



Enjoy Main Meals:

- ☐ Make the Best Food Choices from the specific food groups.
- ☐ Use healthy cooking methods.
- ☐ Make Takeout a "sometimes" treat.
- ☐ Use a small plate when you eat at a social gathering, it help you to Eat Less.
- ☐ Don't eat in front of a Glowing Screen.
- ☐ Remember: Alcohol, Sugar and Animal fats hinder Weight Loss.
- ☐ Track your progress with Food Dairy & Weight Loss Chart download at www.tenaz.co.za.
- ☐ Reward yourself with Pampering Treats, not Food.

***Stay in contact, we can support & motivate you.
Never Give Up***

Making small changes to your lifestyle can go a long way in seeing permanent results.



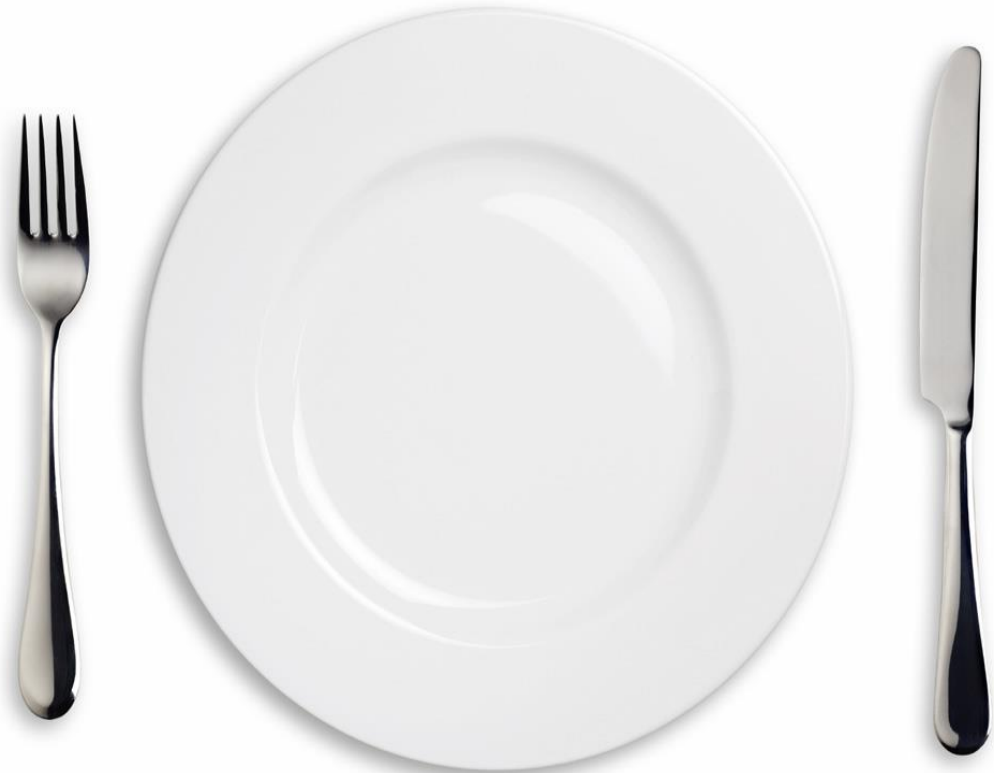
How to Eat

Rules:

Portion Control

Time Control

Food Control

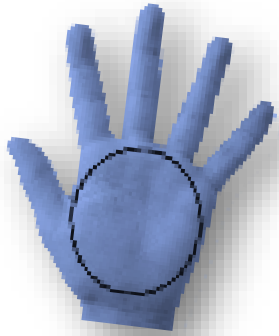




1-4 Main Meals

Please
Complete
your
FOOD DAIRY

Break your Fast



- ✓ NO FLUID with Food
- ✓ 1 Protein

Breakfast like a KING



- ✓ NO FLUID with Food
- ✓ Veggies
- ✓ 1 Protein
- ✓ 1 Fat
- ✓ 1 Carbs

Lunch a PRINCE



- ✓ NO FLUID with Food
- ✓ Veggies
- ✓ 1 Protein
- ✓ 1 Fat

Dinner like a PAUPER



- ✓ NO FLUID with Food
- ✓ Veggies
- ✓ 1 Proteins

Love Food Lose Weight - Healthy Meals on Autopilot!



