

The 30-Day Detox Cleanse

Continue with the Orenda 10-Day Detox Cleanse components in a modified 30-Day routine, a flexible program designed to meet both your health goals and your lifestyle. Participants follow a specific diet and exercise regimen during their “Burn” days, mix in 1 “Clean” day per week, and get 2 days “OFF”, a “Clean” day must follow the “OFF” day.

The Schedule (suggested)

SUN	MON	TUES	WEDS	THURS	FRI	SAT
B	C	B	B	B	B	B
day 1	day 2	day 3	day 4	day 5	day 6	day 7
OFF	C	B	B	B	B	B
day 8	day 9	day 10	day 11	day 12	day 13	day 14
B	C	B	B	B	B	B
day 15	day 16	day 17	day 18	day 19	day 20	day 21
OFF	C	B	B	B	B	B
day 22	day 23	day 24	day 25	day 26	day 27	day 28
B	B	24 x B = Burn days, 2 x OFF = day off				
day 29	day 30	4 x C = Clean days				

What's an OFF DAY?

Morning	Midday	Evening
<ul style="list-style-type: none"> Take 1 Orenda Eaze® capsule Take 1 Orenda Burn™ capsule Enjoy 2-3 servings of high fiber Organic fruits and vegetables Mid-morning snack (1 fruit + 1 legume or protein) 	<ul style="list-style-type: none"> Take 1 Orenda Burn™ capsule Enjoy 2-3 servings of high fiber Organic fruits & vegetables For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, lentils) 	<ul style="list-style-type: none"> Take 1 Orenda Burn™ capsule You know that meal you can't stop thinking about? Go for it! Keep it reasonable though, you worked hard to get this far. Watch your portion size.

Results vary. Clients on the Program can expect to lose 2.5—5.4 lbs. during the first 10 days and 1.3—3.3 lbs per week for the remaining 90 days of the program.

Program Guidelines

During the 30 Day cycle, be sure to drink at least half your weight (lbs) in ounces of water per day, get at least 20 minutes of exercise 5 days a week, and avoid eating anything not specified on this page. Additionally, you can continue to use up to 1 tablespoon of healthy oil (e.g. olive oil) daily for food prep. Stuck on a plateau? Add Orenda Clean™ every night and increase your exercise.

CLEAN DAYS		
Morning	Midday	Evening
<ul style="list-style-type: none"> Take 1 Orenda Eaze® capsule Take 1 Orenda Burn™ capsule Take 2 serving of Orenda Clean™ in 16 oz. water Enjoy 1-2 servings of high fiber organic fruits and vegetables Mid-morning snack (1 Tbsp peanut butter and an apple) 	<ul style="list-style-type: none"> Take 1 Orenda Burn™ capsule Take 1 serving of Orenda Clean™ in 8 oz. water Enjoy 2-3 servings of high fiber Organic fruits and vegetables (big salad with veggies optional legumes) 	<ul style="list-style-type: none"> Take 1 Orenda Burn™ capsule Take 1 Orenda Shape™ shake Enjoy 2-3 servings of high fiber Organic fruits and vegetables (as stir fry or soups)

Incorporate 1–2 servings (1 cup each of legumes (beans, peas, lentils) throughout your day.

BURN DAYS		
Morning	Midday	Evening
<ul style="list-style-type: none"> Take 1 Orenda Eaze® capsule Take 1 Orenda Burn™ capsule Enjoy 1-2 servings of high fiber organic fruits and vegetables Protein 4oz. Mid-morning snack (1 Tbsp peanut butter and an apple) 	<ul style="list-style-type: none"> Take 1 Orenda Burn™ capsule Take 1 Orenda Shape™ shake Enjoy 2-3 servings of high fiber Organic fruits and vegetables (big salad with veggies optional legumes) 	<ul style="list-style-type: none"> Take 1 Orenda Burn™ capsule Enjoy 2-3 servings of high fiber Organic fruits and vegetables (as stir fry or soups) Protein 4oz.

Incorporate 1–2 servings (1 cup each of legumes (beans, peas, lentils) throughout your day and enjoy a 6 - 8 oz. lean protein (chicken breast, fish, turkey, buffalo, eggs, egg whites, tofu, etc.) throughout your day.