

**McDougall<sup>®</sup>**

research & education foundation



McDougall  
Program

[www.mcdougallfoundation.org](http://www.mcdougallfoundation.org)

# Planet-Saving Diet

The McDougall Program was originally designed to help the sickest of patients. However, recent demands caused by warming of the planet have given us new reasons to change every individual.

Healing planet Earth begins with healing her inhabitants, especially the ones causing the most damage by the food choices they are making. In the 21st Century, half of the world's population consumes the rich Western diet, heavy into animal husbandry. We have the means through modern technology for almost instantaneous worldwide dissemination of the truth that consuming animals is at the root of global warming. Viral distribution of the planet-saving diet created by the McDougalls is long-overdue. This will be a bottom-up movement, educating individuals, then industries, governments, and more, and that is why we offer the free McDougall Program.\*

We can make a critical difference, beginning one person at a time.

*\*This instructional material is donated to the McDougall Research & Education Foundation by Dr. John and Mary McDougall.*



# Free McDougall Program

The McDougall Program has held nothing back. The pages that follow contain all of the information you need to successfully change your diet and lifestyle in order to quickly regain control of your health and appearance. The Free McDougall Program puts recovery from chronic disease and attainment of excellent health within everyone's reach.



## *Before You Begin*

The instructional material that follows offers you an opportunity to rediscover your health and appearance. Diet, however, is powerful medicine – if you're seriously ill or on medication, don't make a dramatic dietary change (or start an intense exercise program) without the care of a physician who knows about nutrition and its effects on health. Never change medications without professional advice and, if appropriate, share this message with your doctor.

The McDougall Program is a starch-based diet (potatoes, sweet potatoes, rice, etc.) with the addition of either fresh or frozen fruits and vegetables and avoids all added oils. If you follow the diet strictly for more than three years, or if you are pregnant or nursing, take a minimum of 5 micrograms (mcg) of supplemental vitamin B12 each day.





# Introduction

You can regain your health and take control of your life. All the beneficial things that you associate with health – looking good, optimal weight, positive energy, vitality and a deep sense of well-being – can be yours. What’s more, you can accomplish these goals by the simplest method imaginable: eating the wholesome, fresh foods your body was designed to enjoy.

## *More than 50 Years of Restoring People’s Health*

By John McDougall, MD

I have been practicing medicine for over 50 years and I have treated virtually every type of chronic illness common to the developed world. In my efforts to help people restore their health, I have tried almost every type of test and medical treatment available. But in all my years I have seen only one form of treatment work consistently and, quite often, even miraculously.

This approach has been effective even when all other medical therapies have failed. Patients whose doctors have given up on them – who are told there are no more drugs or operations that might save them – have restored their health using this singular approach.



Dr. John & Mary McDougall  
Co-founders of the McDougall Program

# The McDougall Program Basics

A diet of plant foods, including whole grains and whole-grain products (such as pasta, tortillas, and whole-grain bread), and a wide assortment of vegetables and fruit.

Plenty of spices and usually small amounts of sugar and salt to enhance the flavor of food.

Exercise as simple as a daily walk.

The exclusion of animal foods, including red meat, poultry, dairy products, eggs, and fish – all of which provide toxic levels of fat, cholesterol, protein and, very often, infectious agents and harmful chemicals.

The exclusion of all oils including olive oil, safflower oil, and corn oil. Oils are nothing more than liquid fats that increase obesity, which in turn, depresses immune function and contributes to the most common chronic diseases.

## *Just 10 Days to Profound and Lasting Change*

The dietary and lifestyle habits above may sound challenging at first, but taken step by step over just 10 days, it will become a way of life that is so natural you won't believe how easy it is. Most important, you'll experience an almost immediate improvement in your health. And once you do, the profound difference will make it hard to imagine doing it any other way.

## *Try it for Yourself*

In this special introduction to the McDougall Program, I'll describe in detail how to put this powerful healing approach to work for you in 10 days. This is exactly the same program that I used with my patients at St. Helena Hospital and Health Center in Napa Valley, California for 16 years and the one I used at my resort-based 10-day residential clinic in Santa Rosa, California and now use in my online programs. You'll find that you can do everything at home that my live-in patients do in order to lose weight and regain lost health. Understanding my program isn't difficult. When you are ready, I recommend that you inform your doctor so that they can provide medical consultation and support if necessary. The biggest obstacle is getting started.



## *Diet, Not Genes, Controls Destiny*

Your body is meant to be healthy; it shouldn't need drugs or surgery except in times of emergency. Why, then, have we become so dependent on these interventions? The answer is this: all too often It's the Food ® we eat that is making us sick.

When looked at from the perspective of human evolution, the current diet we are eating is a bizarre anomaly unlike anything we ate over the last four million years. Our blood, arteries, and cells are not designed to function under so much fat and cholesterol. Our intestines are not designed to function in the absence of fiber. Our immune system is not designed to function without an abundant supply of plant-based nutrients and phytochemicals.

With our cells drowning in fat, cholesterol, animal proteins and artificial chemicals, and our immune system deprived of what it needs to maintain itself, it's no wonder so many of us get cancer, heart disease, high blood pressure, adult-onset diabetes, arthritis, osteoporosis, and other age-related illnesses. In fact, it is a testament to the strengths of the human body that anyone has the slightest semblance of health eating like we do today.



## *A Revelation: Your Health is Not Determined by Genes*

I began practicing medicine on the big island of Hawaii where extended families were the norm. I treated people who worked on sugar plantations, mostly ethnic Chinese, Japanese, Korean, and Filipino. It was not uncommon for me to closely observe three and sometimes four generations within the same family. I got to know many of these families, treating the children, parents, grandparents, and sometimes even the great-grandparents of a single family.

At the outset of my medical career I was not the least bit interested in diet and nutrition. My medical training had included nothing about it and, consequently, I considered the subject irrelevant to health. But as I practiced medicine in Hawaii I observed a rather startling phenomenon that changed my life: the older generations were in exceedingly good health even after they were well into their eighth, ninth and tenth decades of life. Their health contrasted remarkably with their children and, even more so, with their grandchildren. The younger the patient the more likely they were to suffer from gout, high blood pressure, heart disease, diabetes, colon cancer, and obesity.

When I looked more closely at my patients, I found that they had a lot in common. They all had physically demanding work and they observed many of the same customs. The single greatest difference between the older and younger generations was their diet.

The older patients followed the traditional diets of their ancestors. Their regimens were based primarily on plant foods: grains (like rice), fresh vegetables, beans, and fruit. The younger generation had modern diets based primarily on animal foods. They also ate enormous quantities of processed and refined foods that were loaded with fat, sugar, salt, and artificial ingredients. If genes were the cause of disease, then why wasn't the younger generation protected against common chronic illnesses like their older relatives? Why was the younger generation deteriorating so rapidly? Something more than genetics must be involved.



## *Researchers Discover that Diet Controls Destiny*

My observation caused me to plunge into the study of the relationship between health and nutrition – a pursuit that changed my practice and my life forever. It wasn't long before I realized that the observations and conclusions I was drawing from my medical practice were being replicated on a much larger scale by researchers around the world. Scientists were finding that the people who had diets based primarily on plant foods escaped the scourges of degenerative illnesses. In contrast, populations that subsisted on the modern diet, rich in meats, dairy products and processed fare, were ravaged by ailments we now regard as all-too-common.

I learned something else, too: given the right diet and lifestyle the body will recover. When we remove the poisons from our lives and replace them with health-promoting food, the body can heal itself, even from illnesses deemed “incurable.”





## *Fat & Cholesterol: Primary Poisons*

The body uses fat primarily for energy storage when no food or other immediate source of fuel is available, and cholesterol is needed for many critical cellular functions, so both are part of a normal, healthy body. Having said that, the body produces all the cholesterol it needs; and as for fat, plants already contain adequate amounts and only plants make the essential fatty acids your body needs to function. What's more, plant foods never contain cholesterol.

Animal foods, on the other hand, provide too much fat, especially the most harmful kind (saturated fat), which damages the arteries and causes heart disease and stroke. Beef derives 60% – 80% of its calories from fat; pork, 80% – 95%; chicken, 30% – 50%; and fish, 5% – 60% percent. Meat is also rich in cholesterol. A 3 1/2 ounce serving of beef contains 85 mg of cholesterol; pork contains 90 mg; mackerel fish contains 95 mg; turkey, 83 mg; tuna, 63 mg; and chicken (skinned-white), 85 mg.

## *Vegetable Oils are Not Health Foods*

Even poly and monounsaturated fats – found in large amounts in vegetable oils and fish – have been shown to depress the immune system, increase bleeding and promote cancers, especially those of the colon, prostate and breast. Because all fats are easily stored by the body, too much dietary fat makes people overweight and lays the foundation for a host of other problems like heart disease, cancer, and adult-onset diabetes.



## *Plant Foods Provide the Nutritional Building Blocks for Optimum Health*

To understand why the McDougall Program is such powerful medicine, you must start by recognizing that plant foods are the most abundant sources of nutrition on earth.

Nutrients are the raw materials your body needs to function properly and can generally be split into two types – the ones your body can make by itself and the ones it can derive only from your food. The latter are called “essential” nutrients.

There are 13 essential vitamins. Eleven are made in abundance by plants. The two that are not produced by plants are vitamins D and B12, both of which are stored in your tissues for long periods of time. You’ll get enough vitamin D with adequate exposure to sunlight and B12 can be easily supplemented. I tell pregnant and nursing women, and people who follow my diet strictly for more than 3 years, to take five micrograms of vitamin B12 daily.

