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.)