

Intekai Health and Fitness Manual



INTEKAI ACADEMY WAVE DIET

Your ITK Guide

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About ITK

The Intekai (ITK) Wave System was developed around a set of specialized formulas designed to help individuals like you, who recognize that your relationship with food has not worked out well, and may even threaten your health and well-being. We are committed to helping you abandon your self-destructive relationship with food, which will result in a determination to adopt a healthy, long-term, sustainable lifestyle, which starts with your ITK meal assignments. ITK is habit, culture and cravings opposed, so it's not at all easy for some, and certainly not for the uncommitted. Most importantly however, it works and is absolutely worth it.

The ITK Wave sees members losing as much as 4 to 10 pounds in the first week and a controlled average of 1.5 to 4 pounds per week, until they reach their healthy goal. Members make their own food choices within the food type and serving size guides of the ITK assignments. ITK handles the counting and calculations and members handle the learning, adhering, preparing, partaking and benefiting.

The majority of the selections offer as much variety as your imagination can manage, believing wholly in balanced nutrition.

Read More about us here: [More about ITK and our early beginnings](#)



Expectations of an ITK Diet Warrior

- Check and **read your assignments** and all notes
- **Follow your assignments accurately** without fail and communicate any issues as early as possible, including restrictions, cravings, meetings work or trips
- **Record all your meal details and times**, including any “off assignment ingestions” and your morning weight onto the online Progress Report. If you are unable to report, please communicate with your Coach or an ITK Representative, to avoid your account being deactivated and being removed from the WhatsApp Group(s).
- Your progress report is submitted automatically through our system, after you record your Friday (or 5th day of the week) morning weight, to facilitate the necessary calculations and meal assignments to be posted to your individual Progress Report Screen.



Recommended items list

- Drink Bottle for Protein Shake
- Insulated flask for broth and soup
- Containers for meals
- Lunch Kit to carry containers
- Bullet or Blender to mix shakes
- **Reliable Digital Scale:** Ensure that you test the scale before purchasing. Scales tend to hunt. Ask the Store Clerk to allow you to step on the scale three times. If the readings are the same or within 0.2 of a pound, the scale is fine and it is recommended to purchase. If it hunts and gives you several different readings when you step on it, do not purchase this scale, it is probably defective.
- Follow the guidelines on your Protein Powder container and [“Serving Sizes”](#) in the glossary
- Body Fat Percentage Tester and Tape measure (Optional)



Why use the ITK Wave System

- If you have tried other diets before and you have been unable to lose more than ten pounds or have been unable to sustain the loss, this is the weight loss program for you. You will continue to lose weight until you reach your desired goal and acquire the skills to keep it off.



- With this SYSTEM we utilize individual analysis to find the correct meal sequence and combinations to “**rev up**” your metabolism, minimising plateaus and stagnation.
- **ITK** will ensure that you have the opportunity to participate in different principles and meal combinations from week to week, eliminating the chance of total diet boredom.

Start-up



- All ITK members will need the following to start the SYSTEM:
 - Protein Shake
 - Soup packets or can soups
 - A digital scale
 - Containers for soup
 - Blender or bullet

The Intekai Wave Diet System provides personalised meal assignments for individuals who truly desire to lose weight

The meal assignments are posted on your online progress report on a weekly basis, according to each person's needs and medical history requirements.

You should provide **front and side facing photos** and your **first morning weight** from your home scale via email or WhatsApp on your first day. Images can be uploaded to your accounts screen as well.

- Your weight should be recorded on your [Online Progress Report](#). How to log in and use this report is available from the resources link on your dashboard.
- Your weekly Progress Report is to be used to record your **actual meals** on a daily basis, **weight changes**, other **critical measurement data and the times you have your meals**
- Each week your previous week's **Progress Report** will be posted on our Online Progress Report Screen, **once you enter your fifth day's weight**. You will receive a new weekly **meal assignment** based on your progress
- We encourage you to **join our groups** and correspond with your Coach(s) and others to ensure you remain motivated throughout your entire weight loss or wellness journey