## *Animal Foods Have Little Nutritional Value*

There’s no comparison between animal foods and plant foods when it comes to providing immune-boosting and cancer-fighting nutrients. Animal foods are either exceedingly low or devoid of antioxidants and tend to offer concentrated amounts of individual nutrients, like protein or calcium, while being deficient in many others. By contrast, plant foods are rich in antioxidants and provide a wide spectrum of vitamins, minerals, and other health-promoting nutrients.

Only plants contain powerful substances called phytochemicals, which scientists are now discovering protect us from cancer, heart disease, and an array of other serious illnesses. Plants are also the primary source of all minerals in our diet. Minerals are derived from the earth and make their way into the food supply via plants. The only reason animal foods contain any minerals at all is because the animals eat plants, or they eat animals that eat plants. And plants offer our only sources of dietary fiber, which binds in our intestines with fat, cholesterol, environmental pollutants and disease-causing hormones to eliminate these dangers from the body. Fiber also decreases intestinal transit time and promotes healthy bowel elimination.



## *You Don't Need Milk to Get Calcium*

Plant foods contain generous amounts of calcium. A cup of cooked collard greens contains about 360 mg of calcium, while a cup of milk contains about 300 mg. A cup of cooked kale contains 210 mg. There is NO disorder known as “dietary calcium deficiency” – in other words, there is plenty of calcium in all plant food diets to meet the needs of both children and adults alike. Osteoporosis is not a disease that results from too little calcium, but primarily from acids derived from too much animal protein that rob the body of calcium and thus weaken bones. A diet based on starches with a plentiful supply of fruits and vegetables, combined with modest exercise, will preserve skeletal strength and even regain lost bone mass.

## *All the Protein You Need - Without the Meat*

Protein is extremely misunderstood. First, you should know that plants contain protein and all of the essential amino acids needed to build it. Second, animal foods are not necessary to get the protein your body needs – indeed, all the protein you need and more can be easily derived from plant foods alone.

The World Health Organization (WHO) recommends men, women, and children get five percent of their calories from protein. The chart below reveals the protein levels of selected plants and as you can see it's virtually impossible to fail to meet the WHO's daily requirements.

| Percentage of calories derived from protein |    |
|---------------------------------------------|----|
| Food                                        | %  |
| Rice                                        | 8  |
| Corn                                        | 12 |
| Baked Potato                                | 10 |
| Pinto Beans                                 | 24 |
| Broccoli                                    | 43 |
| Cauliflower                                 | 33 |
| Zucchini                                    | 17 |
| Orange                                      | 9  |
| Strawberries                                | 8  |



## *Americans are Getting Too Much Protein*

Americans consume 6 to 10 times as much protein as they need. All that excess protein overworks the liver and kidneys causing both to become enlarged and injured. Excess protein consumption also causes the kidneys to pull large quantities of calcium from the body, causing bones to weaken and kidney stones to form.

Scientists have found that animal proteins are particularly damaging to the body because so many of their amino acids contain sulfa, which is far more toxic to the liver and kidneys than vegetable proteins. One of the most time-honored approaches to healing the kidneys and liver, in fact, is to eat a low-protein diet, especially a diet low in animal proteins. When the protein content of the diet drops, kidneys are strengthened and very often healed.

## *What the World Needs Now is Carbohydrates - and Lots of Them*

Carbohydrates are our primary source of energy. They alone provide energy for red blood cells, and certain cells of the kidneys, and they're the preferred fuel for the central nervous system, including the brain. Fat, on the other hand, is a secondary source of energy that can be used by some tissues, such as muscle, but is more often stored for use in times of famine.

Humans were designed by nature to crave carbohydrates. With their unique combination of sweet flavor, energy and nutrition, carbohydrates regulate our hunger drive. There are no carbohydrates in red meat, poultry, fish, shellfish, or eggs, and most dairy products contain little if any. Cheese, for example, contains only two percent. This is an important reason why people who eat a diet rich in animal foods rarely feel satisfied and become compulsive overeaters. Unless you eat enough carbohydrate foods, you'll remain hungry and crave more food.

Unprocessed plant foods like brown rice, potatoes, squash, broccoli, and apples (just to name a few) are loaded with complex carbohydrates – long chains of sugars that must be broken down inside your intestine before they can be used as fuel. The process of digesting these complex carbohydrates is slow and methodical, providing a steady stream of fuel pumped into your bloodstream as long-lasting energy. On the McDougall diet, 70% – 90% percent of your calories are derived from complex carbohydrates, providing you with all the nutrients you need for optimum health, plus a high level of vitality and endurance.



## *Prepare for Health*

The following are preparations you should make before beginning the McDougall Program:

- Choose a weekend day to prepare recipes, stock up on new food items, or explore your vegetarian options at nearby restaurants. In this way, you will be prepared to start the diet on a Monday.
- Make an appointment with your doctor to arrange lab tests, if indicated.
- Set goals that you would like to achieve in 10 days. For instance, you may want to lose five pounds, relieve some chest pain, or cut your dose of insulin in half.
- If you are addicted to any substances such as caffeine, cigarettes or alcohol, you may want to take advantage of a dedicated substance-dependence program in your community.
- Speak to your family and those close to you about the program you are beginning. Also, be tolerant if your family is not as willing to eat these new foods as you are.
- Clear out your fridge, freezer, and cupboards of all forbidden foods. You can give them to friends or local charities if you do not want to throw them out.

## *The Simple Approach is Often the Best*

The McDougall Program provides you with the most powerful dose of medicine at least three times a day. It deals with the causes of disease, which means it is a true source of both prevention and healing. Give it a try and in 10 days you will start to see what it means to be healthy and fully alive. As so many have already, you will find it to be the greatest gift you have ever given yourself.



## *Steps to Recovery*

Now that I've outlined the many reasons to give the McDougall Program a try, let me explain the specifics of how to put it into practice. This section will contain lists of foods that you can and can't eat on the program, the benefits of exercise, how to track your progress, measurements to take before you get started, and practical ways to prepare for your journey into health.

The only way to regain your health is to stop consuming the various poisons in your diet and start eating foods that are rich in all the vitamins, minerals, phytochemicals and fiber your body requires. Only by eating plant foods can you ensure that your body will get all the nutrition it needs.

The McDougall Diet is based on unrefined starches – this means starches are the foods you will eat most. To this centerpiece you will add fresh or frozen fruits and vegetables. Simplicity has great value and makes the diet easy to prepare. There is no requirement for great variety to assure nutritional adequacy. The foods are complete long before they reach the table.



# *Starch Staples*

The following starchy foods are high enough in calories that they can serve as the center of a meal:

## **Whole Grains**

Barley  
Oats  
Brown Rice  
Quinoa (Pronounced “Keen-wa”)  
Buckwheat  
Rye  
Bulgur (Cracked Wheat)  
Triticale  
Couscous (Refined Wheat)  
Wheat Berries  
Corn  
Wild Rice  
Millet

## **Unrefined Flours**

Barley  
Rice  
Buckwheat  
Rye  
Corn  
Soy  
Garbanzo Beans  
Triticale  
Lima Bean  
Wheat  
Oat  
Whole Wheat Pastry  
Potato



## *Starch Staples: continued...*

### **Egg-Free Pastas**

Pastas come in many shapes including spaghetti, macaroni, lasagna noodles, flat noodles, spirals, wheels, alphabet noodles. Most of these are made from highly refined flours and therefore should play a small role in your diet.

Artichoke Pasta

Tomato Pasta

Corn Pasta (No Wheat)

Whole Wheat Pasta

Spinach Pasta

Rice Pasta (No Wheat)

Bean Pasta

Lentil Pasta



### **Asian Noodles**

Most of these are made from highly refined flours and therefore should play a small role in your diet.

Bean Threads

Somen

Buckwheat Soba

Udon

Rice Noodles

### **Roots**

Burdock

Sweet Potatoes

Celeriac (Celery Root)

Tapioca

Jerusalem Artichoke (Sunchoke)

Taro Root

Jicama

Water Chestnuts

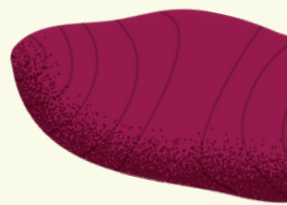
Parsnips

White Potatoes

Rutabaga

Yams

(Carrots, beets, turnips, daikon, and salsify are low in carbohydrates and calories and so are not considered starch staples.)





## *Starch Staples: continued...*

### **Winter Squashes**

Butternut

Acorn

Hubbard

Banana

Pumpkin

Buttercup

Turban Squash

(Summer squashes usually cannot serve as the center of a meal because of their low calorie content. They are also lower in carbohydrates than winter squashes.)

### **Legumes**

#### **Beans:**

Aduki (Azuki)

Red Kidney

Black

Mung

Fava (Broad)

Navy

Garbanzo (Chick-peas)

Pink

Great Northern

Pinto

Limas

White Kidney (Cannellini)

(Soybeans cannot be considered a starch staple because they are too high in fat to be allowed on the diet regularly.)

#### **Lentils:**

Brown

Red

Green

#### **Peas:**

Black-eyed

Split Yellow

Split Green

Whole Green



## *Fruits and Vegetables*

Green and yellow vegetables are too low in calories to serve as the centerpiece of your meals, but can be added without restriction. Fruits – because they are high in simple sugars – should generally be limited to 3 servings a day as they're tasty and easy to over-consume. The sugar in fruit is fructose which, for some, causes triglycerides and cholesterol to rise. People with these concerns should limit fruits even more.

