MARY'S MINI
McDougall Diet®

Mary's Mini-McDougall Diet® is a trimmed-down, fast-acting modification of the McDougall Program.

This program takes the guesswork out of planning your meals and we highly recommend using Mary's Mini-McDougall Diet® while you learn how to navigate this lifestyle change. This is by far the easiest and most sustainable way to learn this way of eating and stick to it.

Note: This is a nutritionally sound program that you may want to follow either temporarily, or for a lifetime.

1
PICK YOUR STARCH

Which ones are naturally your favorite? Corn? Potatoes? Rice? Beans?

Choosing one that you already love is very helpful.

Cook up a large batch to get you through 3-5 days.

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.

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 altogether.

4
USE CONDIMENTS

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

ENJOY!

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Here's an example of how to use Mary's Mini-McDougall Diet®:

	BREAKFAST	LUNCH	DINNER
WHITE POTATO	hash browns	baked	mashed
SWEET POTATO	grated	baked	mashed
RICE	with fruit	with carrots	with veggies
CORN	tortillas	plain	polenta

Here is a sample list of foods to choose from:

STARCHES	NON-STARCHY VEGGIES	FRUITS
Barley	Asparagus	Apple
Beans	Bell Peppers	Banana
Brown or Wild Rice	Bok Choy	Berries
Corn	Broccoli	Grapes
Lentils or Peas	Brussel Sprouts	Mango
Millet	Cabbage	Melon
Oats	Cauliflower	Orange
Quinoa	Carrots	Peach
Sweet Potatoes	Celery	Pear
White Potatoes	Leafy Greens (Kale, Chard, etc)	Pineapple
Yams	Salad with Oil-Free Dressing	Plum
	Squash	

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