What do we do for our ITK Members

- Provide you with this **ITK Manual** which introduces the System, explains portion sizes, how ITK works and a few examples of food preparation (It's the ITK bible)
- Provide access to a **[vacation and meeting meal guide](#)**
- Post **Weekly Customized Meal Assignments** which are calculated using the ITK Break through formulas, which give us our great results
- Tell you what, when and how much you are to eat on a daily basis
- Assess your weekly reports and intervene if necessary
- Provide access to an **[online individual dashboard](#)**, which outlines your progress on a daily basis and is updated based on your entries.
- **Monitor your vitals** including BMI, Body Fat Percentage and weight and make informed decisions based on external variables if discussed
- **Answer and respond to questions** and queries as needed, and provide **counselling** when necessary
- **Teach and communicate** the importance of **calorie intake, ingestion** and understanding how your body reacts to different foods
- Prepare and get members ready for the **maintenance phase of your journey**
- **Provide positive motivation, encouragement and frequent follow-up** through, phone, WhatsApp, email, phone or special consultation
- Provide on-going support throughout your journey, through various methodologies



Do's & Don'ts of an ITK Member

DO'S	DON'T'S
Always speak with your Coach when in doubt or need clarification	Never ignore your coaches messages
Make updating your online progress report a part of your routine	No juices or sweetened drinks
Ingest 4 – 6 time per day	No whole milk products
Measure waist at least every month and update personal dashboard. Record weight, time and eating activity	No bleached flour or bleached flour products like white bread and dumplings
Have protein shake as instructed. If a replacement is needed, please speak to your Coach	No added sugar. (Stivia only after week 1)
Small servings, 1 cup	No coconut water until instructed
The very occasional, truly, special	Avoid frying as much as possible, but if you must, use pam, olive oil or coconut oil.
Communicate openly regularly and honestly. Communicate any radical changes in bowel activity. Increase fibre intake (cereal) Fruits Prunes/bananas to improve bowel activity to alleviate any discomfort	No eating after six-thirty PM. If you eat after the suggested eating time of 6.30 p.m., adjust your meal 1 time by. E.g. If you had your meal 6 at 8.00 p.m., have your meal 1 for the next day between 9.30 and 10.00 a.m. The 12-14 hour fast is a critical component of the ITK system
Record all deviations from the system	
Restrict the use of red peas/kidney beans and gungo. Ask your coach about portions related to chick peas and lentils.	



Before & After Photos

- The **ITK Wave Diet System's** success speaks for itself and the best way to tell a weight loss story is by images. At the start of your ITK System it is crucial to submit a "before" photo of yourself. Photos can be submitted in two ways:
 - A recent photo of you **before you commence the ITK System** can be submitted for our files. In subsequent months based on your rate of weight loss, additional photos can be taken in the same position as the photo you submitted or as close as possible.
 - A front and side face photo of yourself at the start of the System, dressed in gym or workout clothing. In the following months additional photos can be taken in a front and side view, showing weight loss over the period. ***These can be uploaded onto your accounts screen on your personal dashboard or submitted via WhatsApp.***



Zoe lost 45 pounds

Michael lost 35 pounds

Images speak a thousand words!!!
www.intekaiacademy.org/before-and-after-gallery/



(ITK) WAVE DIET SYSTEM GLOSSARY & GUIDELINES

The following is a glossary and a few guidelines to assist you in understanding your portion sizes on the **ITK Wave Diet System**, as well as what each meal and snack may include.

The ITK System does not sell products, but we do have a [Recipe Page](#) with contributions from our Members.



Serving Sizes

- **ONE SERVING OF PROTEIN POWDER (SHAKE)** as instructed by Product. A single serving of the nutritional content must fall within the following parameters. (i.e. Less than 10 grams of carbohydrates and sugar, 20 to 35 grams of protein, less than 200 calories, less than 20% calories from fat). **Just add water only**. Fruits and yogurt **ARE NOT** to be added to **Protein Shakes**.
- **ONE SERVING SIZE OF PROTEIN** is equivalent to one medium sized chicken breast (3 ounces) or **HALF TIN OF TUNA**. Other protein options such as fish, salmon, and turkey are always good for variety. **Kidney and liver** can be used especially for women who are menstruating. **ITKARIANS are not restricted in the types of proteins; we encourage variations on a weekly basis**. Other proteins are allowed although we encourage Chicken and Fish. Members who do not eat meat, can substitute non-animal protein options, but must limit red peas, gungo and beans. Always speak to your Coach when in doubt.



