

# 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

## The Pack



1 Clean™

1 Burn™ (90 ct.)

1 Shape™

### OFF DAYS

#### Morning

- Take 1 Orenda Burn™ capsule
- Enjoy 2-3 servings of high fiber Organic fruits and vegetables
- Mid-morning snack (1 fruit + 1 legume or protein)

#### Midday

- Take 1 Orenda Burn™ capsule
- Enjoy 2-3 servings of high fiber Organic fruits & vegetables
- For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, soybeans)

#### Evening

- Take 1 Orenda Burn™ capsule
- You know that meal you can't stop thinking about? Go for it! Keep it reasonable though, you worked hard to get this far.