

McDougall 10-Day Meal Plan Grocery Lists

Please note: grain measurements are for uncooked grains and spices and herbs are dried unless specified otherwise

DAY 1 GROCERY LIST

Grains

4 cups oat groats (whole oats)
 ½ cup brown rice
 ¾ cup quinoa
 ¾ cup barley
 ½ cup millet
 ½ cup rye
 ½ cup spelt berries

Legumes

1 cup green split peas
 ½ cup dried baby lima beans
 2 15-oz cans white cannellini beans

Vegetables

2 pound red potatoes
 2 cups baby potatoes
 5 carrots
 4 celery stalks
 2 green bell pepper
 2 red bell pepper
 1 yellow bell pepper
 1½ cups thinly sliced spinach
 2 cups shredded green cabbage
 2 cups shredded red cabbage
 3 sweet onions
 1 red onion
 1½ bunch green onions or scallions
 ½ pound mushrooms

Spices & Herbs

3 cloves garlic
 1 tablespoon fresh basil
 ¼ cup minced fresh parsley
 2 teaspoons basil
 2 bay leaves
 1½ teaspoon celery seed
 ½ teaspoon caraway seeds
 ½ teaspoon oregano
 1 teaspoon paprika
 ½ teaspoon smoked paprika
 3½ tablespoons parsley flakes
 ¼ teaspoon red pepper flakes
 1/8 teaspoon white pepper
 freshly ground black pepper

Condiments

1½ cups hummus
 ¾ cup oil-free Italian dressing
 2 tablespoons balsamic vinegar
 6 tablespoons cider vinegar
 2 tablespoons Dijon mustard
 2½ tablespoons soy sauce or tamari
 2 teaspoons agave nectar

Miscellaneous

3 cups vegetable broth
 4-oz can roasted red pepper
 8-oz can tomato sauce

DAY 2 GROCERY LIST

Grains

1 cup steel cut oats
 6 cups cooked brown rice
 1 cup corn kernels

Legumes

2 cups green lentils
 2 cups pinto beans

Vegetables

2 large potatoes
 2 cups chopped fingerling potatoes
 2 green bell peppers
 1 red bell pepper
 1-2 jalapeño peppers
 7 cups chopped spinach
 2 sweet onions
 1 bunch green onions or scallions

Fruit

1 avocado

Herbs & Spices

3 cloves garlic
 ¼ cup chopped fresh parsley or cilantro
 ¼ cup chopped fresh cilantro
 1½ tablespoons chili powder
 ½ teaspoon chipotle chili powder
 ¾ teaspoon garlic powder
 ¾ teaspoon onion powder
 1 teaspoon poultry seasoning
 freshly ground black pepper

Condiments

½ cup oil-free Dijon-style salad dressing
 2 tablespoons soy sauce or tamari
 1-1½ cup salsa
 hot sauce

Miscellaneous

8-oz can tomato sauce
 8-oz can sliced water chestnuts
 10-oz can Ro-tel diced tomatoes and green chilies
 11-oz can mandarin orange segments
 2 tablespoons cornstarch



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DAY 3 GROCERY LIST

Grains

4 cups oat groats (whole oats)
½ cup brown rice
½ cup quinoa
½ cup barley
½ cup millet
½ cup rye
½ cup spelt berries
1/3 cup orzo

Legumes

1 cup dried red lentils
15-oz can chickpeas

Vegetables

6 red or yellow potatoes
3 Yukon Gold potatoes
4 Garnet yams
1 carrot
5 celery stalks
3 tomatoes
1 green bell pepper
1 cup green beans
10-oz spinach
1½ cups cauliflower florets
1 cup thinly sliced cabbage
2 sweet onions
½ cup thinly sliced red onion
3½ cups sliced fresh mushrooms

Fruit

1 lemon

Herbs & Spices

2 cloves garlic
¼ teaspoon minced fresh ginger
½ cup chopped fresh cilantro
1 bay leaf
½ teaspoon cinnamon
½ teaspoon ginger
½ teaspoon marjoram
½ teaspoon paprika
½ teaspoon sage leaves
½ teaspoon turmeric
freshly ground black pepper

Condiments

¼ cup rice vinegar
5 tablespoons soy sauce or tamari
1 tablespoon Dijon mustard

Miscellaneous

9 cups vegetable broth
2 tablespoons cornstarch

DAY 4 GROCERY LIST

Grains

1 cup steel cut oats
½ cup quinoa, rinsed well
2 cups corn kernels
1 cup cornmeal
¼ cup brown rice flour

Legumes

5 15-oz cans of garbanzo beans
1 15-oz can black beans
1 15-oz can kidney beans

Vegetables

2-3 sweet potatoes
2½ cups fingerling potatoes
1 cup grated zucchini
2 celery stalks
1 tomato
4 jalapeño peppers
2 tablespoons chopped pimiento
1 cup green beans
4 cups chopped spinach
3 sweet onions
½ cup chopped green onions or scallions
2-3 tablespoons coarsely chopped black olives

