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Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

48 Day
Transformation

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No Counting, Measuring...



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Watch Portion Sizes

It Adds Up

Fast-food portions have increased dramatically since 1960. Here's how they stack up, then and now:



A good rule of thumb, one serving equals:

- Palm-sized portion of meat, fish, or poultry
- 1/2 cup of mashed potatoes
- 1 1/2 ounces of cheddar cheese
- 1/2 cup of cooked rice or pasta
- 1 cup yogurt or milk
- One slice of whole-grain bread
- 1/2 cup berries
- One small pancake
- 1/2 grapefruit or mango
- Two medium-sized cookies
- One small baked potato
- As many raw and cooked vegetables as desired with lots of butter!

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At Home



- Use smaller dishes at meals.
- Try not to eat after 6 p.m.
- Eat your bigger protein meal at lunchtime or mid-afternoon.
- Serve food in the appropriate portion amounts
- Put away leftovers in a separate container for tomorrow.
- Don't keep platters of food on the table. You are more likely to "pick" or have seconds.
- Periodic fasting—you don't always have to eat three meals a day.

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At Restaurants



- Ask for half or smaller portions.
- Choose wild fish, brown rice, and a salad or vegetable side.
- Choose to go vegetarian if you know the meat is not grass-fed or the chicken is not free-range, and free of hormones and antibiotics.
- Avoid soy and canola oils and olive oil blends. Ask for pure olive oil or butter.
- Avoid sauces with sugar and avoid food high in salt.



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Stage 1: **Elimination**



Stage 2: **Transformation**



Stage 3: **Lifestyle**

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Foods for Life		STAGE 1 Elimination	
Food Category		Eat from this column on Days 1-15.	
Meat Grass-fed, organic, fresh or frozen Parentheses () indicate a recommended brand.	Bacon Beef or buffalo Sausage— in cage Bone broth Bone marrow	Buttrout Buffalo Elk Goat Hot dogs— nitrite/nitrate & sugar free	Lamb Liver/heart Organ meat— liver, heart, etc. Pork Venison Veal
Fish Wild (saltwater or ocean-caught, fresh or frozen)	Cod Fish broth Grouper Halibut Herring Mackeral Mahi mahi Orange roughy Pompano	Salmon—canned in spring water Sardines—canned in water or olive oil Scrod Sea bass Shellfish Snapper Sole	Tuna Trout Tuna—canned in spring water or olive oil (Crown Prince or Torrance) Whole Wildfish
Poultry Pastured, free-range, organic/non-GMO, fresh or frozen	Chicken Chicken or turkey bacon— nitrite/nitrate free Chicken or turkey sausage or hot dogs— nitrite/nitrate & sugar free	Cornish game hen Duck Quinea fowl Liver & heart Poultry bone broth Turkey	
Eggs Pastured, free-range, organic/non-GMO	Chicken eggs— whole with yolk Duck eggs— whole with yolk	Fish roe or caviar—fresh, not preserved	
Luncheon Meat Organic, free-range, nitrite & preservative free			



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Foods for Life, cont.

- milk
- yogurt—plain
- homemade or bought
(Reheated hot fudge)
Protein Powders—
- grass-fed
(Essential Living Whey)
Sheep milk hard cheese
- those using pasteurized
yogurt or kefir, add
essential probiotic to
help your body absorb
nutrients.

Vegetables

Cauliflower, broccoli,
kale and in season,
fresh or frozen
Asparagus
Artichokes
Avocado
Beets
Broccoli rabe
Butter beans
Cabbage
Carrots
Cauliflower
Celery
Cilantro—only organic
Cucumbers
Eggplant
Garlic
Leafy greens—cooked
kale, collard, arctic
kale, mustard greens, watercress
Leafy greens—raw
radishes, arugula,
fennel, etc.—all kinds
Lettuce leaf—all kinds

