

Step 3:

Life

Don't live in fear of food! When you reach your goal weight, it is time to take your new diet and exercise disciplines and begin to blend them into the flow of life. Tell the new You to stick around!

The Schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
OFF	C	B	B	B	OFF	OFF

3 days OFF, 1 Clean day, 3 Burn days per week

Track your Progress

Measurements	WEIGHT	NECK	CHEST	WAIST	HIPS
DAY 1					
DAY 11					
DAY 41					
DAY 71					
DAY 101					

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.