0-2 Snack **Meals**

Mid-Morning



- ✓ NO FLUID with Food
- ✓ Veggies
- ✓ 1 Carb

Fruit is a Carb at TenaZ.

Females have 1 Fruit per day.

Males have 2 Fruits per day.

Treat only if Needed!



- ✓ NO FLUID with Food
- ✓ NO RULES! YOUR Choice!
- ✓ Before 11am.
- ✓ 1 Carb

Rather have a Treat than a Cheat!

Mid-Afternoon



- ✓ NO FLUID with Food
 - ✓ Veggies
 - ✓ You can add 1 Protein if you get tired in the afternoon for a POWERSNACK.
- Do not mix Proteins.

Healthy Snacks on Autopilot!



Portion Control

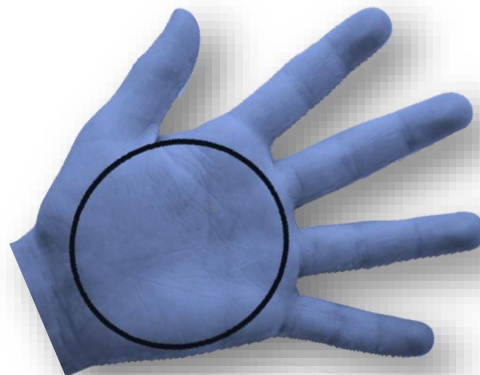
Fluids



Veggies



Proteins



Fats



Carbs



Max Results: Do Not take any Fluid when you Eat, it dilutes digestive enzymes.

- Water – $\text{Bodyweight} / 10 = 250\text{ml}$ glasses of Fluid
- Veggies 24/7, eat at least 3 Veggies per day
- Protein the size of your inner palm
- Fat the size of your thumb
- Carb the size of your fist



Food Line

2-4 Meals



Break the Fast



Balanced Brunch



Healthy Lunch



Early Dinner

Meals: Learn how to use our Portion, Time & Food Control Rules
Never have a second Portion. Avoid drinking Fluid when you eat!

Remember: Only Eat when you Hungry.

You will never Diet again. You are learning a Sustainable Healthy Eating Pattern to Enjoy your Food without any Guilt!