Mushrooms
Onion
Peas
Peppers
Pistachios, red
Pumpkin
Pumpkin seeds
Spinach
Squash—broccoli,
butternut, blue zucchini,
redfin, etc.
Squash
String beans
Sweet potatoes
Tomatoes
Yams

Fruits

Organic apple
Locally grown—
fresh or frozen
Lentil (to 2-3 servings/day)
Apples
Apricots
Bananas
Blackberries
Blueberries
Cherries
Cranberries—unpasteurized
Cranberries
Cranberry sauce
Grapes
Guava
Kiwi

Lemon
Lime
Mango
Melon
Nectarines
Oranges
Pappaya—only organic
Peanut butter
Peaches
Pears
Pineapple
Pumpkin
Raspberries
Raspberries
Strawberries

Beans & Legumes

Chickpeas
Black beans
Broad beans
Edamame
in shell, steamed,
only if non-GMO
Garbanzo beans
Kidney beans
Lentils
Lima beans
Miso
Navy beans
Pinto beans
Split peas
Ternipe
White beans

Nuts & Seeds

Almonds
Cashew
Coconut (organic)
Hemp
Macadamia nuts
Pecans
Pumpkin seeds
Sunflower seeds
Walnuts
Almond butter
Pumpkin seed butter
Sunflower seed butter
Tahini / Sesame seed



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Condiments, Spices & Seasoning

Organic, unrefined,
non-irradiated
Flavoring additives—
vanilla, almond, etc.
Organic, unrefined, cold-
pressed, no sugar added
Organic, unrefined, cold-
and preservative-free
Quinoline—homemade
or bought
Wheat (Gluten-free)
Herb and seasoning
blends & spices—
no added stabilizers
Ketchup—homemade
or bought, no sugar
Mayonnaise—homemade
or bought, no sugar
(Santitas Specialty)
Mustard
Salt dressings
& marinades—raw,
homemade
Salsa—fresh, homemade
or bought, no sugar
Salt Cakes, Sea Salt, &
Rehydrated Sea Salt
Soy sauce—wheat free
Tamar
Tamar sauce—no sugar
Unseasoned pasta
Vinegar—cider, balsamic
& apple cider
Wasabi—capon
and preservative-free

Beverages

Water—natural spring
water, reverse osmosis,
non-fluorinated,
no chlorination
Almond milk—homemade
flavor—organic only
Beverages
Black tea
Cranberry
Cranberry water
Coffee—organic only
Green tea
Herbal tea—sweetened with
acceptable sweeteners
Honey (Organic)
Lacto-fermented beverages
Lemonade—homemade
Wine—organic only,
preferably red

Grains

Organic whole grain,
soaked, sprouted, or
naturally fermented
Amaranth
Barley
Emmer
Flour
Kamut
Millet
Oats
Quinoa
Rice—brown, wild
Rye
Spelt
Teff

Bread & Baked Goods

Use acceptable grains
from grain list
Bread—sprouted,
soaked/fermented,
naturally fermented,
homemade or bought
Cakes—homemade
sprouted or soaked,
fermented or bought
Pasta—whole grain
Biscuits
Emmer
Millet
Quinoa
Spelt
Tortillas—sprouted,
corn, wheat

Snacks

Organic and processed
correctly using acceptable
flavors, oils, and sweeteners
Lentil desserts to a couple
of times per week
Cacao—raw or
raw powder
Cocoa & Cacao powder
Crunchy nuts
Desserts—homemade
Ice Cream—homemade
Popcorn—organic only,
no microwave
Trail mix—homemade



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Occasional Healthy Foods

After the 48 Days, these are healthy, non-organic "twinkles" conventional food options. When consuming these foods, use organic anytime and take precautions. These foods should be consumed in moderation. Remember, non-organic foods carry a toxic load of pesticides, herbicides, hormones, antibiotics, and are possibly genetically modified (GMO).