1 Serving of Protein – 3 ounces

Serving Sizes Continued

- **ONE SERVING OF COOKED VEGETABLES** is equivalent to **TWO CUPS**
- **ONE SERVING OF EGGS** is the equivalent of **one whole egg** and **one egg white**.
- **ONE SERVING OF CARBOHYDRATES** (**Carbs**) is the equivalent to **one measuring cup** or the size of a tennis ball for ground provisions including sweet potato, yam, irish, bammy, cassava, and green banana



Serving Sizes Continued

- **ONE SERVING SIZE OF FRUIT(S) is ONE CUP.**
- **NUTS (Pistachios, Almonds or Peanuts)**, Do not exceed 15 peanuts per serving. This can include raisins or cranberry but must not be honey glazed. (Not more than 20 raisins and cranberry combined). **Serving size for Pistachios = 30, Almonds = 20, Peanuts = 15.**
- **ONE SERVING SIZE OF LEAFY (Salad) VEGETABLES (lettuce, cabbage, kale) is, THREE CUPS.** If you cannot manage three cups reduce the quantity to **1 ½ - 2 cups**, but always try and eat your veges....



- **ONE SERVING OF CEREAL**, is the equivalent of **ONE CUP**, only *with almond milk* or fat free or skimmed milk. ***E.g. Weetabix, Raisin Bran, Alpen, Branstix and Grapenuts.***



ITK Meal Soup & Snack Options

- **BROTH (ONE CUP)** is broth without any added food, meats, proteins or ground provisions. Tea can be used as substitute for this meal if assigned.
- **LIGHT SOUP (ONE CUP)** No ground provisions, no flour products. Example of light soup: Egg Drop & Pepper pot or broth with leafy vegetables and a few carrots and your favourite tasty vegetables.
- **SOUP (ONE CUP)** includes vegetables, one serving ground provisions, meat, no cornstarch, no red peas or beans, or flour products. Examples of Soup: Gungo, chicken or beef. Avoid fatty meat. **Non-meat eaters:** Use a variety of vegetables in soups and include pumpkin and lentils or chick peas.
- **WATER INTAKE:** Ensure 1 – 2 quarts or 2 – 3 litres per day. The safe way to consume the correct amount of water daily is **always drink water with all your ITK assigned meals**
- **YOGURT, MAYONNAISE, AND DRESSING** must be fat free and low calorie. Nutritional content should be as follows:
 - Greek Yogurt:** 80 – 100 calories, under 10 grams sugar
 - Regular Yogurt:** 150 – 200 calories, under 10 grams of sugar
- **Salad Dressings:** Always use viniaguerette not milky salad dressings
- **LIGHT SNACKS (100 calories)** include sugar free jello, 1-2 cups butter free oven top popcorn, half serving of salad, yogurt, pistachios, almonds , peanuts, fruit, unsweetened tea, eg. green or chamomile tea, unsweetened ginger tea or black coffee and other special snacks that will be assigned from time to time. **Please note that snacks are clearly outlined on your assignment. These are not to be taken outside of your meal assignment or without a discussion with your coach.**



Calorie Guidelines

- Always check the nutritional value of food items before purchasing them, to ensure they are in line with your ITK meal assignments. Please take note of serving size on assignments, as these can change from week to week based on your weight loss.

FOOD ITEMS	CALORIES
SNACKS (PEANUTS, POPCORN, PUDDINGS, APPLE, SAUCE, STRAWBERRY SAUCE)	100 CALORIES
FRUIT	100 CALORIES
TEAS	5 - 10 CALORIES
COFFEE	5 - 10 CALORIES
CEREAL	200 - 250 CALORIES
EGGS WITH CARBS	200 CALORIES
1 SLICE WHOLE GRAIN BREAD	100 CALORIES
PROTEIN (3 OUNCES)	200 - 250 CALORIES
½ CUP CARBS	80 - 100 CALORIES
1 CUP MIXED RAW VEGETABLES	50 CALORIES
1 CUP STEAMED VEGETABLES	140 CALORIES



Other ITK Food Options

While on the Wave, Members are expected to **get a full appreciation of calories** and how much each meal entails. The image on this slide shows some more meal options available to members. These include, **smart bagels**, **Fibre one bars** (substitute for fibre cereal), **Greek Yogurt** (ITK Snack), **Soups**, **Protein bars** (substitute for Protein shakes and 4 egg whites), **Turkey slices and wraps (100-130 calories)**. These will be clearly noted on your meal assignments from week to week, based on your progress.



