

Step 2: The 30 Day

The Clean, Burn and Shape 30 Day Program is an adaptable 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 4 "Clean" days, and get 2 days "OFF".

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, 4 x C = Clean Days.				
day 29	day 30					

The Pack



1 Clean™

1 Burn™ (90 ct.)

2 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 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 Clean™ every night and increase your exercise.

CLEAN DAYS

Morning

- Take 1 Orenda Burn™ capsule
- Take 2 servings of Orenda Clean™ in 16 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 2 servings of Orenda Clean™ in 16 oz. water
- Enjoy 2-3 servings of high fiber Organic fruits & vegetables

Evening

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

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

BURN DAYS

Morning

- Take 1 Orenda Burn™ capsule
- 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 & vegetables

Evening

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

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

What's an OFF DAY? It's on the next page