Familiar fruits and vegetables are too numerous to list. Try adding some of these unfamiliar ones for variety.

### **Fruits:**

Carambola  
Papaya  
Cherimoya  
Persimmon  
Guava  
Pomegranate  
Kiwifruit  
Passion Fruit  
Kumquat  
Pumelo  
Loquat  
Quince  
Lychee  
Soursop  
Mango

### **Vegetables:**

Aduki Beans  
Jicama  
Arugula  
Kale  
Bok Choy  
Kohlrabi  
Broccoli De Rabe  
Radicchio  
Burdock  
Salsify  
Celeriac (Celery Root)  
Sprouts (Alfalfa, Lentil, Mung Bean, Wheat)  
Chicory (Curly Endive)  
Swiss Chard  
Cocozelle  
Taro Root  
Collard Greens  
Turban Squash  
Daikon  
Water Chestnuts  
Endive  
Watercress  
Garbanzo Beans (Chick-peas)  
Jerusalem Artichoke (Sunchoke)



## *Foods Not Allowed*

The following is a list of the foods that are not allowed on the McDougall Program, with ideas for possible substitutions.

| <b>Don't eat:</b>                            | <b>Possible substitutes:</b>                                                                               |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Cow's Milk (for cereal or cooking)           | Lowfat soy milk, rice milk, fruit juice, water, use extra when cooking hot cereal or pour over cold cereal |
| Cow's Milk (as beverage)                     | None; drink water, juice, herb tea, or cereal beverages                                                    |
| Butter                                       | None                                                                                                       |
| Cheese                                       | None                                                                                                       |
| Cottage cheese                               | None; after 12 days you may substitute crumbled tofu                                                       |
| Yogurt                                       | None                                                                                                       |
| Sour cream                                   | None                                                                                                       |
| Ice cream                                    | Pure fruit sorbet, frozen juice bars                                                                       |
| Eggs (in cooking)                            | Ener-G Egg Replacer                                                                                        |
| Eggs (for eating)                            | None                                                                                                       |
| Meat, poultry, fish                          | Starchy vegetables, whole grains, pastas, and beans; after 12 days you may substitute tofu "meat" recipes  |
| Mayonnaise                                   | Tofu mayonnaise                                                                                            |
| Vegetable oils (for pans)                    | None; use non-stick pots and pans                                                                          |
| Vegetable oils (in recipes)                  | None; omit oil or replace with water, mashed banana, or applesauce for moisture                            |
| White rice (refined)                         | Whole grain (brown) rice or other whole grains                                                             |
| White flour (refined)                        | Whole grain flours                                                                                         |
| Refined and sugar-coated cereals             | Any acceptable hot or cold cereal                                                                          |
| Coconut                                      | None                                                                                                       |
| Chocolate                                    | Carob powder                                                                                               |
| Coffee, decaffeinated coffee, and black teas | Non-caffeinated herb tea, cereal beverages, hot water with lemon                                           |
| Colas and un-colas                           | Mineral water or seltzer (flavored or plain)                                                               |



## *Achieve 100% Health with Exercise*

Although dietary changes will take you a long way to being completely healthy, you'll need some exercise to improve your fitness and sense of well-being. Something as simple as a daily walk can do wonders. Exercise helps you maintain a normal appetite, gives you energy, helps you sleep, improves circulation, digestion, blood pressure, blood sugar, and triglyceride levels... the list goes on. Changing your diet will help improve your health immensely, but a little exercise can take it to the next level.

## *Track Your Progress*

I recommend keeping a detailed record – meals, exercise regimen, physical status (including symptoms that have disappeared), mental status, test results and medications – in order to track your progress. Take as many body measurements as you can on the first day of the program, and then take those same measurements again on the last day.

Whenever possible, track at least the following basics: your weight, your blood pressure and blood test results, including the five measures below, plus any additional recommendations from your doctor.

- **Cholesterol**: If your level is above 180 mg/dl, you should consider it a warning sign of potential circulatory problems. Ideal is below 150 mg/dl. Sometimes results are broken down into HDL [“good”] and LDL [“bad”] cholesterol levels, but I feel total cholesterol is the most significant.
- **Triglycerides**: This measures the amount of fats floating in your blood. Your level will likely be between 50 and 200 mg/dl. Higher levels indicate “sludge” in your blood, cause resistance to insulin activity, and are associated with an increased risk of heart disease.
- **Glucose (blood sugar) level**: Normal fasting level is between 70 and 100 mg/dl. Higher levels indicate prediabetes or diabetes.
- **BUN (Blood Urea Nitrogen)**: This level reflects the amount of protein you eat and the function of your kidneys. Normal is less than 15 mg/dl.
- **Uric acid level**: Normal is less than 7 mg/dl. A higher figure indicates a risk of developing gout and/or kidney stones.





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# Recipes

The secret of the McDougall Program is to make starches the centerpiece of your diet with various fruits and vegetables added to the mix. To make these meals taste great, just add your favorite sauces and seasonings.

Use a meal planner and include your favorite whole food starch-based recipes. Unless they contain higher-fat ingredients (avocado, nut butters, etc.) when you find favorite meals, feel free to repeat them as often as you like.

# Fluffy Pancakes

By Mary McDougall

Serves: 10-12 pancakes

Prep Time: 10 min

Cook Time: 10 min

## Ingredients

3/4 Cup Whole wheat pastry flour

3/4 Cup Unbleached white flour

2 Tsp Baking powder

Dash Salt

1 Cup Ripe bananas, mashed

1 Tbsp Egg replacer

1 Tbsp Lemon juice

1 Cup Non-dairy milk

1/2 Cup Sparkling water

1/3 Cup Fresh blueberries (optional)



## Directions

Mix the flours, baking powder, egg replacer and salt together in a bowl. Place the bananas in another bowl and mash well. Stir into the bananas lemon juice, non-dairy milk, and sparkling water and mix again. Pour into the dry ingredients and stir to mix. Stir in the blueberries. Do not over mix.

Heat a nonstick griddle over medium heat. Pour mixture by 1/4 cup measure onto the dry, heated griddle. Flip and turn over when bubbles start to appear on the surface. Cook until brown on both sides. Repeat until all mixture has been used.

*Hint: The blueberries are an option in this recipe, but when fresh blueberries are in season they really make these pancakes a special treat! The addition of the sparkling water makes a delicious, light pancake that rises as it cooks. If you make the batter ahead of time, you may need to add a bit more liquid to thin it out slightly before pouring onto the griddle. This may also be made with all whole wheat pastry flour. It will be slightly heavier in texture. These may be refrigerated or frozen, and heated in the microwave or oven at a later time. We also like them cold as a snack.*



# *Breakfast Bowls*

By Mary McDougall

Serves: 4

Prep Time: 5 min

Cook Time: 20 min

## **Ingredients**

2 Cups Shredded hash brown potatoes

1 Cup Cooked brown rice

1 Cup Fresh spinach, kale, or chard

1/3 Cup Frozen corn kernels, thawed

1/4 Cup Green onions, chopped

Green Enchilada Sauce (see below)

Salsa



## **Directions**

Place the potatoes in a dry nonstick skillet. Cover, and cook for about 5 minutes over medium heat before turning for the first time. Continue to cook and turn frequently until lightly browned, about 12 minutes. Add the remaining ingredients, and cook, stirring occasionally, until heated through.

Green Enchilada Sauce Preparation Time: 5 minutes Cooking Time: 10 minutes Servings: 1 quart.

1 7-ounce can Mexican green sauce, 3 1/2 cups water, 4 tablespoons cornstarch, Chopped fresh cilantro for garnish (optional).

Combine all of the ingredients except the cilantro. Cook over medium heat, stirring constantly, until the mixture boils and thickens. Add the cilantro just before serving.



# *French Toast*

By Mary McDougall

Serves: 4-6

Prep Time: 5 min

Cook Time: 10 min

## **Ingredients**

1 Cup Non-dairy milk

1/2 Cup Orange juice

2 Tbsp Flour

1 Tbsp Sugar

1 Tbsp Nutritional yeast

1/2 Tsp Cinnamon

1/4 Tsp Nutmeg

6-8 Slices Bread of your choice, 1/2 inch thick is best

## **Directions**

Mix all ingredients together with a whisk.

Preheat a non-stick skillet to medium-high.

Quickly dip bread into mixture and place on skillet for about 3 minutes each side. Repeat with remaining bread until mixture runs out. If you do not use all of the mixture, you can easily refrigerate and use another day. It will keep for about 5 days in the fridge.





# *Mixed Potato Hash*

By Mary McDougall

Serves: 4

Prep Time: 15 min

Cook Time: 15 min

## **Ingredients**

1 Large potato, peeled and diced

1 Large yam, peeled and diced

1 Medium onion, diced

1 Green bell pepper diced

1 Red bell pepper, diced

1 Tsp Poultry seasoning

Freshly ground black pepper to taste



## **Directions**

Cook the potatoes in enough water to cover, until just tender, about 5 minutes. Drain and set aside.

Place the onion and green and red bell pepper in a saucepan with a small amount of water. Cook, stirring frequently, until just tender, about 4 minutes. Remove from heat. Add the cooked potatoes, poultry seasoning, and pepper. Mix well.