Bagel – 100 calories



Fibre One Bar – Cereal replacement option



Greek Yogurt – 80-100 calories



Chicken Won Ton Soup



Oreo Protein Bars – Shake replacement when directed



Turkey Breast



Wrap – 100 calories



Additional Guidelines

- Purchase your containers to hold the various daily meals, water and shakes. **Preparation and Planning is key to your success**
- Always prepare or plan for all meals for the day beforehand
- Times must be adhered to as close as possible and eating after 7.00 p.m. is not recommended (Tea, water and sugar free jello or pop-corn can be used if absolutely necessary)
- **NO FRUIT** after 4.00 p.m. unless otherwise assigned or consultation with your Coach



[ITK Blog Article:
Watermelon a Dieters best Friend](#)

- **COMPLEX CARBS** include, **ground provisions**, such as **sweet potato, yam, green banana**, or **bammy**. Carbs such as rice, noodles, flour, pasta, cauliflower rice, brown rice, couscous, or quinoa products are not given in ITK meal assignments. **Carbs which have colour such as Sweet potato and yellow yam are better food choices than irish or white yam, but can be used if the other is not available.**
- Avoid alcohol as much as possible. Sugar free or low calorie alcohol does not exist
- If you begin to feel full on any of the assignments, stop eating immediately ... Do not force down food when you are full. Adjust your next meal with the reduced quantity. This practice will help you in the maintenance phase.



Preparation of Broth and Soups

Broth

- Maggie or Grace packets can be used to make the broth or soup outlined in your meal assignment. These can be the different types including, chicken noodle, vegetable, fish and goat. One packet can serve for one day. Three – four (3 – 4) cups water can be used and noodles should be drained for the broth. If the broth is too salty with the 3 or four cups per pack, you can mix it to taste. Some ITK members prepare one whole pot for the week and utilize the freezer.... and strain the noodles and vegetables for the broth days. Others prepare the soups overnight and utilize the microwave, based on their schedule.

Light Soup

- The light soup can have strips of lettuce, callaloo and a few carrots and onion for flavour. No meat is in the light soup. The tin soups below can also be utilized in the first week.



Chic Peas Soup



Light Soup

Broth

Preparation of Protein Shakes and Salads

- **Protein shakes** can generally be purchased at Vitamin stores and some Supermarkets or on Amazon. The most popular being the **Gold Standard Whey Protein**, as it has a variety of flavours. The vegetable proteins are used for members who are lactose intolerant or have milk or whey allergies. Protein Shakes **must not** be mixed with fruit and oats, **ONLY WATER**. **Once fruits or oats are added, its no longer a shake but a smoothie. Smoothies are only assigned in maintenance.**

Preparation of protein shakes

- **Cinnamon, Coffee, or vanilla with extra ice** can be used to enhance the flavour of protein shakes. Protein shakes, should be had fresh and not left to settle, for over ½ an hour. Members who use vegetarian/non-animal protein shakes, may enhance shakes with different flavours of soy. **Please consult your coach if the protein shake is already 200 calories and you wish to add soy products to enhance the shake.**

Salads

- The **salad may have protein** such as chicken, beef, whole boiled egg or fish. The protein, should not exceed 2 ounces. Avoid using sauces on the salad.
- **Non-Meat eaters**, can utilise non-animal protein or lentil or chick peas in their salads. Avoid floury products, but include blue cheese, apples or nuts for variety



Vacation/Conference/Meeting Guidelines

- We are sometimes thrown into situations that make it difficult for us to adhere to our meal assignments on a weekly basis. **Vacation, lunch meetings, and conferences**, constantly interfere with our progress. We are unable to avoid many of these events and some we plan ahead of time, such as our vacations, but we need to be prepared, to avoid, regressing or falling back into our old habits.
- This is a simple guide to our members on how to manage in some of these high pressure situations and still be able to adhere to the rules, enjoy your vacation or your meetings and still eat.

[ITK Blog Article: How to stop holiday eating from ruining your diet](#)



Guidelines for Travelers, Conference Attendees & Vacationers

- It is advisable to go on a burn for a few days before travelling (Speak to your Coach)
- Remember the five “Ps”, **Plan, Prepare, Portion, Package** and **Partake**.
- Always travel with protein powder and your shake bottle as well as Quaker, Pure protein, Quest bars or nuts to have as snacks between meals to avoid cravings and to balance around planned eating or even fast food eating.
- **Stick to the rules** and stay away from flour products, sweet drinks, red peas, dumplings, festival and rice.
- For desert stick to **fruits** and try to eat these before 4.30 p.m. **If you order pastry or food high in calories at dinner, save it until the next morning. Do not have it** with the dinner or the meal in the evening.
- One or two days during the vacation you are allowed to eat what you want in moderation of course
- If you can carry a light scale to monitor your progress, this is advisable to catch when you have overdone it.
- Communicate so you'll develop the skills to fly solo successfully.



What not to eat while on trips for work or vacation


- **No rice, no regular bread, no drinks other than water or vodka**, no supermarket, newsstand or pharmacy snacks. If you go out and people are raving about the restaurant bread, you may have a little piece or one roll, however absolutely no store bought “white bread” is to be consumed.