0-2 Snacks



Mid Morning Snack

or



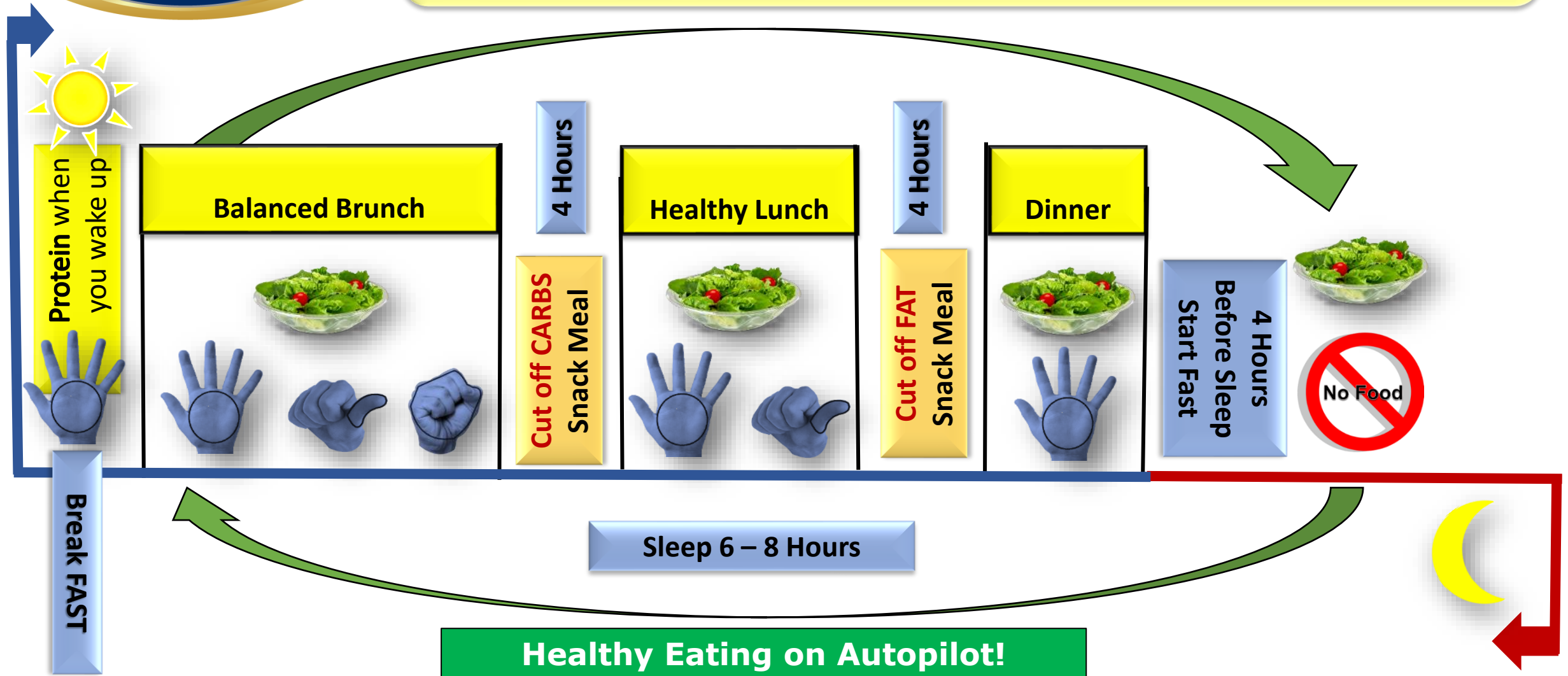
Afternoon Snack

Snacks: Only snack if you feel peckish! Never snack when you are Emotional or Bored! Change your Eating Habits NOW!

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Food Line





No more Dieting

Food Control

Behavior Modification

No Thank You

TenaZ Meal Replacement

Macho & Bikini
Shake

Simply replace
2 meals a day and
follow Behavior
Modification Program



Food Control



The **TenaZ** Way

How to Replace Meals:

Lose Weight: Replace any 2 main meals and eat 1 meal with your family.

Sustain Weight: Enjoy any 2 main meals and replace 1 meal with TenaZ.

- ✓ Replace Breakfast and Lunch with the TenaZ Meal Replacement.
 - ✓ Replace Lunch and Dinner with the Macho Man or Bikini Body Shake.
- This Method shortens your Eating Window to 8 hours. The more Meals you Replace, the faster you will lose your weight!*

***Stay in contact, we can support & motivate you.
Never Give Up!***



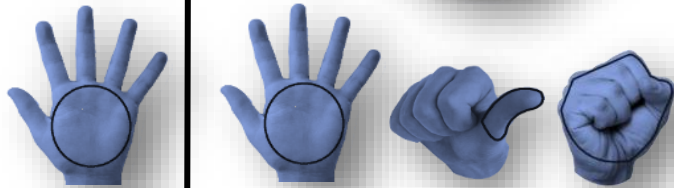
Replacing Meals is the Secret to Fast, Healthy Weight Loss!