Place the mixture in a large nonstick skillet. Cook, stirring frequently, over medium heat until the potatoes brown slightly, about 10 minutes.



# Tofu Scramble

By Mary McDougall

Serves: 4-5

Prep Time: 10 min

Cook Time: 10 min

## Ingredients

1/3 Cup Vegetable broth  
1/2 Cup Onion, chopped  
1/2 Bell pepper, chopped  
1/2 Cup Fresh mushrooms, chopped  
1 Pound Firm tofu, crumbled  
2 Tbsp Prepared brown mustard  
1/2 Tsp Chili powder  
1/4 Tsp Dill weed  
1/4 Tsp Garlic powder  
1/4 Tsp Turmeric  
Dash Salt  
1 Cup Cooked fresh spinach leaves, squeezed dry  
Freshly ground pepper to taste



## Directions

Place the broth in a large non-stick frying pan. Add the onion, bell pepper and mushrooms. Cook, stirring occasionally, for about 4 minutes. Add the crumbled tofu, the mustard and the seasonings. Cook, stirring occasionally, for another 5 minutes. Add the spinach, mix well, heat for another minute, and serve hot.

*Hints: This may be made with water-packed or silken tofu. Be sure to use the lower fat variety. The water-packed tofu will yield a firmer scramble, while the silken tofu will be softer. Some of the seasonings may be omitted, but be sure to use the turmeric because it gives the scramble a familiar yellow color. You may also omit or change the vegetables as desired.*



# *East-West Breakfast*

By Mary McDougall

Serves: 4

Prep Time: 15 min

Cook Time: 10 min

## **Ingredients**

- 1 Cup Vegetable broth
- 1/2 Cup Chopped onion
- 1/2 Cup Chopped red bell pepper
- 1/2 Cup Chopped celery
- 2 Large firm red potatoes, boiled and chunked
- 1 Cup Cooked brown rice
- 1 Cup Chopped fresh spinach
- 1 Tbsp Soy sauce (optional)
- 1/2 Tsp Ground cumin
- Dash Tabasco sauce (optional)



## **Directions**

Place 1/2 cup of the broth in a large non-stick frying pan. Add the onion, bell pepper and celery. Cook, stirring occasionally for 5 minutes. Add the potatoes and the remaining broth and cook an additional 5 minutes. Stir in the rice, spinach, soy sauce and cumin. Cook and stir until heated through and spinach has softened slightly. Season with a dash or two of Tabasco sauce, if desired.

*Hint: Serve this plain, or with salsa. Roll it up in a tortilla for something different. This keeps well in the refrigerator and reheats well.*



# Waffles

By Heather McDougall

Serves: 8-10 waffles

Prep Time: 10 min

Cook Time: 10 min

## Ingredients

3/4 Cup Whole wheat pastry flour

3/4 Cup Unbleached white flour

1 Tbsp Nutritional yeast

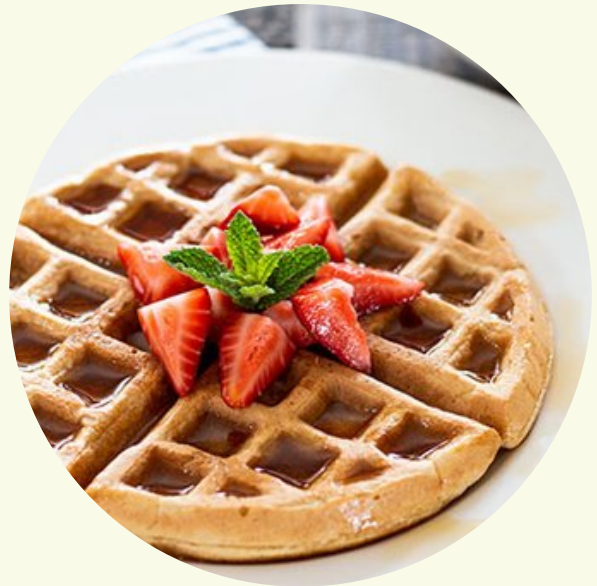
1 1/2 Tbsp Baking powder

1/2 Tsp Salt

1 Tbsp Egg replacer mixed in 1/4 cup water

1 1/2 - 2 Cups Non-dairy milk

1 Tbsp Agave nectar



## Directions

Mix the flours, baking powder, nutritional yeast and salt together in a bowl. Mix the egg replacer and water and beat until frothy. Stir in the non-dairy milk and agave nectar and mix again. Pour into the dry ingredients and stir to mix. Do not over-beat.

Heat a non-stick waffle iron until hot. Pour 1/2 to 1 cup of mixture onto the dry, heated waffle iron and close top. Cook until nicely browned and waffle pulls away from the top of the waffle iron. Most waffle irons “beep” when waffle is ready. (This will vary depending on the kind of waffle iron that you have, maybe 3-5 minutes.) Repeat until all mixture has been used.

Hint: This makes a delicious, light waffle that rises as it cooks. For a slightly thinner waffle, (or if you let your batter sit too long before using) thin batter with a little more non-dairy milk, stirring to mix well before ladling into the waffle iron. This may also be made with all whole-wheat flour, but it will be slightly heavier in texture. These may be refrigerated and heated in the microwave or oven at a later time. They may also be frozen and heated in a toaster.



# *Mock Tuna Spread*

By Heather McDougall

Serves: Makes 2 cups

Prep Time: 15 min

Cook Time: 0 min

## **Ingredients**

15 Ounce Can Garbanzo beans, drained and rinsed

1 Stalk Celery, finely chopped

1/4 Cup Finely chopped onion

1/4 Cup Finely chopped green onion

1 Tbsp Lemon juice

1/4 Cup Fat-free mayonnaise or Tofu Mayonnaise  
(see hint below)



## **Directions**

Place the beans in a food processor and process until coarsely chopped or mash with a bean masher. Don't over process to a smooth consistency.

Place in a bowl and add the remaining ingredients. Mix well.

Chill at least 1 hour to blend the flavors. Serve as a sandwich spread, rolled up in a tortilla, or stuffed into pita, topped with your favorite summer veggies.



# *Tofu Mayonnaise*

## *(for Mock Tuna Spread or Eggless Egg Salad)*

By Mary McDougall

Serves: Makes 1.5 cups

Prep Time: 5 min

Cook Time: 0 min

### **Ingredients**

12.3 Ounce Package Firm silken tofu

1 1/2 Tbsp Lemon juice

1 Tsp Sugar

1/2 Tsp Salt

1/4 Tsp Dry mustard

1/8 Tsp White pepper



### **Directions**

Combine all ingredients in a food processor and process until smooth. Cover and refrigerate. This will keep in the refrigerator for at least 1 week.



# *Eggless Egg Salad*

By Mary McDougall

Serves: Makes 1 3/4 cups

Prep Time: 10 min

Cook Time: 0 min

## **Ingredients**

12.3 Ounce Package Extra firm silken tofu

1/4 Cup Tofu Mayonnaise

1/4 Cup Celery minced

1-2 Green onions, finely chopped

2 Tsp Apple cider vinegar

1/2 Tsp Turmeric

1/4 Tsp Onion powder

1/4 Tsp Garlic powder

1/4 Tsp Dried dill weed

1/4 Tsp Salt



## **Directions**

Place the tofu in a bowl and mash with a fork or bean masher until crumbled, but not smooth. Add remaining ingredients and mix well. Cover and chill at least 2 hours before serving.



# *Mushrooms, Kale and Potatoes*

By Mary McDougall

Serves: 2-3

Prep Time: 15 min

Cook Time: 20 min

## **Ingredients**

3 Cups Yukon Gold or red potatoes, chunked  
2 Onions, chopped  
2 Cloves Garlic, minced  
4-5 Cups Chopped exotic mushrooms (see note below)  
6 Cups Packed, coarsely chopped dinosaur kale, stems removed  
1 Tbsp Soy sauce (optional)  
1-2 Tsp Chili paste  
Freshly ground black pepper



## **Directions**

Place the potatoes in water to cover, bring to a boil, reduce heat and cook until fairly tender, about 8 minutes. Drain and set aside.

Meanwhile, place the onion, garlic and mushrooms in a large nonstick saute pan or wok. Do not add any liquid. Dry fry over medium heat, stirring frequently, for about 5-6 minutes, until onions and mushrooms are fairly tender. Add the kale and stir gently to combine. Continue to cook, stirring frequently for about 2 minutes, then add the potatoes. Cook, stirring occasionally for about 3 minutes, then add the soy sauce, chili paste and pepper. Cook an additional 3-5 minutes, until kale is tender and potatoes are somewhat browned. Serve warm.

*Hints: Use any assortment of firm small potatoes or fingerlings, cut into bite-sized pieces. Watch carefully during boiling, don't let them get overcooked. If you can't get dinosaur kale (also called Lacinato Blue), use regular kale. To easily remove the stems from any kind of kale, grasp the bottom of the stem with one hand and gently but firmly grasp the leafy part with your other hand and pull upwards along the stem.*





# *Hummus Wraps*

By Heather McDougall

Serves: Varies

Prep Time: 10 min

Cook Time: 0 min

## **Ingredients**

Spinach tortillas

Hummus (store bought no-oil variety, or make your own)

Carrots, shredded

Kalamata olives, chopped

Pickled sweet peppers, chopped

Alfalfa sprouts

Cucumber, diced

Avocado, diced

Lettuce, shredded

Sriracha hot sauce



## **Directions**

Prepare all the vegetables ahead of time and place in individual bowls. Let each person assemble their own wrap, placing a line of the Hummus down the center of the tortilla, and then layering on their choice of vegetables and hot sauce, if desired. Roll up and eat!