What you should do:

- If you are at a meeting or a restaurant with company and you are offered a drink, request tonic water. If you do not want to appear impolite, vodka with cran water will do. **Share out two servings per day of your protein powder** and take with you. Take **servings twice daily**. You have to control your intake by having your protein "shake" for at least two meals each day; one to **maintain the frequent meals** required and two to **curb the cravings**.



ALL INCLUSIVE OPTION

MEAL 1 – 7.00A.M. – 9.00 A.M.	MEAL 2 – 12.00 – 2.00 P.M.	MEAL 3: DO NOT EAT AFTER 7
<p>Cereal with almond milk OR eggs with brown bread/bagel (+ optional: desert from night before)</p>	<p>Light, Mid-day to 2.00 p.m. meal, if planning to cheat on third meal for the day. 1 ½ servings of protein (3-4 ounces) and 1 ½ servings of vegetables and 1 prohibited item a) 1/2 dumpling, b) ½ serving pasta or c) ½ serving, rice. (Best to stay away from these highlighted items if you wish to continue losing weight). NO DESERT. ONLY FRUITS.</p>	<p>2 ITK servings of protein, 1 – 2 servings of vegetables and 1 – 2 servings of sweet potato or yam. NO DESERT. DESERT SHOULD BE HAD IN THE MORNING WITH BREAKFAST</p>
		
	<p>Sample of 3 ounces of protein</p>	

Other all-inclusive (Hotel) options

- Have half servings of protein between meals (3 half servings) OR ½ serving of fruit between meals
- Pre breakfast: 20 – 40 minute walk or stroll
- **Breakfast** – Protein, Vegetables, 2 servings of carbohydrates. Drink water, coffee or tea with stivia (if necessary)

ITK Blog Article:

[Recovering from a planned day that has not gone your way](#)

- Post breakfast – 10 minute stroll
- **Lunch:** Protein, Vegetable, 1 serving of carbs
- Afternoon Stroll
- **Dinner:** Protein, “Go to town” on the vegetables, NO CARBS, except for one special day
- Any pastry with dinner with any “non-special day” occasion can be kept and had before the morning walk or stroll

What to do on Holidays or Special Occasions

- On a holiday or special occasion outside of a hotel scenario, members can choose to eat two of their ITK assigned meals and have the meal served at the event. The best results will take place where rice, flour, baked products and sweet drinks are not included in the event meal.



ITK PRINCIPLES

Five P's (Plan, Prepare, Portion, Package & Partake)



Plan and Prepare

- **Plan carefully**, you know the way. Its always best to prepare your food from home. In cases where you are unable to prepare, it is important to at least plan what you intend to purchase around your meal assignment. Contact a coach, when in doubt.
- **To avoid packing on weight** when you are away from home, decide ahead of time what you intend to eat. Keep in mind that each and every time you over eat; you will be undoing hours and dollars of solid commendable effort, which you WILL have to make up for.
- On trips away from home, set the number of "bad" meals per week, roughly two, and we are counting each thing, ie. Appetizers, separate from meals, separate from deserts, separate from snacks, separate from drinks, so choose very wisely, don't kill your quota in **one sitting**. You can add tasty salads, clean dressings if any, and egg white omelets and black coffee and tea to your shake and fruits. If you eat a meal of only clean protein and vegetables, you do not have to count it as a "bad meal".



Portion and Package

- Managing your portions is one of the very important rules to learn while on your weight loss journey with ITK. Portions can be controlled by knowing how many cups or ounces of items to have. There are however a few ways to manage portions easily other than measuring.
 - Using a smaller plate will automatically force you to eat less
 - 3 parts vegetables, 1 part protein and 1 part carbs on your plate
 - As serving of protein is equivalent to the size of a medium chicken breast, a serving of carbs is the equivalent of half of a tennis ball.
- The ITK serving sizes are as follows:
 - **ITK Protein serving (3-4 ounces)**
 - **Vegetables - 3 cups raw or 2 cups steamed**
 - **ITK carbohydrates – ½ cup**

(Check [glossary](#) for portion sizes, this is of critical importance)



Partake

- Ensure that you have **all planned meals each day**.
- **Going off track ... has one plus side, it is how you learn**...and never forget how your body reacts. Understand how your body reacts, know what to expect and make choices with full knowledge of the consequences and **record everything!!!**
- This way you will know what works well, what you can "get away with" and what you will have to compensate for in advance or/and later...and HOW to compensate.
- For cheat meals everything counts, snacks, drinks, appetizers, main courses, home cooked, desserts, each one.
- For example, if you have 4 cheat meals (this is allowed) on a **two week vacation** and go to dinner where you have.... a drink with a meal, an appetizer with carbohydrates, a main course with rice (or whatever) and a slice of cake that's it. You have had "4 cheats", in one sitting. Choose wisely or your body and efforts will pay the price.