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Eat a Meal **or** Replace

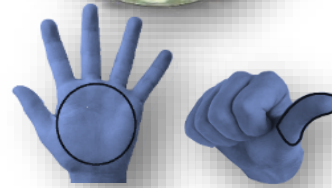
Protein when
you wake up

Balanced Brunch



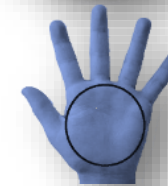
4 Hours

Healthy Lunch



4 Hours

Dinner



4 Hours before Sleep
Start Fast



Break FAST



Cut off CARBS
Snack Meal

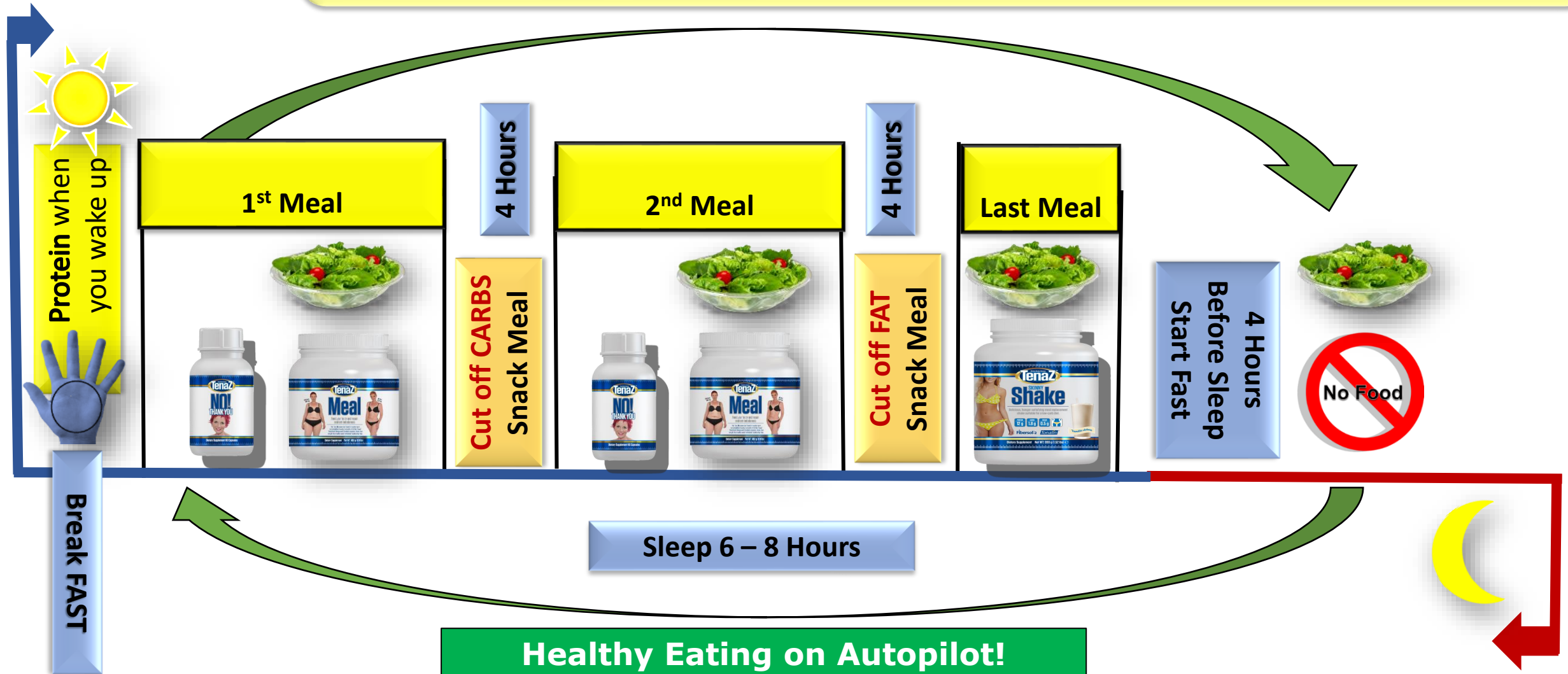


Cut off FAT
Snack Meal



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Female Replacement **Line**



TenazTM

Male Replacement **Line**



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Food Control

Fluids



Veggies



Proteins



Fats



Carbs



You are genetically programmed to enjoy your food!

A healthy eating pattern includes a variety of nutrient-rich foods across and within all the food groups. It allows for a treat now and then. Each of the food groups are described below, with examples. The Guidelines present Eating Habits with recommended amounts for how much you should consume from each food group per day.

- ✓ 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, rather cook healthy family meals.
- ✓ Be careful - low-fat food can be high in added sugar. **Read your Food Labels.**



Water ^{24/7}

Water



Water Lily



Cactus



Fluid Calculator

For every 10 kg of body weight you need to drink a 250ml glass of Fluid.