Fruit

½ lemon
1 lime

Spices & Herbs

4-6 cloves garlic
2 teaspoons of minced fresh ginger
¾ cup chopped fresh cilantro or parsley
¼ teaspoon cinnamon
1 teaspoon chili powder
1½ teaspoons cumin
1/8 teaspoon coriander
1/8 teaspoon red pepper flakes
freshly ground black pepper
dash of salt

Condiments

1 1/3 cups non-dairy milk
1 cup salsa
¼ cup natural peanut butter
1 tablespoon rice vinegar
½ tablespoon prepared horseradish
1 teaspoon chili garlic sauce

Miscellaneous

5½ cups vegetable broth
2 teaspoons baking powder
½ teaspoon baking soda
2 14.5-oz cans chopped tomatoes



DAY 5 GROCERY LIST

Grains

4 cups oat groats (whole oats)
2½ cup brown rice
1 cup corn kernels
½ cup barley
½ cup millet
½ cup quinoa
½ cup rye
½ cup spelt berries
½ cup whole wheat elbows

Legumes

1 cup dry brown lentils
4 15-oz cans black beans
15-oz can pinto beans
15-oz can white beans
15-oz can garbanzo beans
15-oz can red kidney beans

Vegetables

6-8 fingerling potatoes
1 zucchini
2 carrots
5 celery stalks
1 medium red bell pepper
1 tomato
1½ cups fresh green beans
1½ cups shredded cabbage
4 cups broccoli florets
5 sweet onions

Spices & Herbs

3 cloves garlic
½ cup chopped fresh parsley
¼ cup chopped fresh cilantro
1½ teaspoons basil
1 bay leaf
¼ teaspoon celery seed
1 teaspoon dill weed
1 tablespoon oregano
½ teaspoon marjoram
¼ cup parsley flakes
freshly ground black pepper
dash of white pepper
dash of salt

Condiments

2½ cups non-dairy milk
½ cup bottled oil-free barbecue sauce
3 tablespoons red wine vinegar
3½ tablespoons Dijon mustard
1 tablespoon soy sauce or tamari
1 teaspoon vegetarian Worcestershire sauce
hot sauce

Miscellaneous

2 cups frozen hash brown potatoes
4 cups vegetable broth
8-oz tomato sauce
15-ounce can chopped tomatoes

DAY 6 GROCERY LIST

Grains

2 cup corn kernels
1 cup steel cut oats
½ cup brown rice
6-8 soft corn tortillas

Legumes

1 cup red lentils
2 15-oz can garbanzo beans
15-oz can black beans

Vegetables

3 pounds red potatoes
2 cups chunked Yukon Gold potatoes
4 celery stalks
1 tomato
½ red bell pepper
½ green bell pepper
1 cup chopped spinach
2 cups chopped chard
2½ sweet onions
2 bunch green onions or scallions

Fruit

2 lemons
2 limes
1 avocado

Spices & Herbs

4 cloves garlic
1½ teaspoons minced fresh ginger
2 tablespoons chopped fresh cilantro or parsley
2¾ teaspoons cumin
½ teaspoon dry mustard
1 teaspoon smoked paprika
1/8 teaspoon white pepper
freshly ground black pepper
½ teaspoon salt

Condiments

½ cup salsa
1 tablespoon soy sauce or tamari
1 teaspoon honey
Tabasco sauce

Miscellaneous

10.5-ounce package lite silken tofu
5 cups vegetable broth
2 15-oz can fire-roasted chopped tomatoes
14.5-oz can diced tomatoes
7-oz can chopped green chiles
1-2 teaspoons chili paste (Sambal Oelek)



DAY 7 GROCERY LIST

Grains

4 cups oat groats (whole oats)
1 cup brown rice
½ cup barley
½ cup millet
½ cup quinoa
½ cup rye
½ cup spelt berries
1/3 cup corn kernels

Legumes

3 15-ounce cans black beans
15-ounce can garbanzo beans

Vegetables

3 pounds sweet potatoes
3 pounds Yukon gold potatoes
3 carrots
1 celery stalk
1 green bell pepper
2 cups green beans
½ cup green peas
1 cup spinach, kale or chard
2 sweet onions
½ bunch green onions or scallions
1½ pounds mushrooms

Spices & Herbs

1 clove garlic
¼ cup chopped fresh parsley
2 tablespoons chopped fresh cilantro
2 bay leaves
¼ teaspoon chili powder
1/8 teaspoon smoked chipotle chili powder
¼ teaspoon cayenne
1 teaspoon coriander
2 tablespoons curry powder
¼ teaspoon dill weed
¼ teaspoon oregano
1 tablespoon parsley flakes
¼ teaspoon thyme
freshly ground black pepper
½ teaspoon salt

