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change your life. John A. McDougall, MD, has coauthored many bestselling books with his wife, Mary, and is featured in the documentary and book Forks Over Knives.

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Dr. McDougall explains why the human

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diet is based on starches (rice, potatoes, beans, etc.) with the addition of green and yellow vegetables and fruits. The information applied with free you from dieting and diseases.

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### **The Starch Solution: Eat the Foods You Love, Regain Your ...**

The Starch Solution is a diet plan developed by John A. McDougall, MD. It

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is a whole-food, plant-based diet with a heavy emphasis on starches. The majority of compliant foods on The Starch Solution are complex carbohydrates that are high in starch and fiber, such as potatoes, grains, and legumes.

### **The Starch Solution: Pros, Cons, and**

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## **How It Works**

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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. There are over 2,000 recipes in the McDougall

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Mary McDougall (Author), Stephen R.  
Thorne (Narrator), 4.6 out of 5 stars  
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## **Amazon.com: The Starch Solution: Eat the Foods You Love ...**

Presented October 7, 2012 in San  
Francisco California at the 13th San  
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## **Dr. John McDougall, "The Starch Solution" - YouTube**

Bestselling author John A. McDougall and his kitchen-savvy wife, Mary, prove that a starch-rich diet can actually help you lose weight, prevent a variety of ills, and

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even cure common diseases. By fueling your body primarily with carbohydrates rather than proteins and fats, you will feel satisfied, boost energy, and look and feel your best.

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Welcome to the CookingWithPlants



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youtube channel. Here is how to make Dr John McDougall's (Starch Solution) Fat Free Golden Gravy. It's so tasty and great ov...

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a few years now, I've been posting evidence that describes the benefits of eating a whole-food, plant based diet. Dr. John McDougall, in his book The Starch Solution, describes his version of that diet. I think it's a great version.

### **What To Eat On A Plant-Based Diet (McDougall Starch ...**

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In *The Starch Solution*, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. *The Starch Solution* is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats.

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## **The Starch Solution: Eat the Foods You Love, Regain Your ...**

Including a 7-day sure-start plan, helpful weekly menu planner, and nearly 100 delicious, affordable recipes, The Starch Solution is a groundbreaking program that will help listeners shed pounds, improve their health, save money, and

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change their lives. Download the accompanying reference guide. ©2012 John A. McDougall (P)2016 Tantor

## **The Starch Solution by John McDougall, Mary McDougall ...**

In this video, I compare Dr. McDougall's Starch Solution diet to Dr. Fuhrman's Nutritarian diet. These are both whole-

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