

# 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"> <li>Take 1 Orenda Eaze® capsule</li> <li>Take 1 Orenda Burn™ capsule</li> <li>Enjoy 2-3 servings of high fiber Organic fruits and vegetables</li> <li>Mid-morning snack (1 fruit + 1 legume or protein)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Enjoy 2-3 servings of high fiber Organic fruits &amp; vegetables</li> <li>For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, lentils)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>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.</li> </ul>

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

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

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.