Meats & Proteins

Organic or naturally raised
Canned broth or stock—
without additives
Jelly in blocks, unrefined
cheese, unrefined
Kefir—fresh, organic
Free-range, antibiotic-
and hormone-free
with no vitamins,
Kaggle Farm
Eggs—cage-free,
free-range
Meat & shell meat—
conventional
Salmon—canned
in spring water
Tofu
Tuna—low sodium,
canned in spring water
or wild-caught

Dairy

Whole, full-fat pasteurized,
non-homogenized
Cheese—hard
goat cheese
cheddar, Swiss,
Mozzarella, brie
Cottage cheese—
dry curd, goat milk
or low milk
Con-milk—raw, pasteurized
(Kosmos Super Natural)
Con-milk—pasteurized,
non-homogenized
(Organic Valley)
Cream—raw milk
Cream cheese
Sour cream
Yogurt or kefir—
pasteurized, cultured
from whole goat milk
Yogurt or kefir—cuban,
pasteurized, cultured
from cow milk

Vegetables

Fresh, in season, use
root and vegetable wash,
or frozen
Lacto-fermented
vegetables
Tomato products—
canned in BPA-free
containers
All vegetables—
organic, canned in
BPA-free containers

Fruits

Fresh, in season, use
root and vegetable wash,
or frozen
All tree fruits
Canned fruit—sprungly,
in their own juices,
no added sugar
Dried fruit—no sugar
or sulfites
apples, figs, lemons,
peaches, pineapples,
plums, pears, apples
(apparently)

Beans & Legumes

Fresh, in season, use
root and vegetable wash,
or frozen
Lacto-fermented
beans
Beans—dried, canned
& plain

Nuts & Seeds

Almonds
Cashews
Macadamia nuts
Pecans—organic only
Peanut
Pumpkin seeds
Sunflower seeds
Walnuts

Dried Nuts

Almonds
Cashews
Macadamia nuts
Pecans—organic only
Peanut
Pumpkin seeds
Sunflower seeds
Walnuts

Butters, Fats

Almond butter
Cacao butter
Peanut butter—organic,
no sugar added
Pumpkin seed butter
Sunflower butter
Tahini

Sweeteners

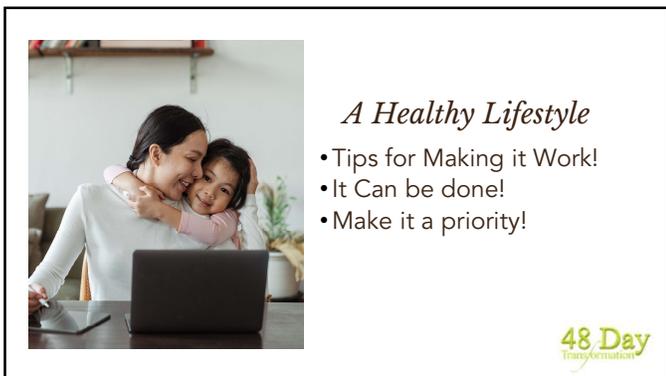
Suspension cane juice



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What's Your Lifestyle?

- Do you stay at home?
- Do you have kids at home?
- Do you work outside the home?
- Do you do eat out a lot?

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Menu Ideas

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Foods for Life

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All Year Round



Foods and beverages to aid digestion:

- Bone broth
- Fermented vegetables of any kind
- Raw milk
- Yogurt
- Kefir
- Beet Kvass
- Kombucha
- Cocobiotic

Throughout the 48 Days and for life, consume a probiotic or fermented food or beverage with every meal.



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Meals



- You do not need to eat three big meals a day!
- If you are eating pure, whole foods, your body needs less
- If you are not used to pure, whole foods, it may take time for you to figure out how much food your body actually needs—listen to your body's signals.



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Periodic Fasts—Your body needs times of partial fasting to stimulate repair to its systems and maintain proper weight

- A partial fast is restricting your meals for the day
- The occasional skipping of a meal is beneficial to the body
- Partial fasting is a great way to maintain your perfect weight
- **After you do it, you will come to enjoy how you feel and the benefits you will reap by this practice.**



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