# Southwest Couscous Salad

By Mary McDougall

Serves: 6-8

Prep Time: 15 min

Cook Time: 10 min

## Ingredients

2 Cups Water

1 3/4 Cups Uncooked couscous

15 Ounce Can Black beans, drained and rinsed

15 Ounce Can Red beans, drained and rinsed

2 Cups Frozen corn kernels, thawed

1 Green bell pepper, chopped

1 Yellow bell pepper, chopped

1 Tomato, chopped

1/2 Cup Green onions, chopped

1/2 Cup Cilantro, chopped (optional)

3/4 - 1 Cup Fresh salsa



## Directions

Bring the water to a boil in a medium pan. Add the couscous, stir, turn off heat, cover and let rest for 10 minutes.

Meanwhile, chop the vegetables and combine them in a large bowl. Add the beans and corn. Add the soaked couscous and salsa. Toss to mix. Serve warm or cold.

*Hint: Use any combination of beans or use all one kind. Vary the kinds of bell peppers used. This is especially good in the late summer when fresh tomatoes and peppers are found in abundance. There are many excellent fresh salsas found in supermarkets and natural food stores. Start by using 3/4 cup and add a bit more if necessary. The couscous will absorb some of the salsa as it stands.*



# *Mexican Stuffed Peppers*

By Mary McDougall

Serves: 8

Prep Time: 45 min

Cook Time: 60 min

## **Ingredients**

8 Bell peppers  
1 Onion, chopped  
1/2 Tsp Garlic, minced  
1/2 Cup Water  
4 Ounce Can Green chilies, chopped  
1 Tbsp Chili powder  
1 Tsp Cumin  
1 Tomato, chopped  
2 Cups Frozen corn kernels, thawed  
15 Ounce Can Black beans, drained and rinsed  
2-3 Tbsp Fresh cilantro, chopped  
6 Cups Cooked couscous  
Several Dashes Tabasco Sauce  
2-15 Ounce Cans Mexican-style stewed tomatoes

## **Directions**

Wash peppers, cut in half lengthwise and clean out seeds and membranes. Steam over boiling water for about 5 minutes. (See hints below.) Set aside.

Preheat oven to 375 degrees.

Place the onion, garlic and water in a large saucepan and cook, stirring occasionally, for 5 minutes. Add green chilies, chili powder and cumin. Cook and stir for 1 minute. Add tomato and corn, cook, stirring occasionally, for 5 minutes. Add beans and cilantro. Mix well and remove from heat. Stir in cooked couscous. Season to taste with Tabasco sauce.

Puree the stewed tomatoes in a blender. Distribute evenly over the bottom of 1 large or 2 smaller baking dishes. Stuff the pepper halves with the couscous mixture. Place in the baking dish. Cover with a silicone baking mat. Bake for 45-50 minutes.

Serve with Spicy Mexican Sauce to ladle over the top.



# *Mashed Potatoes*

By Mary McDougall

Serves: 6-8

Prep Time: 15 min

Cook Time: 25 min

## **Ingredients**

3 Lbs Russet, Yukon gold, Yellow Finn, or long white potatoes

3/4-1 1/4 Cups Non-dairy milk, heated

1/2 Tsp Salt

1/4 Tsp Freshly ground pepper



## **Directions**

Peel potatoes and cut into chunks. Cook potatoes in a pot with water to cover and simmer over low heat until tender, usually 20-25 minutes. Test them with a fork for doneness. Drain immediately, then mash while still hot.

In a bowl mash potatoes with a hand-held electric beater, a potato ricer, or use an electric mixer fitted with paddle attachment. Gradually adding the non-dairy milk. Continue to beat until smooth and creamy. Stir in salt and pepper. Serve at once.

Variations on basic mashed potatoes: For garlic mashed potatoes, cook 2-3 cloves of garlic with the potatoes.

For roasted garlic mashed potatoes, cut the top off 1 head of garlic, drizzle 1 tablespoon vegetable broth over cut portion, wrap in parchment paper, then tightly wrap in aluminum foil. Bake at 400 degrees for about 45 minutes. Cool. Remove from wrapping, invert over bowl, and squeeze garlic out of the cloves. Add to potatoes while mashing.

For colorful mashed potatoes, add cooked vegetables to the potatoes while mashing. Try carrots, sweet potatoes, turnips, kale or spinach (well drained), broccoli, or celery root.

For herbed mashed potatoes, add fresh chopped herbs to potatoes after they are mashed. Try parsley, dill, chives, cilantro, basil, or another of your favorites.



# *Fat Free Golden Gravy*

By Mary McDougall

Serves: 2 1/4 cups

Prep Time: 5 min

Cook Time: 10 min

## **Ingredients**

1 1/2 Cups Vegetable broth

1/2 Cup Water

1/4 Cup Soy sauce, or less to taste

1/2 Tsp Onion powder

1/3 Cup Brown rice flour



## **Directions**

Place the broth and water in a saucepan. Stir in the soy sauce and onion powder. Bring to a boil. Add the brown rice flour a tablespoon at a time and stir in well. Cook and stir until thickened.

Serve over mashed potatoes or your favorite starch and vegetables.



# Asian Bowls

By Heather McDougall

Serves: Varies

Prep Time: 15 min

Cook Time: 10 min

## Ingredients

### Marinated tofu:

20 Ounces Extra firm tofu

2 Tbsp Rice vinegar

2 Tbsp Light miso

1 Tbsp Soy sauce

1 Tbsp Tahini

1 Tbsp Agave nectar

2 Tsp Mirin

### Asian ginger sauce:

3/4 Cup Water

1/2 Cup Low sodium soy sauce

1/4 Cup Rice vinegar

1 Tbsp Mirin

1 Tbsp Agave nectar

1 Tsp Crushed garlic

1 Tsp Grated fresh ginger

1/2 Tsp Crushed red pepper

2 Tbsp Cornstarch

### Thai Peanut Sauce:

1/2 Cup Almond milk

1/4 Cup Peanut butter

1 Tbsp Soy sauce

1/2 Tbsp Agave nectar

1 Tsp Lime juice

1 Tsp Chili garlic sauce

1/8 Tsp Coconut extract

1-2 Tbsp Chopped fresh cilantro (optional)



## Directions

**Marinated tofu:** Drain the tofu and cut into small cubes.

Place the remaining ingredients in a small bowl and whisk until smooth. Pour over the tofu and toss to coat well. Let rest for at least 30 minutes, mixing occasionally to make sure the tofu is well covered with the marinade.

Turn the tofu and the marinade into a large non-stick saute pan. Dry fry for about 10 minutes, turning occasionally with a spatula to make sure the cubes are well browned on all sides.

**Asian ginger sauce:** Combine all ingredients in a saucepan and whisk until smooth. Bring to a boil while stirring and cook and stir until thickened. Serve warm over grains and vegetables.

**Thai peanut sauce:** This is a higher-fat choice because of the peanut butter. However, I have recently discovered PB2, by Bell Plantation. This stuff is amazing! It's basically powdered peanut butter, with 85% of the fat removed. You mix it with water and use as you would regular peanut butter. You can't tell the difference.



# *Hoisin-Tofu Lettuce Wraps*

By Heather McDougall

Serves: 4 (enough for 2 people)

Prep Time: 15 min

Cook Time: 10 min

## **Ingredients**

1/2 Cup Pine nuts

12 Ounces Firm water packed tofu (not silken)

3 Tbsp Rice vinegar

1 Tbsp Soy sauce (optional)

1 Tbsp Sugar

1/4 Tsp Chili garlic sauce

1-2 Tbsp Hoisin sauce

1 Cup Chopped fresh cilantro or Italian parsley

8 Iceberg or butter lettuce leaves



## **Directions**

Toast the pine nuts in a dry non-stick pan for about 4 minutes, stirring constantly, until they are golden brown. Remove from heat and set aside.

Cut tofu into small (1/4 inch) cubes. Combine rice vinegar, soy sauce, sugar and chili-garlic sauce in a small bowl. Heat a non-stick frying pan over medium-high heat, add tofu and sauce mixture, cook stirring constantly until sauce is absorbed, about 3-4 minutes. Stir in the hoisin sauce, mix well, then add the cilantro or parsley. Heat and stir for about 1 minute. Remove from heat and stir in the reserved pine nuts.

Serve in lettuce leaves, with some additional hoisin sauce to spoon over the top if desired.

*Hints: Instead of the pine nuts, mix 1/2 cup of chopped water chestnuts in with the tofu before cooking and add an extra tablespoon of the hoisin sauce.*



# *Sloppy Lentil Joes*

By Mary McDougall

Serves: 8-10

Prep Time: 15 min

Cook Time: 60 min

## **Ingredients**

3 1/3 Cups Water

1 Onion, chopped

1 Green bell pepper, chopped

1 Tbsp Chili powder

1 1/2 Cups Dried brown lentils

15 Ounce Can Crushed tomatoes

1 Tbsp Soy sauce (optional)

2 Tbsp Prepared mustard

2 Tbsp Brown sugar

1 Tsp Rice vinegar

1 Tsp Vegan Worcestershire sauce

Freshly ground pepper

Whole wheat buns and condiments, for serving



## **Directions**

Place 1/3 cup of the water in a large pot. Add the onions and bell pepper and cook, stirring occasionally until onions soften slightly, about 5 minutes. Add the chili powder and mix in well. Add the remaining water, the lentils, tomatoes, and the rest of the seasonings. Mix well, bring to a boil, reduce heat, cover and cook over low heat for 55 minutes, stirring occasionally. Serve on whole wheat buns, or fresh baked bread, with trimmings of your choice.