Fat Burn

A water lily stands in the water.

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 mode.

Drink your FAT away!
Water facilitates fat loss.

Fat Store

A cactus can survive with little water.

It is plump and fat to preserve water for the drought. Your body goes into fat storing mode if you do not drink water.

If you want to be thin like the water lily, drink all the fluids your body needs.



Other Fluids



Fat Store

Coffee and tea contain caffeine: a natural appetite suppressant but it makes you sleepless and increases your stress levels.

Do not drink more than 4 cups a day. If you need more, use caffeine free.

Use sweetener and fat-free milk.



Fat Store

Water is always the best. If you don't want to drink water, replace it with flavoured water, sparkling water, add some fresh fruit for flavour and colour.

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

Avoid aspartame!



Fat Store

Men - 2 drinks per day.

Woman - 1 drink per day.

Warning: Alcohol slows down your results!

Do not binge drink!. Do not drink all the alcohol you may drink during the week on only one day in the week.

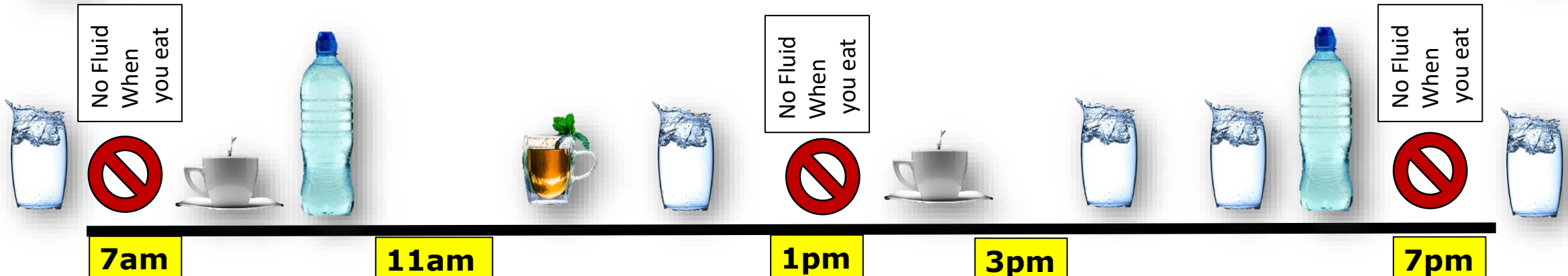
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Fluid Line

Fluid Calculator

Bodyweight ÷ 10 = the amount / glasses of fluid you may drink throughout the day – spread evenly!

100kg ÷ 10 = 10 5 glasses Water + 2 bottles Water + 2 Coffee + 1 Tea = **10 Fluid**



Free Veggies 24/7



Function:

Cellulose in veggies binds with fat from food. This lowers fat absorption, slows down digestion and lowers GI.

Cleans the digestive tract, just like little brooms!



Rules:

Eat as many vegetables as you want when you want 24/7. Eat at least 3 portions per day. If you are still hungry, you can add more vegetables to your meal. E.g. Make stir-fry or soup!

Strive to use Garlic, Onions & Green Chillies 3x meals per week, they stimulate Adrenal Fatigue.



Vegetables:

Garlic, Onions & Green Chillies

Mushrooms, baby marrows, gem squash, eggplant, carrots, broccoli, cauliflower, green beans, peas, peppers, spinach, Brussels sprouts, cabbage, collard greens, winter melon.

Salad: Lettuce, tomato, cucumber, celery, asparagus.



Protein

Every Meal



Role:

Boosts energy levels,
protects muscles and
repairs cells.

Function: Combats
hunger, boosts
metabolism.

Rules:

1 per meal.

Lean cuts.
Remove all fat
and skin.

Plant sources:

Chickpeas, lentils, tinned baked
beans, legumes, tofu, nuts and
seeds. Avoid soya: it transforms
male hormones into female
hormones - causes Estrogen
imbalance, blocks fat burning &
activates fat storing, & slows
down weight loss.

