

# Dr. McDougall®

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## 12-Day McDougall Health Menu

You will notice there are two options for each meal. The first option is “[Mary’s Mini-McDougall Diet®](#)”. This will always be the simplest and healthiest option. This is also a good option for those with food allergies or any other dietary restrictions.

The second option will be a more involved recipe plan. A good option to test your cooking abilities, be creative or impress your family.

The best option is a combination of the two - we do not expect you to cook elaborate meals three times a day but we also do not want you to get bored.

Take some time to look through and mark off what looks good and what makes the most sense for you and your lifestyle. Any of the days and/or meals can be interchanged to your liking. The general list of snack and meal ideas is also there to provide additional options or for you to substitute in anything that you don’t like.

### ***Important Note:***

This instructional material offers you a significant opportunity—to regain your health and enhance your personal appearance. However, diet is powerful medicine. Do not change your diet or start an intense exercise program if you are seriously ill or on medication unless you are under the care of a physician knowledgeable in nutrition and its effects on health. Do not change medications without professional advice. When appropriate, share this message with your doctor.

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## Mary's Mini-McDougall Diet®

Mary's Mini-McDougall Diet® is a trimmed-down, fast-acting modification of the McDougall program. The principles are the same as those of the regular McDougall diet: it is starch-based with the addition of vegetables and one piece of fruit a day. The difference is the goal which is to lose weight quickly with as little effort as possible.

### **Step 1: Pick Your Starch**

Choose one that you already love whether it's corn, potatoes, rice or beans. Cook up a large batch to get you through 3-5 days.

*Examples of starches:* barley, beans, brown rice, corn, lentils or peas, millet, oats, quinoa, sweet potatoes, white potatoes or yams.

### **Step 2: Pick Your Veggie**

Choose sides of non-starchy vegetables and one piece of fruit a day. This can be the same or a different choice each time. Fresh or frozen is all a matter of preference - either is acceptable.

*Examples of non-starchy veggies:* asparagus, bell peppers, bok choy, broccoli, brussel sprouts, cabbage, cauliflower, carrots, celery, leafy greens (kale, chard, etc), salad with oil-free dressing or squash.

### **Step 3: Prepare**

Meal preparation is now a matter of thawing out or heating up these foods. You can place your warmed starch on a plate separate from the vegetables or mix them all together.

### **Step 4: Use Condiments**

While this food is very simple, it should still be tasty for you. Use your favorite seasonings and condiments such as salsa, ketchup, BBQ sauce, etc, as long as they are oil-free.

Enjoy!

[Click here for a printable PDF of Mary's Mini-McDougall Diet®.](#)

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## DAY 1

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

FLUFFY PANCAKES WITH FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

SPLIT PEA SOUP *with* SALAD *and/or* BAKED POTATO

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

MASHED POTATOES *with* FAT FREE GOLDEN GRAVY *and* VEGGIE SIDE OF CHOICE

## DAY 2

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

BREAKFAST BOWLS *with* FRESH FRUIT

- GREEN ENCHILADA SAUCE

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

SANDWICH/WRAP SPREADS: MOCK TUNA SPREAD or EGGLESS EGG SALAD on WHOLE WHEAT BREAD (see list), TORTILLAS (see list), or BAKED POTATO & FIXINGS OF YOUR CHOICE *with* SOUP *and/or* SALAD *and/or* VEGGIES

- TOFU MAYONNAISE

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## DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

PASTA BOWLS: WHOLE GRAIN NOODLES OF YOUR CHOICE MIXED WITH VEGGIES AND MARINARA SAUCE

## DAY 3

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

FRENCH TOAST WITH FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

BBQ GREENS AND BEANS *with* STARCH OR SIDE OF YOUR CHOICE

## DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

### ASIAN BOWLS

- ASIAN GINGER SAUCE
- THAI PEANUT SAUCE NOTE: PEANUT SAUCE IS A HIGH FAT CONDIMENT. BE MINDFUL WHEN USING THIS.