# Burrito Bowl

By Mary McDougall

Serves: 2-4

Prep Time: 15 min

Cook Time: 10 min

## Ingredients

Baked tortilla chips (see hints below)

2-4 Cups Cooked grains (see hints below)

2-4 Cups Cooked beans (see hints below)

Romaine lettuce or steamed kale

Tomatoes, chopped

Green onions, chopped

1-2 Cups Corn kernels (see hints below)

1 Avocado, chopped

Fresh salsa



## Directions

To assemble bowls: Take a handful of the chips and break into pieces in the bottom of the bowl. Spoon some of the cooked grains over the chips, then top with some of the beans and layer on the rest of the toppings; lettuce or kale, tomatoes, onions, and avocado. Top with as much salsa as you like. Eat warm or cold.

*Hints: The grains can be any of your favorites, rice, quinoa, buckwheat, etc. Either cook them from scratch, or use frozen grains and microwave them, or use instant whole grains and cook for only a few minutes. Use either canned beans (they come in many varieties), or slow-cooked beans (less heat in your kitchen in the summer and less time over the stove). You can eat them either warm or cold. If you have leftover grains and beans in your refrigerator, this can be a really fast meal. I usually use frozen organic corn kernels, thawed under cold running water until tender, and then drained well. Read labels carefully to find baked chips without added fat, or make your own chips from soft corn tortillas. Cut them into wedges, spritz with water and bake at 300 degrees until crispy.*



# Thai Noodle Stir-Up

By Mary McDougall

Serves: 4

Prep Time: 30 min

Cook Time: 10 min

## Ingredients

7 Ounces Uncooked rice noodles

1/4 Cup Vegetable broth

1 Tsp Garlic, minced

1 Cup Broccoli florets

2 Cups Button mushrooms, sliced

1/2 Cup Red bell pepper, chopped

4 Green onions, sliced in 1 inch pieces

6 Oyster mushrooms, sliced (optional)

12 Oz. Smoked, baked tofu, sliced

Sauce:

1 Tbsp Soy sauce (optional)

6 Tbsp Sugar

2 Tbsp Lime juice

2 Tbsp Rice vinegar

1-2 Tsp Red chili sauce

Optional garnishes: chopped cilantro, chopped peanuts, lime wedges, hot sauce



## Directions

Soften rice noodles in boiling water according to package directions, drain, and set aside. Combine sauce ingredients in a bowl and set aside.

Place the vegetable broth and garlic in a large non-stick frying pan or wok. Cook and stir for 1-2 minutes. Add broccoli, button mushrooms, bell pepper and green onions. Cook and stir for 2 minutes. Add oyster mushrooms and tofu and continue to cook for another minute. Add noodles and sauce. Cook and stir for 3 to 5 minutes, until vegetables are at desired tenderness. Serve hot.





Acceptable Canned  
&  
Packaged Foods

# *Acceptable Canned and Packaged Foods*

Congratulations on completing the Free McDougall Program. You are now empowered with the tools you need to return to vibrant health. Remember to keep it simple with a few of your favorite dishes and take advantage of the convenience of ready-made foods.

Below is our updated list of Canned and Packaged Foods that can be used on the McDougall Program. Criteria include no animal products, limited soy protein, little or no added oils, and a minimum of additives and refining. Always check the list of ingredients before purchasing any products. Ingredients may change, such as added oil to a product that previously was compliant. The list is far from complete; we invite you to offer suggestions for future updates and check back periodically for new additions.

## ***Milk Substitutes (Rich)***

### **Soy Milk**

Silk Unsweetened

### **Almond Milks**

Almond Breeze Unsweetened

Almond Breeze Unsweetened Vanilla

Silk Unsweetened

Silk Unsweetened Vanilla

### **Oat Milk**

Elmhurst

### **Cashew Milk**

Silk Unsweetened

Note: These are only a few of the choices we like. You will find these products at most large grocery stores. The important things to note about why we chose these products, that you should look for in other milk substitutes, is that they have no added sugars, are low in fat, and have minimal ingredients.



# *Acceptable Canned and Packaged Foods: continued...*

## **Jellies, Jams & Syrups**

**365**

Fruit Spreads

### **Anderson's**

Pure Maple Syrup

### **Aunt Patty's**

Brown Rice Syrup

### **Canadian Farm**

Fruit Spreads

### **The J.M. Smucker Co.**

Smucker's Simply Fruit; Red Raspberry, Strawberry, Peach, etc.,

### **Kozlowski Farms**

Chutneys, Fruit Jams & Jellies

### **Lundberg Family Farms**

Sweet Dreams Brown Rice Syrup

### **Many Manufactures**

Pure Honey

### **Polaner**

All Fruit (jams)

### **Roland**

Fruit Spreads

### **Shady Maple Farms**

Maple Syrup

### **Sorrell Ridge Farm**

Sorrell Ridge 100% Fruit Spreads

### **Spring Tree Corp.**

Pure Maple Syrup

### **St. Dalfour**

100% Fruit Jam



## *Acceptable Canned and Packaged Foods: continued...*

### **BBQ Sauces & Ketchup**

There are many Barbeque Sauces and Ketchup available that are compatible with the McDougall diet. Please check labels carefully and choose those that are low in sugar & salt and avoid any with added oil.

### **Baking Ingredients**

#### **Argo**

Aluminum Free Baking Powder

#### **Arrowhead Mills**

Assorted Flours (Organic, Unbleached, Sprouted, etc.)

#### **Bob's Red Mill**

Egg Replacer, Aluminum Free Baking Powder, Unbleached Flour, Whole Wheat Pastry Flour

#### **Ener-G Foods**

Egg Replacer, Aluminum Free Baking Powder

#### **King Arthur**

Unbleached Flours

#### **Rumford**

Aluminum Free Baking Powder

#### **Wondercocoa**

Fat Free Cocoa Powder

#### **365**

Aluminum Free Baking Powder, Whole Wheat Pastry Flour

### **Popcorn**

#### **Boston's**

Fat Free Carmel Corn

#### **Little Bear Organic Foods**

Organic Microwave Popcorn, Light Organic Popcorn, no salt, no oil

#### **Trader Joe's**

Fat Free Carmel Corn



# *Acceptable Canned and Packaged Foods: continued...*

## **Rice and Corn Cakes**

### **Glenn Foods**

Brown Rice Treat

### **Lundberg Family Farms**

Rice Cakes; Wild Rice, Brown Rice, Mochi Sweet. Popcorn, Tamari with Seaweed, Sesame Tamari, Koku Sesame

### **Quaker Oats Co.**

Rice Cakes; Lightly Salted & Salt Free

### **Real Foods**

Corn Thins

### **Trader Joe's**

Mini Rice Cakes; Plain, Caramel Corn

### **Westbrae Natural Foods**

Rice Cakes: Sesame Teriyaki, Double Sesame, Sesame Garlic

## **Pretzels**

### **J & J Snack Foods**

Super Pretzels (frozen)

### **Newman's Own Organics**

Bavarian Fat Free Pretzels

### **Snyder's of Handover**

Sourdough Hard Pretzels, Sourdough Nibblers, Oat Bran Sticks

### **Wege Pretzel Co.**

Hard Pretzels



# *Acceptable Canned and Packaged Foods: continued...*

## **Crackers**

### **Bremner Food Group**

Natural Ry-Krisp-Fat Free

### **Devonsheer**

Organic Plain Melba Toast

### **Edward & Sons**

Baked Brown Rice Snaps

### **Finn Crisp**

Thin Crisps

### **Hol Grain Crackers**

Brown Rice

### **Kavli**

Kavli Norwegian Crispbread

### **Mary's Gone Crackers**

Original Seed Cracker, Caraway, Black Pepper, Herb, Onion (higher fat content)

### **Old London**

JJ Flats Flatbread

### **Ryvita**

Crispbread

### **San-J International**

Brown Rice Crackers

### **Trader Joe's**

Oriental Rice Crackers, Savory Thin Mini Rice Crackers, Savory Thin Mini Multi-Seed Rice Crackers, Corn Tortilla Flat Breads