Egg:

1 - 2 x for woman and
teenagers.
2 - 3 x for men.

Dairy: 250ml yogurt, or
milk, or cottage cheese.
Use fat-free &
unsweetened, add your
own flavour and fruit or
Sweet O.

Meat:

Fish is your 1st choice,
game 2nd, chicken &
turkey 3rd,
Ostrich 4th, veal 5th,
beef 6th, lean pork &
lean lamb 7th
***Biltong can be eaten
as a snack.***



Carbs

Allowed first 4 Hours of your Day



Function:

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

Enjoy Fruit for Fiber:

Male - 2 per day

Female - 1 per day

1 Treat snack per week!



Rules:

1 per meal.

Avoid refined carbs such as sugar, white bread, sweets and wheat.

Cut off time 4 Hours after Wake Up!



Un-refined Carbs:

Basmati or brown rice, barley, whole wheat pasta, couscous, bread, seeded loaf or a bread roll, cereal, popcorn.

Please note, you can have any food, the food on the list is just the best choices.



Starchy Vegetables:

Pumpkin, white potato, butternut, beetroot, sweet potato.

Fruit: Whole fruits are best, but 100% fruit juice also counts as fruit – ½ a glass . When purchasing frozen, canned, or dried fruit, choose options that are lowest in added sugars. Hard Fruit contains less Sugar.



Fat

Allowed first 8 Hours of Day



Function:

Delays gastric emptying. Fat is necessary to absorb fat soluble vitamins A, D, E & K.

Warning: Limit Foods high in Saturated fat and avoid "Bad" Trans fat – e.g. animal fat as it creates visceral fat, the cause of many chronic lifestyle diseases.

Rules: 1 per meal.

Add one teaspoon of flax seed or coconut oil/ butter to all salads and veggies for better weight-loss results & to control hunger pains naturally!

Cut off time 8 Hours after Wake Up!

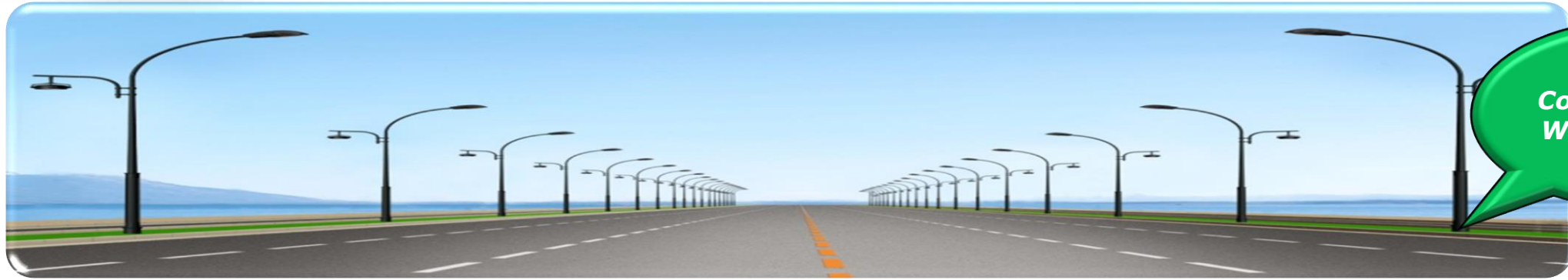
Choose Good Unsaturated Fats –

Monounsaturated & Polyunsaturated:
1 tablespoon of macadamia, coconut, olive, hemp, flax, MCT canola or sunflower oil. ¼ Avocado. 5 x Olives. 10 x Nuts, e.g. macadamia, almonds. 2 tablespoons: Pumpkin, flax & sesame seeds.

**Enjoy: Cheese, Dark Chocolate ,
Peanut Butter, Mayonnaise**



Secrets to Success



Please
Complete your
**WEIGHT LOSS
CHART**

Turn off your Fat Store & Start Fat Burn:

You need walking shoes, nail varnish and only 5 minutes!

