



NODIET Method[®]

Food Groups

Fluids

Veggies

Proteins

Fats

Carbs

Portion Control

Weight /10
= Glasses

9 Cups

Hand palm

Thumb

Fist

Time Control

Break
Fast

Brunch like a
King

Lunch like a
Prince

Dinner like a
Pauper

Start
Fast

TenaZ FOOD Chart [®]									
	Break Fast	Cups	Brunch	Fruit	Lunch	Dinner	Fluid	Cups	Weight
DAY 1							1 2 3 4 5 6 7 8 9 10 11 12		
DAY 2							1 2 3 4 5 6 7 8 9 10 11 12		
DAY 3							1 2 3 4 5 6 7 8 9 10 11 12		

Complete and email to diethotline@tenaz.co.za



WEIGHT LOSS:
Eat 1 meal.
Replace 2 meals.

HEALTHY WEIGHT:
Eat 2 meals.
Replace 1 meal.

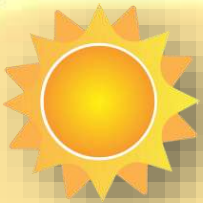




Time Control

24 Hour Timeline

12 Hours Food



Break your Fast

WAKE UP

Make a note of the time.

Your day with food starts now for the next
12 hours.

START EATING

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

12 Hours Fasting



Start your Fast

FINISH UP

Make a note of the time.

Your day with food stops now for the next
12 hours.

STOP EATING
4 hours before Bedtime.

Food Groups

Fluids



Veggies



Proteins



Fats



Carbs



A healthy eating pattern includes a variety of nutrient-rich foods from all the food groups. It allows for the occasional treat. Each of the food groups is described below with examples. The guidelines provide eating habits with recommended quantities for daily consumption.

- ✓ Do not do anything you are not willing to do for the rest of your life!
- ✓ Please enjoy the same food as the rest of your family - cook healthy family meals together.
- ✓ Be careful: low-fat foods can be high in added sugar!
- ✓ Read your food labels to avoid hidden sugars and fats. Be cautious – high kilojoule content slows weight loss down.

Please note you can have any food! The foods listed here are the best options.



Fluids

Strive to drink no Fluid $\frac{1}{2}$ an hour before, during and after meals.

Digestive enzymes are more effective - food get digested much easier.

Absorption is much better.

Balance Ghrelin and Leptin levels - your brain register food much easier.
No more Hunger!

FLUID CALCULATOR

Bodyweight $\div 10$ = the amount of 250ml glasses of Fluid you may drink.

Spread your Fluid throughout the day.

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

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

A WATER LILY stands in the water.

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

If you want to be thin, you need to drink all the water your body needs to remove the waste material 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 water.

Water – 1st Prize!



Fluid Sources

Coffee & Tea

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

Do not drink more than 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 some fresh fruit for flavour and colour.

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

Fizzy drinks such as Soda Water, Coke Zero, Sprite Zero and Fanta Zero are allowed.

Alcohol

Slows down your results! – for the best results, **DO NOT DRINK!**

Ladies are allowed 1 drink.
Men 2 drinks per day.

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

Do not "Binge" drink!

Other Fluids – 2nd Prize!



Veggies



FUNCTION

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

Cellulose binds with fat. Lowers fat absorption, slows down digestion and lowers the Glycemic Index (GI) of food.

RAW RULE

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

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

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

9 CUPS

Choose **AT LEAST 3 cups per main meal!**

Broccoli and spinach are the best choices.

Cabbage, carrots and salad are easy to eat.

Look Great – Feel Wonderful!

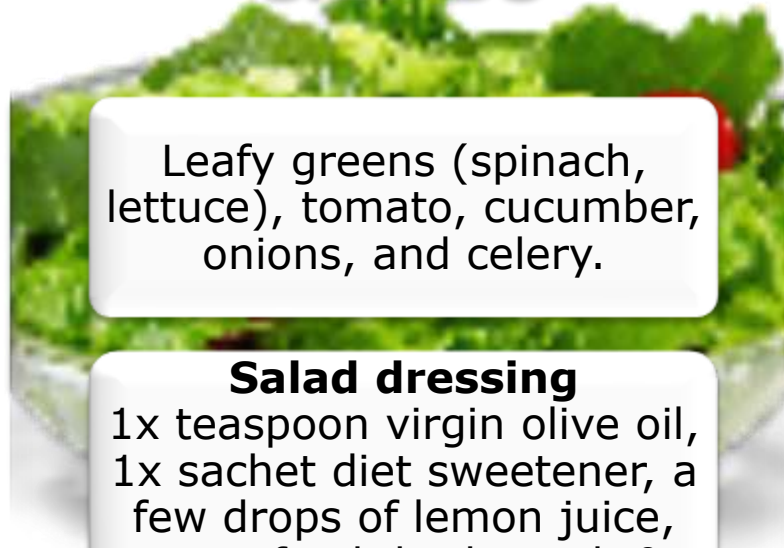


Veggie Sources

VEGETABLES

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

SALADS



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

Salad dressing

1x teaspoon virgin olive oil,
1x sachet diet sweetener, a
few drops of lemon juice,
some fresh herbs, salt &
pepper.