### **Venus Wafers, Inc.**

Fat Free Crackers; Black Pepper, Garden Vegetable, Garlic & Herb, Multi Grain

### **Wasa**

Wasa Crispbread, Lite Rye, Hearty Rye, Sourdough Rye, Multi Grain

### **Westbrae Natural Foods**

Brown Rice Crackers

### **Whole Foods Market/365**

Woven Wheats

### **Yaya's Raw Rah**

Organic Krackers





# *Acceptable Canned and Packaged Foods: continued...*

## **Breads**

### **Alvarado Street Bakery**

Oil-Free Breads & Bagels, Sprouted Wheat Tortillas

### **Amber Farms**

Carrot Pasta Wraps, Whole Wheat Pasta Wraps, Spinach Pasta Wraps

### **Breads for Life**

Sprouted 7-Grain Bread, Sprouted Wheat with Raisin, Sprouted Rye Bread

### **Brother Juniper's Bakery**

Oil Free Breads; 100% Whole Wheat, Multi Grain

### **Burns & Ricker**

Crispini

### **Cedarlane Foods**

Fat Free Whole Wheat Tortillas, Whole Wheat Lavosh Bread

### **Dallas Gourmet Bakery**

Kabuli Pizza Crust

### **Food for Life**

Ezekiel, Sprouted Grain Tortillas

### **French Meadow Bakery**

French Meadow Brown Rice Bread

### **Garden of Eatin', Inc.**

Bible Bread-regular and salt free, Thin-Thin Bread, Swedish Rye, Pita Puffs

### **Grainaissance**

Mochi; Plain, Raisin, Cinnamon, Mugwort

### **Great Harvest Bread Co.**

Great Harvest Bakery; Honey Whole Wheat, 9-Grain, Rye Onion Dill, Country White

### **Ian's**

Whole Wheat Panko Breadcrumbs

### **International Baking Co.**

Mr. Pita



# *Acceptable Canned and Packaged Foods: continued...*

## **Breads continued...**

### **Lifestream Natural Foods**

Essene Bread

### **Mountain Bread**

Oil Free, Paper Thin, Wraps with only 3 or 4 ingredients. Comes in Barley, Corn, Oat, Organic Wheat Natural, Rice, Rye, Original White, Chia Seeds, Spelt

### **Nature's Highlights, Inc.**

Brown Rice Pizza Crust

### **Nature's Path Foods**

Manna Bread

### **Nokomis Farms**

Country Loaf-Sourdough

### **Norganic Foods Co.**

Katenbrot (Rye Bread)

### **Oasis Breads**

Creative Crust Dinner Shells

### **Pacific Bakery**

Ancient Wheat; Whole Grain Spelt Bread, Spelt Multi-Grain Bread, Whole Grain Spelt Cinnamon-Raisin Bread, Spelt White Cinnamon-Raisin Bread, Spelt White Multi-Grain with Flax Seeds, Whole Grain Rye Bread, Whole Grain Kamut Bread, Whole Grain Kamut Cinnamon-Raisin Bread, Kamut White Bread, Ancient Grains Bread, Ancient Wheat Bagels, Sourdough Multi-Grain Bread, yeast-Free Whole Wheat Bread, Whole Grain Millet, multi-Grain Bread with Flax Seeds

### **Pure Grain Bakery**

Pumpnickel, Gourmet Rye, and more

### **Ryvita**

Crisp Breads

### **Snack Cracks**

Pizza Crust-Organic Brown Rice

### **SoyNut Butter Co.**

Tortilla Crumbs

### **Whole Foods**

365 Organic Fat-Free Tortillas

### **Whole Kids Organic**

Waffles



# *Acceptable Canned and Packaged Foods: continued...*

## **Canned Tomato Products**

### **Beatrice/Hunt-Wesson**

No Salt Added Tomato Paste, No Salt Added Tomato Sauce, No Salt Added Stewed Tomatoes, No Salt Added Whole Tomatoes

### **Contadina Foods**

Tomato Puree, Tomato Paste

### **Del Monte**

Tomato Sauce, Tomato Paste, Diced Tomatoes, Chunky Tomatoes, Stewed Tomatoes; Cajun Recipe, Mexican recipe, Italian Recipe, and Original Style Stewed Tomatoes with Onions, Celery and Green Peppers

### **Eden Foods**

Crushed Tomatoes, Diced Tomatoes with Green Chilis, Diced Tomatoes, Whole Roma Tomatoes, Whole Tomatoes with Basil

### **Muir Glen Organics**

Canned Tomato Products

### **Pomi**

Strained Tomatoes, Chopped Tomatoes

### **Progresso Quality Foods**

Tomato Paste, Tomato Puree, Crushed Tomatoes, Whole Peeled Tomatoes, Diced tomatoes, Diced Tomatoes with Italian Herbs, Fire Roasted Crushed Tomatoes, Fire Roasted Diced Tomatoes

### **S & W Foods**

Ready-cut Peeled Tomatoes, Tomato Sauce, Thick & Chunky, Stewed Tomatoes, Fire Roasted Diced Tomatoes

### **Trader Joe's**

Tomato Sauce



# *Acceptable Canned and Packaged Foods: continued...*

## **Spaghetti Sauces**

### **Beatrice/ Hunt-Wesson**

Healthy Choice Garlic & Herb Pasta Sauce, Traditional Pasta Sauce, Super Chunky Vegetable Primavera

### **Muir Glen**

Organic Pasta Sauces; Mushroom Marinara, Portobello Mushroom

### **Pomi**

Marinara Sauce

### **Trader Joe's**

Fat-Free Organic Classic Tomato Pasta Sauce, Fat-Free Organic Sweet Pepper Sauce

### **Tree of Life**

Fat-Free Pasta Sauce

### **Ventre Packing Co.**

Enrico's Fat Free Pasta Sauce

### **Walnut Acres**

Low Sodium Tomato & Basil



# *Acceptable Canned and Packaged Foods: continued...*

## **Canned & Bottled Beans & Vegetables**

**365**

Bottled Beans, Canned Beans

### **Beatrice/Hunt-Wesson**

Rosarita No Fat Refried Beans

### **Bush Bros. & Co.**

Canned Beans, Deluxe Vegetarian Beans

### **Eden Foods**

Organic Beans; Aduki, Black, Black Eyed Peas, Black Soybeans, Butter Beans, Cannellini, Garbanzo, Great Northern, Kidney, Navy Beans, Pinto, Small Red Beans

### **Goya Foods**

Canned Beans

### **H.J. Heinz**

Vegetarian Beans in Tomato Sauce

### **Little Bear/Bearitos**

Fat Free Traditional Refried Beans, Fat Free Refried Beans with Chili, Fat Free Black Bean Refried Beans

### **Mercantile Food Co.**

Canned Beans; Kidney, Navy, Black, etc.

### **Progresso Quality Foods Co.**

Cannellini Beans, Black Beans, etc.

### **S&W Fine Foods**

Honey Mustard Baked Beans, Maple Sugar Baked Beans, Piquitos, White Beans, Chili Beans with Chipotle Peppers, Maple Syrup Beans, Deli-Style Bean Salad, Mixed Bean Salad, Dill Garden Salad, Succotash, Garden Style Pasta Salad, Chili Makin's, Red Beans Louisiana Style, Chili Beans, Black Beans, Caribbean Recipe, New York Recipe, Santa Fe Recipe, San Antonio Recipe

### **Trader Joe's**

Kidney Bean Chili, Black Bean Chili

### **Westbrae Natural Foods**

Organic Canned Beans; Chili, Garbanzo, Great Northern, Kidney, Lentil, Pinto, Red, Salad Beans, Soup Beans, Soy Beans, Baked Beans



## *Acceptable Canned and Packaged Foods: continued...*

### **Frozen Potatoes**

#### **Bel-air**

Hash Browns

#### **Cascadian Farm**

Organic Country Style Potatoes, Organic Hash Browns

#### **J.R. Simplot Co.**

Okray's Hash Brown Potato Patties

#### **Mr. Dell Foods**

Hash Browns

#### **Ore-Ida Foods**

Hash Browns, Potatoes O'Brien

#### **Pacific Valley Foods**

Natural Shredded Hashbrowns, Southern Style Chopped Hashbrowns, Roasted Potato Wedges, Crinkle Cut Potatoes

#### **Reser's Fine Foods**

Hash Browns

#### **Simply Potatoes**

Diced Potatoes with Onion, Shredded Hash Browns, Homestyle Slices, Red Potato Wedges

#### **Sno Pac Foods Inc.**

Potatoes O'Brien C & W (California & Washington) Foods; Whole Red Potatoes

### ***Bean & Veggie Dishes (frozen or refrigerated)***

#### **Birds Eye**

Steam Fresh Rice, Steam Fresh Roasted Red Potato Blend, Steam Fresh Rice and Vegetable Mixes, C&W Ultimate Southwest Blend

NOTE: Birds Eye makes many frozen meals and vegetable blends but only a few of the blends and "complete meals" are free of oil and other undesirable ingredients—be sure to read the ingredient list.

#### **Cascadian Farms**

Organic Hearty Blends, Riced Cauliflower Blends

#### **Green Giant**

Riced Veggies, Veggie Spirals



## *Acceptable Canned and Packaged Foods: continued...*

### **Pastas**

Note: We prefer you choose whole grain pasta whenever possible, however we allow for the use of refined flour when a whole grain option is not available.

#### **Ancient Harvest**

Quinoa Pasta

#### **Bionaturae**

Organic Pasta—Whole Wheat & Gluten Free

#### **Cucina & Amor**

Organic Pasta, Potato Gnocchi, Gluten Free Gnocchi, Whole Wheat Gnocchi

#### **DeBole's Nutritional Foods**

Organic Pastas, Gluten Free Pastas

#### **Eden Foods**

Imported Japanese Pasta (Udon, Soba, Buckwheat, Kuzu, Etc.),  
Organic 100% Whole Wheat Pastas

#### **Food for Life Baking Co.**

Ezekiel 4:9 Sprouted Whole Grain Pasta

#### **Golden Grain**

100% Whole Wheat Pastas

#### **Jovial Foods**

Gluten Free Brown Rice: Elbows, Manicotti, Lasagna, Farfalle, Caserecce, Fettuccini, etc.

#### **Lotus Foods**

Rice Pad Thai Noodles

#### **Lundberg Pasta**

Brown Rice Spaghetti, Brown Rice Penne, Brown Rice Rotini

#### **Nature's Legacy**

Whole Grain Spelt Pasta

#### **Ronzoni Foods Corp**

100% Organic, Gluten Free, etc.