Walk from one lamppost to another, then move as fast as you can to the next lamppost. After 5 minutes, make a mark on the pavement with nail varnish. Now turn back and follow the same schedule again back home, no timing needed. Repeat this schedule twice a day. As your fitness level improves, the distance will increase. **Remember: In order to see the results with this exercise, the most important of all, you need to perspire!**

15 min in the sun!



Sleep 6 - 8 hours!





Dysfunctional Range[©]

- ☐ Behaviour Modification[©]
- ☐ Food Chart
- ☐ Weight Chart

Weight Control



Food Control



Metabolic Control



Fat Control



Age Control

TenaZ™

Ladies

Wake Up

1st Meal Replacement

2nd Meal Replacement

Bedtime

Wake Up

1x Stress
1x Fat Attack
1x No Thank You
1x Good Morning
1x Bikini Body Capsule

1x Meal:

Enjoy balanced Meal with your Family, do not Diet! Use Behavior Modification Program©

2x Replace:

1x TenaZ Meal
1x Bikini Body Shake

Snacks:

1 Fruit & Veggies

Bedtime

1x Stress
1x Fat Attack
2x Detox
1x Good Night



TenaZ will change your perception about your Health Forever!



1x Behavior Modification Meal depending on TIME

Meal Replacements

- ☐ 1 Scoop or 2 Scoops
- ☐ Eat Free Veggies for extra Fibre.
- ☐ Mix with yogurt if you get hungry or eat a extra protein with Shake.



TenaZ™

Men

Wake Up

1st Meal Replacement

2nd Meal Replacement

Bedtime



TenaZ will change your perception about your Health Forever!



1x Behavior Modification Meal depending on TIME

Meal Replacements

- ☐ 1 Scoop or 2 Scoops
- ☐ Eat Free Veggies for extra Fibre.
- ☐ Mix with yogurt if you get hungry or eat a extra protein with Shake.



Wake Up
1x Macho Man Capsule
1x Good Morning
1x Stress
1x Fat Attack
1x No Thank You

1x Meal:
Enjoy balanced Meal with your Family, do not Diet! Use Behavior Modification Program©

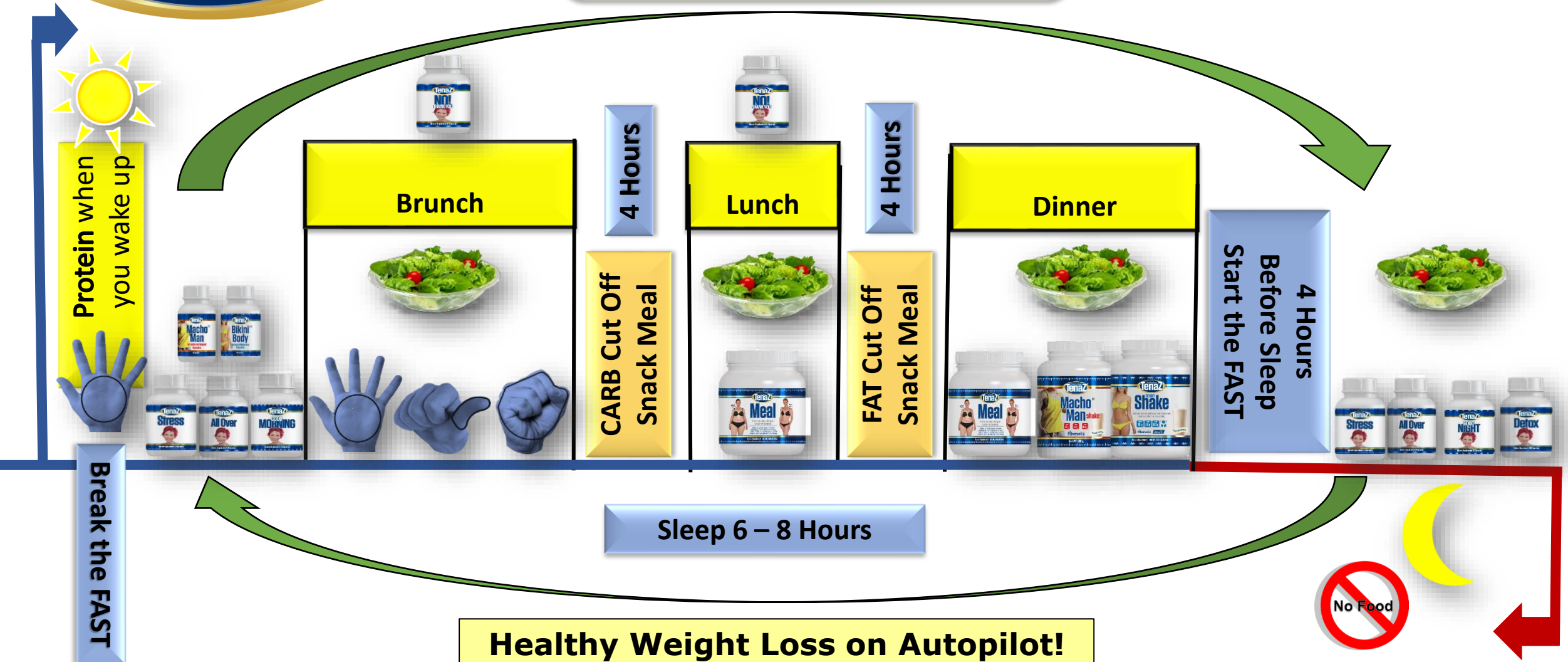
2x Replace:
1x TenaZ Meal
1x Macho Man Shake