## DAY 4

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *and/or* FRESH FRUIT

~or~

GALLO PINTO *with* FRESH FRUIT

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## LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

SIMPLE GARBANZO WRAPS

## DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

PIZZA WITH SALAD *and/or* SOUP *and/or* VEGGIES

- EASY HOMEMADE PIZZA DOUGH
- GLUTEN-FREE PIZZA DOUGH
- MARINARA SAUCE (USE LEFTOVER MARINARA FROM PASTA NIGHT)

## DAY 5

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

KATIE MAE'S SAVORY OATMEAL WITH FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

MUSHROOMS, KALE AND POTATOES

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

HOISIN-TOFU LETTUCE WRAPS serve with a side of rice or starch of choice

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## DAY 6

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

CATHY'S BAKED OATMEAL *with* FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

BEAN BURRITOS

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

SLOPPY LENTIL JOES *with* SALAD *and/or* SOUP *and/or* VEGGIES

## DAY 7

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

MIXED POTATO HASH WITH FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

JEFF'S LONGEVITY SOUP

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

BURRITO BOWL

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## DAY 8

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

TOFU SCRAMBLE *with* HASH BROWNS *and/or* FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

YAMMY KALE *with* SIDE OF CHOICE *or* LEFTOVERS

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

STUFFED SWEET POTATOES *with* SALAD *and/or* SOUP *and/or* VEGGIES

## DAY 9

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *and/or* FRESH FRUIT

~or~

WAFFLES *with* FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

HUMMUS WRAPS *with* SOUP *and/or* VEGGIES *and/or* BAKED POTATO

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

JEFF'S SWEET POTATO CURRY BURGER *with* SALAD *and/or* SOUP *and/or* VEGGIES

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## DAY 10

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

EAST-WEST BREAKFAST WITH FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

SOUTHWEST COUSCOUS SALAD *with* SOUP *and/or* VEGGIES *and/or* BAKED POTATO

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

TOFU TACOS *with* SALAD *and/or* SOUP *and/or* VEGGIES

- CILANTRO-GARLIC AIOLI

## DAY 11

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *with* FRESH FRUIT

~or~

SPINACH FRITTATA

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

JEFF'S MEXICAN BEANS AND RICE

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

TOFU LOAF *with* ROASTED VEGGIES & MASHED POTATOES AND GRAVY



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## DAY 12

### BREAKFAST

OATMEAL *and/or* HASH BROWNS *and/or* FRESH FRUIT

~or~

SHREDDED POTATO PANCAKES *with* FRESH FRUIT

### LUNCH

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

MEXICAN STUFFED PEPPERS (*Leftovers make for a good filling*)

### DINNER

MARY'S MINI OPTIONS (see list) *and/or* LEFTOVERS

~or~

THAI NOODLE STIR-UP

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## CONDIMENTS & SPICES

Condiments (sauces, hot sauces, spreads, dips, etc.) and spices are going to make a huge difference in making this new food familiar and flavorful for you. But it is still important to understand that all condiments should be used sparingly. Most are still high in sugar, sodium and sometimes fat. Just use enough to enhance your meal a bit. Some of the recipes are accompanied by a special condiment or sauce but you are encouraged to use whatever you're used to using--as long as it is free of animal products, nuts and oils.

*Sugar, honey or sweetener of your choice is fine in your coffee or tea & on your oatmeal or pancakes at breakfast.*

### **Store-Bought Condiments That Are Usually (But Not Always) Compliant:**

Dry Spices & Spice Mixes

Hot Sauces

Salsa

Ketchup

Mustard

Steak Sauce

Soy sauce/Tamari

Jam/Jelly

Real Maple Syrup

Balsamic Vinegar

Red Wine Vinegar

Barbeque Sauce

Relish

### **Store-Bought Condiments That Are Usually NOT Compliant:**

Butter, Margarine & Vegan Butter

Mayonnaise (Never Compliant--Even The "Vegan" Ones)

Salad Dressing (Unless they say "oil-free")

Hummus (Look for oil-free, it does exist)

Jarred Marinara Sauce (Oil-free ones are hard to find)

Aioli

Pesto