



MCDUGALL 3-DAY INTENSIVE WORKSHOP **SAMPLE SCHEDULE - SUBJECT TO CHANGE**

FRIDAY

3:00 PM to 4:30 PM: Registration

5:00 PM to 6:00 PM: John McDougall, MD - *The Color Picture Book*

6:00 PM to 7:00 PM: Dinner

7:00 PM to 8:30 PM: Jeff Novick, MS, RDN, LDN - *Lighten Up: Weighing In On the Weight Debate*

SATURDAY

7:00 AM to 7:30 AM: Optional Blood Tests

7:00 AM to 8:30 AM: Breakfast

8:30 AM to 10:00 AM: John McDougall, MD - *Dairy: Marketing Milk and Disease*

10:15 AM to 11:45 AM: Jeff Novick, MS, RDN, LDN - *Calorie Density: How to Eat More, Weigh Less and Live Longer*

12:00 PM to 1:00 PM: Doug Lisle, PhD - *The Pleasure Trap*

1:00 PM to 2:00 PM: Lunch

2:00 PM to 3:15 PM: Doug Lisle, PhD - *The Willpower Paradox*

3:30 PM to 5:00 PM: Mary McDougall & Heather McDougall - *Meal Planning*



5:15 PM to 6:45 PM: Jeff Novick, MS, RDN, LDN - *Should I Eat That? How to Choose the Healthiest Foods*

6:45 PM to 7:45 PM: Dinner

8:00 PM to 9:00 PM: Jeff Novick, MS, RDN, LDN - *Nutrition Q & A*

SUNDAY

7:00 AM to 8:30 AM: Breakfast

8:30 AM to 10:00 AM: John McDougall, MD - *The Facts on Heart Disease*

10:15 AM to 11:30 AM: Doug Lisle, PhD - *Getting Along Without Going Along*

11:45 AM to 12:30 PM: Mary McDougall & Heather McDougall - *Dining Out, When You Must*

12:30 PM to 1:30 PM: Lunch

1:30 PM to 2:45 PM: Anthony Lim, MD, JD - *A Powerful Framework for Effecting Transformative Change*

2:45 PM to 3:00 PM: John McDougall, MD - *Concluding Remarks*