Frequently Asked Questions



Frequently Asked Questions

1. Where can I purchase Protein Shakes?

Protein shakes can be purchased from our many supermarkets, Amazon or vitamin stores. Some Protein Shakes can be enhanced with cinnamon, vanilla or coffee. The [Gold Standard](#) Whey protein is the most popular, as it has a variety of flavours and sizes. The nutritional content required for ITK shakes are not more than **200 calories, 20-30 grams of protein and less than 10 grams of sugar**. The brand does not matter.

2. How do I prepare my Broth and Soup?

The Maggie or Grace packets of soup can be used. These can be the vegetarian or meat flavoured for the soup or broth. One packet can serve for one day. 3 - 4 cups of water can be used and drain the noodles for the broth. The light soup can have strips of lettuce, callaloo and a few carrots, garlic and onion for flavour. No starchy vegetables like Pumpkin are to be included. If the broth is too salty with the 3 or four cups per pack, you can do it to taste. Some members do one whole pot for the week and utilize the freezer.... And strain the noodles and veg for the broth days. Others prepare the days meal for the first week... the night before and utilize the microwave.

[See Meal Prep for the First Week, including Broth and Soups.](#)

3. How do I know what portions to use when I am preparing food for myself?

Check the [glossary](#) in this document to confirm the measurements. The assignments usually outline the required servings. When in doubt, please contact your Coach.



Frequently Asked Questions continued

4. What contents are to be included in a regular salad?

This **salad** is to include green **leafy vegetables and protein**. Try not to use sauces on the salad. The salads can have any protein such as chicken, fish, beef or non-animal protein or a seasoned boiled egg. Meal assignments will be specific if a salad is to be strictly vegetables as opposed to a salad with protein. An ITK Vegetable salad can contain a seasoned boiled egg.

5. Can I drink coconut water during this SYSTEM?

No coconut water is permitted in the early parts of the ITK SYSTEM.

6. Can I drink tonic water instead of water?

Yes. Tonic water is permitted.

7. I missed a meal (or two) during the day, what should I do?

Members who miss meals have two choices, wait until the next meal and consume whatever is left on your assignment or if it is early enough, eat the next meal as soon as possible and catch up with the rest of the meals according to schedule. Missing over two meals usually result in members getting very hungry and this should therefore be avoided as much as possible. As soon as you can ingest the next meal do so and try and do so by at least 7.00 p.m. Usually a **small salad** can be a **safe replacement late in the evening**, if a protein and veg meal was one of the missed meals during the day. This should not be done more than twice during the week, especially if salads are not on your meal assignments.



Frequently Asked Questions continued

8. I have forgotten my shake at home. What can I have to replace it?

Protein shakes can be replaced with **Protein Bars** such as Pure Protein and Quest Bars. Once the protein bars are no more than 200 calories and the sugar content is less than 10 grams this can be used. Protein should be 20 – 30 grams. **4 Egg whites** are also a good replacement for your shakes.

9. Can I use a Fibre one bar instead of a Protein Bar?

A fibre one bar is not a replacement for a Protein Bar or Protein Shake. A fibre one bar can be used to substitute your Fibre cereal, once your coach approves it or if it is on your meal assignment as an option.

10. I am following the SYSTEM as far as I am concerned and I am not losing weight at the rate I expected. What should I do?

If this happens, please send images of your largest meals with a fork beside the container via whatsapp to your coach immediately. You can also contact an ITK Coach to discuss all the variables that could be causing this. You will most likely get various options you can use to continue successfully on your weight loss journey. Your Coach will either identify what you are doing wrong or adjust your meal assignment based on the discussion.

11. What is the difference between a Lettuce wrap and a Protein Wrap?

A **Lettuce wrap** when made properly is typically 100-150 calories and a **Protein Wrap** is about 250 calories. A lettuce wrap consists of your choice of protein wrapped in lettuce leaves, while the Protein Wrap is your choice of protein wrapped in the whole wheat or gluten free wrap. Your wraps should have vegetables included and the meat can be seasoned to your liking.





12. I What is the ITK Boost Tea?

The ITK Boost tea is a special tea that the ITK team uses with members to help suppress the appetite. Other regular green non-caffeine teas can also be used, but we have found that when this tea is used, members do not have as many cravings.

