

## Step 1:

# The 10-Day Detox Cleanse

The Orenda 10-Day Detox Cleanse is a program that will have you seeing and feeling results faster than you thought possible. You can be sure that results will be exciting and rewarding. Be sure to take your before picture, record your weight and take your measurements before you begin, 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 Orenda Clean™  
 1 Orenda Burn™ (30 ct.)  
 1 Orenda Shape™  
 + 1 Orenda Eaze®

The Orenda 10-Day Detox Cleanse 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 pages 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 Orenda 10-Day Detox Cleanse, 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	Midday	Evening
<ul style="list-style-type: none"> <li>Take 1 Orenda Eaze® capsule</li> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 serving of Orenda Clean™ in 8 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, soybeans) throughout your day.

SHAPE 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 1 serving of Orenda Clean™ in 8 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 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>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, soybeans) throughout your day.

Support with video's & recp'es can be found under the Lifestyle tab at [thisisorenda.com](http://thisisorenda.com)