#### **Sam Mills USA**

100% Corn pastas

#### **Tinkyada**

Brown rice pastas, White rice pastas, Organic Brown rice pastas



# *Acceptable Canned and Packaged Foods: continued...*

## **Canned Soups**

### **Amy's**

Organic Fat Free Soups

### **Andersen's**

Split Pea Soup

### **Blue Chip Group**

Instant Vegetarian Chicken Flavor Broth Base

### **Health Valley Foods**

Vegetable Broth, Organic Split Pea Soup, Fat Free Soups; 14 Garden Vegetable Soup, Vegetable Barley, Corn & Vegetable, 5 Bean Vegetable, Tomato Vegetable, Split Pea & Carrots, Lentil & Carrots, Black Bean & Vegetable. Fat-Free Carotene Soups; Italian Plus, Super Broccoli, Organic Tomato Soup

### **Imagine Foods**

Vegetable Broth, No-Chicken Broth

### **Muir Glen**

Organic Tomato Soup, Organic Homestyle Split Pea

### **Pacific Foods of Oregon**

Vegetable Broth, Mushroom Broth

### **Simply Organic**

Organic Lentil & Parsley, Organic Yellow Split Pea

### **Trader Joe's**

Mostly Unsplit Pea Soup, Bean and Vegetable Duet Soup, Tomato Vegetable Soup, Swabian Rice and Vegetable Soup

### **Walnut Acres**

Cuban Black Bean, Mediterranean Lentil, Four Bean Chili, Ginger Carrot

### **Westbrae Natural Foods**

Great Plains Savory Bean, Santa Fe Vegetable, Louisiana Bean Stew, Alabama Black Bean Gumbo, Old World Split Pea, Spicy Southwest Vegetable, Mediterranean Lentil





# *Acceptable Canned and Packaged Foods: continued...*

## **Dry Soup Mixes**

### **Dr. McDougall's Right Foods**

Baked Ramen Noodles-Chicken Flavor, Baked Ramen Noodles-Beef Flavor, Hearty Chili with Baked Tortilla Chips, Mediterranean Pasta & Beans, Rice & Pasta Chicken Flavored Pilaf Cup & Big Cup, Minestrone Pasta Soup & Big Cup, Split Pea Soup with Barley Cup & Big Cup, Tortilla Soup with Baked Tortilla Chips, Southwest Style Rice & Pinto Beans, Tamale Pie with Baked Tortilla Chips Cup and Big Cup, Curry with Brown & Wild Rice Big Cup, Fruited Pilaf Big Cup, Hot & Sour with Organic Noodles Big Cup, Miso Soup with Organic Noodles Big Cup, Pad Thai Noodle Soup Big Cup, Black Bean & Lime Soup Big Cup, Tortilla Soup Mix, Split Pea & Barley Soup Mix, Vegetarian Vegetable Beef Soup Mix, Crowd-Pleasing Chili Mix

### **Eden Foods**

Ramen; Buckwheat, Whole Wheat

### **Edward & Son's Trading Co.**

Miso

### **Fantastic Foods**

Cha-Cha Chili Soup Cup, Potato & Corn Chowder Soup Cup, Country Lentil Soup Cup, Couscous with Lentils Bean Soup Cup, Five Bean Soup Bean Cup, Jumpin' Black Bean Soup Cup, Minestrone Big Cup, Split Pea Soup Cup, Vegetable Barley Soup Cup, Vegetarian Chicken Noodle Soup Mix, Baja Black Bean Chipotle Soup Cup, Green Onion Miso with Tofu Soup Cup

### **Frontier Co-op Soup Vegetables – Deluxe**

Kosher, Non-irradiated

### **Harmony House Organic Vegetable Pantry Stuffers**

8 Varieties

### **Health Valley Foods**

Pasta Italiano, Fat-Free Cup of Soup- Marinara, Garden Split Pea With Carrots, Black Bean with Couscous, Zesty Black Bean with Rice, Chicken Flavored Noodles with Vegetables, Lentil with Couscous

### **Mishima**

Instant Miso soups

### **Nile Spice Foods**

Lentil Soup, Black Bean Soup, Split Pea Soup, Chili 'n' Beans

### **Sahara Natural Foods**

Casbah; Hearty Harvest, Original Couscous, Jambalaya, Moroccan Stew, La Fiesta



## *Acceptable Canned and Packaged Foods: continued...*

### **Dry Soup Mixes continued...**

#### **Simply Organic**

Chunky Tomato & Lentil

#### **Sokensha Co.**

Soken Ramen

#### **The Spice Hunter**

Moroccan Couscous, Mediterranean Minestrone, Cantonese Noodle Soup, French Country Lentil, Kasba Curry, Kasba Curry with Rice Bran, Mandarin Noodle Soup

#### **Trader Joe's**

Ramen Soup, Brown Rice Ramen, Soba Noodles

#### **Westbrae Natural Foods**

Ramen; Whole Wheat, Onion, Curry, Carrot, Miso, Seaweed, 5-Spice, Spinach, Mushroom, Buckwheat, Savory Szechwan, Oriental Vegetable, Golden Chinese. Miso Soup; Mellow White, Hearty Red. Noodles Anytime-Country Style

#### **Wil-Pak Foods**

Taste Adventure Foods; Black Bean, Curry Lentil, Split Pea, Red Bean, Navy Bean, Minestrone, Sweet Corn Chowder, Red Bean Chili, Black Bean Chili, Lentil Chili, 5 Bean Chili

### **Seasoning Mixes**

#### **Benson's**

Salt Free—Table Tasty, Supreme Garlic and Herb, Gusto Garlic and Herb, Masterpiece Mediterranean, Zesty Lemon, Calypso Jamaican/Caribbean Hot & Spicy, Ponderosa Wild Game, Heritage Game Bird & Poultry, Bravo Tex-Mex

#### **Frontera**

Red Chile Enchilada Sauce

#### **Maine Coast Sea Vegetables**

Sea Seasonings—Dulse Granules, Kelp Granules

#### **Road's End Organics**

Golden Gravy Mix, Herb Gravy Mix, Shiitake Gravy Mix

#### **Simply Organic**

Vegetarian Brown Gravy, Chili, Taco, Sloppy Joe, Mushroom Sauce, Chipotle Black Bean, Creamy Dill, French Onion, Onion and Chive, Green Enchilada Simmer Sauce

#### **The Vegetarian Express**

Parma Zaan Sprinkles, Veggie Chick Seasoning, Roasted Garlic and Red Bell Pepper Zip, Pepper-like Seasoning, Creamy White Gravy Mix, Greek Isle, Beef-Like, Lemony Dill



## *Acceptable Canned and Packaged Foods: continued...*

### **Salad Dressings**

#### **Forks Over Knives**

Creamy Italian, Orange Sesame Ginger, Balsamic Fig

#### **Simple Girl**

Organic Balsamic Vinaigrette, Organic Sweet Vinaigrette, Organic Sweet Mustard, Organic Citrus

Note: Oil-free salad dressings are almost impossible to find. Balsamic and red wine vinegars make good salad dressings.

### **Hot Drinks**

#### **Many manufacturers**

Herbal Teas

#### **Adamba Imports Int.**

Inka

#### **Bioforce of America**

Coffree, Bambu

#### **Bolt's Old World Grain Co.**

Gaia's Cafe

#### **California Natural Products**

Dacopa

#### **Eden Foods**

Yannoh

#### **General Foods Corp.**

Postum

#### **Libby, McNeil, & Libby**

Pero

#### **Mapi**

Raja's Cup

#### **Modern Products**

Sipp

#### **Richter Bros.**

Cafix

#### **Sundance Roasting Co**

Sundance Barley Brew

#### **Teecino Cafe**

Original, Almond Amaretto, Chocolate Mint, Vanilla Nut

#### **Worthington Foods**

Kaffree Roma



## *Acceptable Canned and Packaged Foods: continued...*

### **Cold Cereals**

Note: Please keep in mind that some of these products have added sugars. When possible, pick the plain cereal and add sweeteners and toppings yourself.

#### **Arrowhead Mills**

Plain Puffed Grains, Shredded Wheat, Oat Bran Flakes, Multigrain Flakes, etc.

#### **Back to Nature**

Apple Blueberry Granola, Classic Granola

#### **Barbara's Bakery**

Brown Rice Crisps, Corn Flakes, Breakfast O's, Shredded Wheat, Multigrain Spoonfuls, Multigrain Squarefuls

#### **Cascadian Farm**

Purely O's, Honey Nut O's, Raisin Bran, Multi-Grain Squares

#### **General Mills**

Cheerios, Chex Corn, Chex Rice, Chex Wheat

#### **Kashi**

Whole Wheat Biscuits, 7 Whole Grain Flakes Cereal, 7 Whole Grain Puffs, Sprouted Grains, Organic Strawberry Fields

#### **Kellogg's**

Corn Flakes, Rasin Bran, Rice Krispies

#### **Nature's Path Food**

Kamut Puffs, Rice Puffs, Millet Rice Flakes, Corn Flakes

#### **Post**

Grape-Nuts, Shredded Wheat

#### **Three Sisters**

Uncle Sam's Wheat Berry Flakes

#### **Whole Foods Market/365**

365 Wheat Squares, 365 Morning O's, 365 Bran Flakes, 365 Corn Flakes, Engine 2 Cereals



