

# McDougall 5-Day Program

## Example Schedule\*

### Wednesday:

2:00 PM to 4:30 PM: Registration

5:00 PM to 6:30 PM: John McDougall, MD –The Starch Solution

6:30 PM to 7:30 PM: Dinner

7:30 PM to 9:00 PM: Jeff Novick, RD – Lighten Up: Weighing-in on the Weight Debate

### Thursday:

6:30 AM: Optional Laboratory Tests\*\*

7:00 AM: Morning Walk

7:30 AM to 8:30 AM: Breakfast

8:30 AM to 10:00 AM: John McDougall, MD – The Science behind the Maximum Weight Loss Program

10:15 AM to 11:45 AM: Cooking Demonstration

12:00 PM to 1:00 PM: Exercise: Choice of aerobics, gentle yoga, or fitness walk

1:00 PM to 2:00 PM: Lunch

2:00 PM to 3:15 PM: Dr. Doug Lisle PhD – The Pleasure Trap

3:30 PM to 4:45 PM: Jeff Novick, RD – Calorie Density: How to Eat More, Weigh Less, and Live Longer

5:00 PM to 6:15 PM: John McDougall, MD – Soy: Food, Medicine, or Poison

6:30 PM to 7:30 PM: Dinner

### Friday:

7:00 AM: Morning Walk

7:30 AM to 8:30 AM: Breakfast

8:30 AM to 10:00 AM: Jeff Novick, RD – Should I Eat That? How To Choose The Healthiest Foods.

10:15 AM to 11:45 AM: Cooking Demonstration

12:00 PM to 1:00 PM: Exercise: Choice of aerobics, gentle yoga, or fitness walk

1:00 PM to 2:00 PM: Lunch

2:00 PM to 3:15 PM: Doug Lisle, PhD – Getting Along Without Going Along

3:30 PM to 4:45: Jeff Novick, RD – From Oil To Nuts: The Essential Facts on Fats

5:00 PM to 6:15 PM: John McDougall, MD – The Fallacy of Early Detection – The Real Life Benefits Gained by Avoiding Colonoscopy, PSAs and Mammograms.

6:30 PM to 7:30 PM: Dinner

### Saturday:

7:00 AM: Morning Walk  
7:30 AM to 8:30 AM: Breakfast  
8:30 AM to 10:00 AM: – John McDougall, MD – Save Money and Your Health –  
Don't Buy Vitamins (except for one)  
10:15 AM to 11:45 AM: Cooking Demonstration  
12:00 PM to 1:00 PM: Exercise: Choice of aerobics, gentle yoga or fitness walk  
1:00 PM to 2:00 PM: Lunch  
2:00 PM to 3:15 PM: Jeff Novick, RD -- From Oil to Nuts: Olive Oil and The  
Mediterranean Diet  
3:30 PM to 4:45 PM: Mary McDougall: Planning Lunches, Dinners and Snacks  
5:00 PM to 6:15 PM: Visit Cookware Store  
6:30 PM to 7:30 PM: Dinner

**Sunday:**

6:30 AM: Morning Walk  
7:30 AM to 8:30 AM: Breakfast  
8:30 AM to 10:00 AM: Doug Lisle PhD – The Continuum of Evil  
10:15 AM to 11:45 AM: Mary McDougall – Successfully Eating Out, When You Must  
12:00 PM to 1:00 PM: Dr. Alec Isabeau – Fitness: Function and Aging  
1:00 PM to 2:00 PM: Lunch and Check Out of Hotel (Leave bags at front desk)  
2:00 PM to 3:15 PM: John McDougall, MD – Diet and Autoimmune Disease (Like  
Arthritis and MS)

\*Schedule is subject to change and improvement

\*\* Lipids, Glucose, and TSH