Condiments

2 cups salsa
1¼ cups non-dairy milk
3 tablespoons white wine vinegar
1 tablespoon pure maple syrup
1 tablespoon soy sauce or tamari
1 tablespoon mustard
hot sauce

Miscellaneous

2 cups frozen hash brown potatoes
½ cup Tofu Mayonnaise
5½ cups vegetable broth
1 cup red wine
15-oz can chopped tomatoes
7-oz can Mexican green sauce
4-oz can tomato paste
4 tablespoons cornstarch
1/8 teaspoon coconut extract

DAY 8 GROCERY LIST

Grains

1 cup steel cut oats
1 cup barley
1 cup quinoa

Legumes

1½ cups dried brown lentils
4 15-ounce cans garbanzo beans
15-ounce can black beans

Vegetables

4 potatoes of your choice
5 tomatoes
2 green bell peppers
1½ red bell peppers
1 yellow bell pepper
1 jalapeño pepper
6 cups chopped spinach
2 cups shredded cabbage
3 sweet onions
1½ bunch green onions or scallions
½ pound mushrooms

Fruit

2-3 lemons

Spices & Herbs

1 clove garlic
¼ cup chopped fresh cilantro
¼ cup chopped fresh mint
½ cup chopped fresh parsley
1 tablespoon chili powder
½ teaspoon cumin
2 teaspoons dill weed
¼ teaspoon garlic powder
1 tablespoon parsley
freshly ground black pepper

Condiments

½ cup oil-free Italian dressing
4 tablespoons soy sauce or tamari
2 tablespoons mustard
1 teaspoon vegetarian Worcestershire sauce
1 teaspoon rice wine vinegar
hot sauce

Miscellaneous

Whole wheat buns and burger condiments
1 cup vegetable broth
1 15-oz can crushed tomatoes
2 tablespoons brown sugar
1/8 teaspoon wasabi powder



DAY 9 GROCERY LIST

Grains

4 cups oat groats (whole oats)
½ cup brown rice
½ cup barley
½ cup millet
½ cup quinoa
½ cup rye
½ cup spelt berries
2 cups corn kernels
¼ cup brown rice flour

Legumes

1 pound black beans

Vegetables

2 zucchini
2 carrots
1½ cucumber
7 tomatoes
6 cups spinach
1 cup alfalfa or clover sprouts
4 cups broccoli florets
2 leeks
1 sweet onion
4 shallots
1 bunch green onions or scallions
4 Portobello mushrooms
2¼ pounds mushrooms

Fruit

2 lemons

Spices & Herbs

4-5 cloves garlic
1 teaspoon chopped fresh basil
¼ cup chopped fresh cilantro
½ teaspoon minced fresh oregano
1 tablespoon chopped fresh parsley
½ teaspoon minced fresh tarragon
1 teaspoon cumin
1 teaspoon chili powder
½ teaspoon oregano
¼ teaspoon red pepper flakes
½ teaspoon sage
freshly ground black pepper

Condiments

¾ cup soy sauce or tamari
1 cup oil-free dressing
Sriracha hot sauce

Miscellaneous

1 pound firm tofu, drained
1½ cups vegetable broth
1 cup tahini
1/8 cup Marsala wine
2 16-oz cans whole tomatoes
4-oz can chopped green chiles
4-oz sliced water chestnuts
3½ tablespoons cornstarch

DAY 10 GROCERY LIST

Grains

1 cup steel cut oats
1 cup brown rice
1 cup corn kernels
¾ cup whole wheat pastry flour
¾ cup unbleached white flour
1 24-oz package San Gennaro precooked polenta

Legumes

2 15-oz cans black beans
15-oz can pinto beans

Vegetables

2 tomatoes
2½ red bell pepper
1 orange or yellow bell pepper
1 jalapeño pepper
6 Romaine lettuce leaves
1 cup thinly sliced cabbage
2 sweet onions

Fruit

2 cups chopped ripe mango
1 ripe banana
1 avocado
1/3 cup blueberries
2 limes
½ lemon

Herbs & Spices

2 cloves garlic
1 cup chopped fresh cilantro, parsley or basil leaves
¼ cup chopped fresh cilantro
1 teaspoon chili powder
1 teaspoon cumin
freshly ground black pepper
dash of salt

Condiments

½ cup salsa
1 tablespoon cider vinegar
Tabasco sauce

Miscellaneous

1 cup non-dairy milk
½ cup sparkling water
½ cup vegetable broth
15-oz can crushed tomatoes
7-oz can Mexican green sauce
4-oz can chopped green chilies
4 tablespoons cornstarch
2 teaspoons baking powder