SOUP

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

Quick diet 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!



Proteins

FUNCTION

Boost energy levels,
protect and build muscle,
and support cell repair.

Combats hunger and
boosts metabolism.

RULES

1 per meal!

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

Lean cuts - remove all fat
and skin.

OPTIONS

1st Fish

2nd Game

3rd Chicken & Turkey

4th Ostrich

5th Veal

6th Beef

7th Pork & Lamb



Weigh yourself, once every 2 weeks, naked, every morning after using the restroom, before eating or drinking anything for the day. Complete your Food Chart daily & WhatsApp your TenaZ Team Member every 3rd day.

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



Protein Sources

Egg

Best Protein to consume.

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
1 portion**

Meat

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

30g Biltong is a snack!

Remove skin and fat. Always choose LEAN meats!

**Size & thickness
of your palm
1 portion**

Plant

Last option. Bottom Fat Attack should avoid Soy!

Chickpeas, lentils, beans & tinned baked beans.

**1 cup
1 portion**

Use your Food Chart to stick to your Eating Habits to lose weight. You're more likely to go through the Drive-Thru if you don't plan your meals out in advance!

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
pains.

GOOD - PLANT

Olive, canola, sunflower,
flaxseed, sesame and
peanut oil.

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

¼ Avocado, 5 x olives, 10
x nuts.

2 Tablespoons: pumpkin,
flax, and sesame seeds.

BAD - ANIMAL

The Fat on a piece of
meat, butter, lard &
cheese.

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

Always strive to remove all visible fats, do not add extra fat to your food!



Carbs



Function

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

Hard fruits contain less
sugar than soft or tropical
fruit.

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 purchasing frozen,
canned or dried fruit,
choose options that are
lowest in added sugars.

- ✓ Be present in the moment when you eat.
- ✓ Don't do other things while eating – turn off the TV, don't talk on your phone, and put the magazine down.
- ✓ Only eat when you're truly hungry.
- ✓ Keep healthy snacks nearby and keep junk food out of your home.
- ✓ Stop eating immediately when you feel satisfied!

Limit your carb intake to lose weight faster!



Carb Sources

Rice

Basmati, brown rice, barley, couscous, and quinoa.

**1 handful
1 portion**

Pasta

Whole wheat 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**

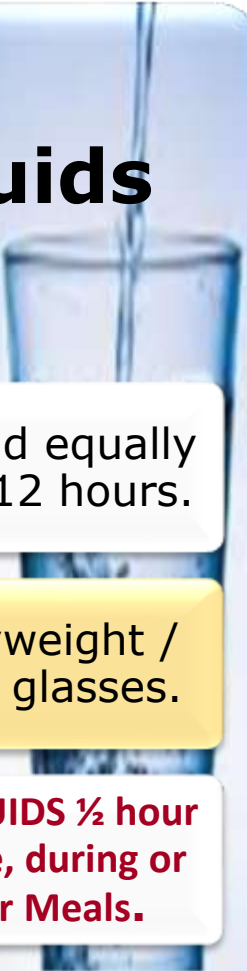
- ✓ Keep a Food Diary and make a note of the Time! Remember that you are worth it!
- ✓ Get active, start walking. If you are on the **Stress Fat Attack**, walk at least 45min per day to relax.
- ✓ Contact us on WhatsApp for support from your TenaZ Team Member.

Sweet Nothings aren't worth all your hard work - avoid Fattening Treats!



Portion Control

Fluids



Spread equally
First 12 hours.

Bodyweight /
10 = glasses.

**NO FLUIDS ½ hour
before, during or
after Meals.**

Alcohol
Ladies 1, Men 2
glasses per day.

Veggies



24 hours.

9 Cups per day.

3 x Brunch.
3 x Lunch.
3 x Dinner.

Proteins



First 12 hours.

Hand palm
thickness.

Break your
FAST.

1 x Brunch.
1 x Lunch.
1 x Dinner.

Fats



First 8 hours.

Thumb size.

1 x Brunch.
1 x Lunch.

Carbs



First 4 hours.

Fist size.

1 x Brunch.



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, garlic flakes, tarragon, thyme, rosemary, oregano, 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 – NoDiet Method.
- ✓ Keep your meals exciting – don't eat the same thing every day. Enjoy the process of preparing healthy food.
- ✓ Choose fresh, raw, and unprocessed foods rather than refined or processed items.