[See recipe here>>>](#)

13. Can I count the calories on a weekly basis to determine how many I should have each week?

Although your assignments maybe determined by the number of calories, our system was developed around a set of formulas, which we use weekly, to determine each members assignment, combination and meal times, based on weight. By the time you have completed the Wave and done a specific time in maintenance, you will have a full grasp on how to manage your meals and maintain your weight successfully.

14.Can someone else start eating what I am eating and lose weight on the system.

The ITK SYSTEM is very interactive and assignments are prepared based on individual's performance the week prior. Wave formulas are used to prepare weekly assignments. It is recommended that anyone starting the SYSTEM consult with the trained coaches, who are experienced and knowledgeable on all aspects of the diet, its dynamics and people's' reactions to the meal assignments and the many variables that affect persons and their respective diets.

15. I notice my meal assignment has eggs this week. I do not eat eggs.

Contact your ITK Coach immediately and a substitute will be given. This applies to any food option given on a meal assignment on a weekly basis. Protein shakes, or regular animal or non-animal proteins however, can be substituted, but when in doubt, please contact your coach.



16. I am vegetarian, do ITK assignments cater to me?

The ITK Assignments are designed so that Members can select what types of proteins , vegetables or carbs you can eat. Our assignments tend to highlight the three main food groups, and members can decide which ones they wish to use. Chicken and fish are clean proteins, but members do not have to restrict themselves to these two meats. What is important is the **3 ounce portion** of animal protein. **Vegetarians** can eat any non-animal protein they prefer. This can include chick peas, lentils, broad beans, vege chunks or vege mince as their protein options.

17. Should I break when I am going on vacation?

No. The purpose of joining a team like ITK is to develop habits and routines in our eating, which will help us in difficult situations, where all types of tempting foods are available. It is important to go on vacation and still try and maintain a healthy lifestyle, so as not to damage the progress you have made. There are many options available and even if particular items are not available there are always substitutes. Speak to your coach when going on vacation and read the vacation guide of this manual, to learn how to manage vacation eating and still enjoy yourself. Remember, vacation does not have to be all about food. It should be about enjoying the company of family and friends and doing activities to create memories.

18. I have lupus and I am not sure if I should be dieting.

If you have lupus this should have been noted and discussed with an ITK Coach when you signed up. If this was not done, please contact an ITK coach immediately to discuss the options available to you. **This applies to any condition or disease you may have.**



19. How long do I have to be on the Wave Diet System?

Our short answer would be forever. But we understand that members want to just reach a particular weight and leave. Our experience has shown us that once you reach your weight, it is important to switch over to our maintenance programme and get a full understanding of how to maintain your weight. Losing weight is actually easier than maintaining it. Our maintenance programme is really designed to work with members to experiment with different foods, times and portions once you have reached your goal. Support is critical.

20. Can someone else start eating what I am eating and lose weight on the system.

The ITK SYSTEM is very interactive and assignments are prepared based on individual's performance the week prior. Wave formulas are used to prepare weekly assignments. It is recommended that anyone starting the SYSTEM consult with the trained coaches, who are experienced and knowledgeable on all aspects of the diet, its dynamics and people's' reactions to the meal assignments and the many variables that affect persons and their respective diets.

21. Do I have to be part of the WhatsApp group?

It is recommended that all ITK Members join and take part in the group discussions, as a major part of the SYSTEM is, motivating, coaching and mentoring all members throughout the process, to ensure that no one falls between the cracks on their weight loss or wellness journey. A Whispers Group is available however for members who wish to remain private throughout their journey.

Frequently Asked Questions continued



22. Are recipes available for me to use along with my meal assignment?

Yes. We have a recipe page available for members, to assist with variety and choices on a daily basis. Vegetarian meals and snacks are also available to make it easier for members when planning and preparing meals. <https://intekaiacademy.org/recipes/recipe-ideas/>

23. Do I have to have everything that is on my meal assignment?

It is important as much as possible to adhere to your assignments on a weekly basis. Our formulas and algorithms are designed specifically to help you lose weight in a sustainable manner weekly. If you do not like certain foods, ask your coach for substitutes and alternatives or other decisions you can make to best work for you.

24. I would like to stop my recurring transaction. How do I go about that?

Any revision or changes to your billing, must be made by contacting the Billing Department at (516) 395-9015 (Whatsapp) or billing@intekaiacademy.org. Requests have to be made prior to the next billig cycle. Please read the refund policy on the website. To view the [Refund Policy click here](#).

