



Orley Kutner Nutrition

EMPOWER YOUR HEALTH

www.orleykutnernutrition.com

Cleanse and Reset April 2021 - Programme Schedule

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	19 TH 19:30 – LIVE CALL Programme Introduction	20 TH	21 ST Diet & Supplements start	22 ND	23 RD	24 TH	25 TH
WEEK 2	26 TH 19:30 – LIVE CALL Detoxification – what does it actually mean and why is it important?	27 TH LIQUID ONLY	28 TH LIQUID ONLY	29 TH LIQUID ONLY 19:30 - LIVE CALL Why do we self- sabotage? Alison Hanouka	30 TH	1 ST	2 ND
WEEK 3	3 RD 19:30 – LIVE CALL Top Tips for Lasting Behaviour Change – Claire Doherty.	4 TH	5 TH	6 TH 19:30 - LIVE CALL Moving On - what to do when the programme ends.	7 TH	8 TH	9 TH
WEEK 4	10 TH	11 TH Programme end - wrap up, feedback, evaluation.					