Eat to live, not live to eat!



Food Combinations

Meals



BRUNCH like a KING

3 Veggies, 1 Protein, 1 Fat & 1 Carb.



LUNCH like a PRINCE

3 Veggies, 1 Protein & 1 Fat.



DINNER like a PAUPER

3 Veggies & 1 Protein.

Snack



FRUIT

Ladies 1, Men & Kids 2, first 4 hours.



POWER SNACK

Veggies & 1 Protein if you get tired, battle with blood sugar levels or are Diabetic.



TREAT SNACK

Once a Week, first 4 hours.

NO FLUID ½ an hour before, during and after food!

WEIGHT LOSS: Eat one meal. Replace 2 with Veggies or a Shake & Veggies.

HEALTHY WEIGHT: Eat two meals. Replace 1 with Veggies or a Shake & Veggies.



Secret to Success

Switch "Fat Store Mode" off & Start "Fat Burn Mode"

ALL YOU NEED IS WALKING SHOES, NAIL POLISH AND 5 MINUTES!

Start - Walk from a recognizable landmark every day.
Walk or run as fast as you can for 5 minutes.
You NEED to sweat to get RESULTS!

Stop - Make a mark on the pavement with nail polish.
Turn around and follow the same route home.
Walk slowly to cool down.

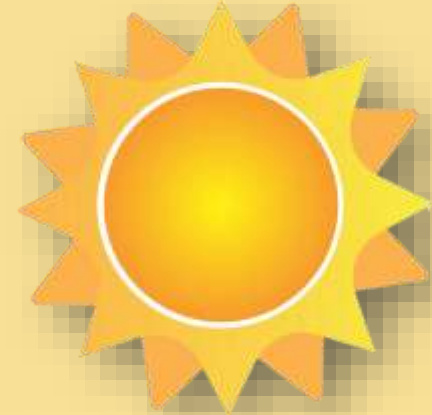
Repeat this twice a day.

As your fitness level improves, your distance will improve.

STRESS: Walk continuously for 45 minutes - calmly, 5 days a week.

Take your Before Picture and WhatsApp it to your TenaZ team Member.
Take pictures every month and see your progress.
It's never too late to lose weight - you can start with your next meal.
One meal at a time, one day at a time - you will lose your weight!

15 min in the sun



Sleep 8 hours





Results

Ultimate Weight loss?

- Fast 4 hours between main meals. This helps to balance your Leptin (decreases hunger) & Ghrelin (increases hunger) levels. The more body fat you have, the more Leptin resistant you will be.
- Do not eat Snacks! You are already carrying your food on your body.
- Enjoy Brunch using the NODIET Rules. Simply replace Lunch & Dinner with your Shake mixed with water or fat free milk. If you do not have the Shake, replace Lunch & Dinner with Veggies.
- Stop eating 4 hours before Bedtime!
- Avoid alcohol, wheat, soy & sugar as far as possible.
- Get active! Movement accelerates your progress.

Hungry?

- Drink a glass of water (if you are hungry, most times it's because your body is dehydrated). Wait 20 minutes, go for a walk or phone a friend.
- If you still feel hungry, have an extra Shake with yogurt & Veggies.
- Eat as many Vegetables & Salads as you like – they are unlimited! Carrots work best!
- Eat a boiled egg or a lean Protein with your Shake for extra fullness.

By following the NODIET Method, you will lose a lot of fat.

But you won't necessarily have a Great Looking Body. As you lose weight, your skin might not shrink fast enough - Use the **Fat Buster** for Lean Muscle Tone! Get a Great Body!



Healthy Weight or Holiday

What should I use when I reach Healthy Weight or take a Break?

- Follow the **NODIET Method**.
- Take the **Fat Buster** & Replace one meal per day with Veggies or the **Shake**.
- Use **Good Night** when you struggle to sleep.
- Add **Stress** if you have any Stress Symptoms - have a look at the website **STRESS Fat Attack** for symptoms.
- If you drink alcohol, take 2 **Detox** capsules.
- You need the TenaZ **Detox** once every 6 months to sustain a healthy digestive system.
- Strive to be as physically active as possible.
- Make takeout food an occasional treat, not a lifestyle!
- Use a small plate when you eat at social gatherings – it will help you to eat less.
- Don't eat in front of a screen (TV, computer etc.).
- Remember: alcohol, sugar, wheat, soy and animal fats all tend to block your "Fat Burn Mode" & activate your "Fat Store Mode".
- Drink plenty of Fluids - water is the best choice!
- Reward yourself with small, delicious treats - not food.

You don't have to be perfect – just consistent.

Every healthy choice counts.

You're doing this for your health, your energy, and your happiness.