Samples of ITK Members' meals: (Animal Protein)

3 ounces of protein and 2-3 cups raw veg or 2 cups steamed veg



Chicken and
Broccoli



Baked Chicken
and Vegetables



Salmon and
Steamed
Vegetables

[Go to our ITK Recipe Page](#)

Samples of ITK Members' meals: Sancks and Vege-protein dishes



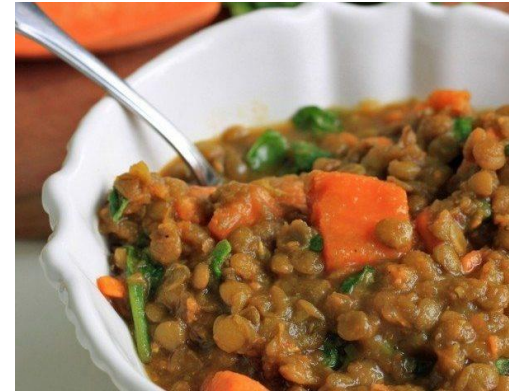
[Go to our ITK Recipe Page](#)



Fruits & Yogurt



**Cucumber and
Tomato Salad**



**Lentil, Sweet
Potato &
Spinach Stew**

Suggested times for ITK Members based on individual schedules

The table below outlines **additional meal time options** if you are unable to adhere to the default meal times posted on your Online Progress Report Screen on a weekly basis.



MEAL TIME OPTIONS



- Please note, each day, there must be a period of 12-14 hours of NOT eating (ITK phased fasting)
- Do not eat within 2.5-3 hours of laying down to sleep

SELECTED SCHEDULE	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
Can eat breakfast at 7 am	7.00 am	9.30 am	11.30am	1.30 pm	3.30 pm	6.30 pm
Normally eats at about 8.00 am or have first meal at work (Default meal time currently on your Progress Report screen)	8.00 am	10.30 am	12.30 pm	2.30 pm	4.30 pm	6.30 pm
Does not have breakfast early, goes to bed at 10-10.30 pm (option 1)	9.00 am	11.30 am	1.30 pm	3.30 pm	5.30 pm	7 - 7.30 pm
Does not have breakfast early, goes to bed at 11-11.30 pm (option 2)	10.00 am	12.30 pm	2.30 pm	4.30 pm	6.30 pm	8.30 pm
Not an early eater (typically goes to bed at midnight)	11.00 am	1.30 pm	3.30 pm	5.30 pm	7.30 pm	9.00 pm
Goes to bed after midnight	12.00 noon	2.30 pm	4.30 pm	6.30 pm	8.30 pm	10.30 pm
On late shifts or works through the night (option1)	1.00 pm	3.30 pm	5.30 pm	7.30 pm	9.30 pm	11.30 pm
On late shifts or works through the night (option 2)	2.00 pm	4.30 pm	6.30 pm	8.30 pm	10.30 pm	12.30 am

- Outside of your eating zone you can have, water, unsweetened tea (you can add a lemon half) or coffee, no sugar, no sweetener, no creamer (you can add 1-2 level tsp coconut oil)
- For members who work out at 5.00 or 6.00 am and prefer to ingest before they work out have a warm beverage or shake before you start your assigned Meal 1

Online Progress Report Data Entry Screen

WAVE PROGRESS REPORT

Online Pr

No Upcoming As

Actual M

Current M

DAYS MEAL1

1-7 1 CUP STE 1 SERVING PROVISIONS BREADFRUIT SHAKE WRAP

Add Meal Eaten

Change the dates if your meal input is for a different week
(Close screen to cancel)

Week: From 2016-08-01 To 2016-08-07

Day 1 Enter Morning Weight [Enter morning weight]

Meal 1: 1 1/2 servings of fibre cereal/2 eg Meal 2: Warm beverage Meal 3: No Meal

Meal 4: 2 Servings of peanuts and 1 servi Meal 5: No meal Meal 6: 1 1/2 servings of protein, veg and

Save

Start Date of assignment

End of week date assignment

Morning Weight

Enter time and actual meal

Add First Meal

Edit Daily Meals - Day

PLEASE CHOOSE ANY OF THE THREE TABS BELOW TO COMPLETE YOUR PROGRESS REPORT..

- Daily Details
- Daily Summary
- Daily Weight

ENTER YOUR MORNING WEIGHT

142.00

MEAL 1

MEAL 2

MEAL 3



The Progress Report manual giving instructions on how to maximise the use of the screen is on your dashboard under the resources link.