

Step 1: The 10 Day

The Clean, Burn and Shape 10 Day Program will have you seeing and feeling results faster than you thought possible. You can be sure the first 10 days will be the most exciting and rewarding. Be sure to take your before picture, record your weight, and take your measurements before you begin (see instructions on p.11), because many people will see results quickly.

The Schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	C	C	S	S	S	S
	day 1	day 2	day 3	day 4	day 5	day 6
S	S	C	C			
day 7	day 8	day 9	day 10			

4 x C = Clean Days, 6 x S = Shape Days.

The Pack



1 Clean™

1 Burn™ (30 ct.)

1 Shape™

The Clean, Burn & Shape program is intended as a complete detoxification and weight loss program for adults over 18 years old and who are not pregnant or nursing. Adults with medical conditions should seek medical supervision. Work within the guidelines on the following page to maintain a minimum of 800 calories per day, and do not perform more than 2 clean days in a row.

Program Guidelines

During the 10 Day program, be sure to drink half of your weight (lbs) in ounces of water per day, get up to 30 minutes of low-intensity exercise per day and avoid eating anything not specified on this page. Additionally, you can use up to 1 tablespoon of healthy oil (e.g. olive oil) daily for food prep.

CLEAN DAYS

Morning

- Take 1 Orenda Burn™ capsule
- Take 1 serving of Orenda Clean™ in 8 oz. water
- Enjoy 1-2 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (one fruit or vegetable)

Midday

- 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

Evening

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables

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

SHAPE DAYS

Morning

- Take 1 Orenda Burn™ capsule
- Take 1 serving of Orenda Clean™ in 8 oz. water
- Enjoy 1-2 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (one fruit or vegetable)

Midday

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables

Evening

- Take 1 Orenda Burn™ capsule
- Take 1 Orenda Shape™ shake
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables

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