Snacks:
2 Fruits & Veggies

Bedtime
1x Good Night
2x Detox
1x Fat Attack
1x Stress

Tenaz™

Products





Dysfunctional Range[®]



Food Control



- ☐ No Thank You
- ☐ Meal
- ☐ Bikini Body Shake
- ☐ Macho Man Shake

Metabolic Control



- ☐ Detox
- ☐ Good Morning
- ☐ Good Night

Fat Control



- ☐ Top
- ☐ Bottom
- ☐ All Over
- ☐ Stress

Age Control



- ☐ Bikini Capsule
- ☐ Macho Capsule



Standard Price List

Product Information	Name	Public
Food Control <i>Repair nutrient imbalances.</i> <i>Control Food Intolerance – Only 51 Cal – 83 Cal</i> <i>No Thank You control Cravings & Emotional Eating</i>	No Thank You	R 500
	TenaZ Meal	R500
	Bikini Shake	R900
	Macho Shake	R 900
Metabolic Control <i>Repair Day & Night Metabolism</i> <i>Kick Start Weight Loss</i> <i>Control Appetite</i> <i>Use if you got 15kg to lose.</i>	Detox	R 350
	Good Night	R 350
	Good Morning	R 350
Fat Control <i>First select Top, Bottom or All Over according to your Waist-to-Hip Ratio, Concentrated Fat Deposits & Symptoms.</i> <i>Then add Stress Capsule if needed.</i> <i>Repair Chemical & Hormonal Imbalances and Attack big Fat Deposits</i>	Top	R 500
	Bottom	R 500
	All Over	R 500
	Stress	R 500
Age Control <i>Feed Lean Muscle - Only 83 Cal</i> <i>Repair Hormonal Imbalances, Boost Immune System</i>	Bikini Capsule	R 600
	Macho Capsule	R 600
Delivery	PostNet	R 150
	Door to Door	R 250





Banking Details

Sanet Mc Adam
Standard Bank
Cheque Account
Account no: 10085688752
Branch: Potchefstroom
Branch Code: 051001
Swift Code: SBZA ZA J

1. Pay directly into the bank account or via EFT
2. Please use your Cell Number as Reference
3. Forward your order, proof of payment and delivery address via SMS or WhatsApp to Wanda @ 0746070253





DIY @ Home

Order Online

Visit Website for
TenaZ Packs Price
Lists and Special
Discount Price
Lists

www.tenaz.co.za

Diet Hotline

063 062 1888

074 607 0253

Take Control

Food Dairy

Weight Loss Chart

DISCLAIMER: Before starting TenaZ, you should speak to your doctor if needed. You must not rely on information on this website/newsletter as an alternative to medical advice from your doctor or other professional healthcare provider.