition & restore Balance without starving. **NO THANK YOU** – Gain Self-control & helps Reduce Overeating.

**METABOLIC REPAIR: DETOX** – Supports healthy Digestion, **GOOD MORNING** – Promote Fat-burning (Catabolism) & helps boost Energy. **GOOD NIGHT** – Improves deep Sleep, build Lean Muscle, repair & recovery of cells (Anabolism).

**FAT ATTACKS:** Target Stubborn Fat Deposits – Choose **TOP, BOTTOM, ALL OVER** or **STRESS**.

**BOOSTER: FAT BUSTER** – Kick-starts weight loss, supports Momentum, helps break through the Plateau phase and promotes a Slimmer, more Toned appearance.



# Disclaimer

TenaZ Products are designed to support a healthy lifestyle and balanced nutrition. Results may vary between individuals and depend on adherence to the TenaZ NODIET Method and lifestyle choices.

## **Important Information**

Weight loss support: [diethotline@tenaz.co.za](mailto:diethotline@tenaz.co.za)

If you suffer from a chronic medical condition or are taking prescription medication, consult your healthcare practitioner before using this Product.

Discontinue use of this Product at least two weeks prior to any planned surgical procedure.

Pregnant and breastfeeding women should avoid using this Product.

## **Regulatory Notice**

TenaZ is a foodstuff and has not been evaluated by the South African Health Products Regulatory Authority (SAHPRA) for its safety, quality or intended use.

This product is not intended to diagnose, treat, cure or prevent any disease.

Category D: Complementary Medicines – Discipline-Specific Traditional: 33.7 Combination Product.

*T's & C's apply.*

*TenaZ maintains a strict non-refund policy.*

*Prices are subject to change without prior notice.*