

RULES FOR MARY'S MINI

1. Pick a Starch

- potatoes
- sweet potatoes
- any other root veggie (*except carrots, beets, turnip, daikon, and salsify*)
- corn
- winter squash like acorn
- whole grains

2. One starch ONLY is used for the next 10 days

- (*potatoes OR sweet potatoes OR rice OR quinoa OR any starch – except beans*)
- No switching back and forth
- There is no limit on portion size.
- Eat to satiation, not stuffed.
- If your starch is potato and you want a snack, have a potato!

2. Add some SIMPLE non-starchy veggies

- green beans, salad greens, cabbage, broccoli, cauliflower, carrots, celery, asparagus, peas, onions, garlic, mushrooms, etc.
- but nothing fancy like artichoke hearts
- If your chosen starch is a grain:
 - you absolutely NEED to add some non-starchy veggies for Vitamin A & C.

3. Allowed condiments:

- veggie broth
- salsa
- mustard
- ketchup
- sriracha
- hot sauce
- nutritional yeast
- soy sauce

4. Foods NOT allowed

- any fruit (*Dr. McDougall says "fruit is not your best friend for weight loss" because it tastes good and leads to overeating*)
- processed sugar or substitutes
- processed grains like bread/crackers
- gravies/sauces with flour (*one exception to 'no flour' is if you are doing a corn Mini, in which case polenta and corn tortillas are OK*)
- beans/lentils
- nuts or nut butters
- avocado
- coconut
- chocolate
- alcohol
- tofu
- oil of any kind (coconut, avocado, olive, canola, etc.)