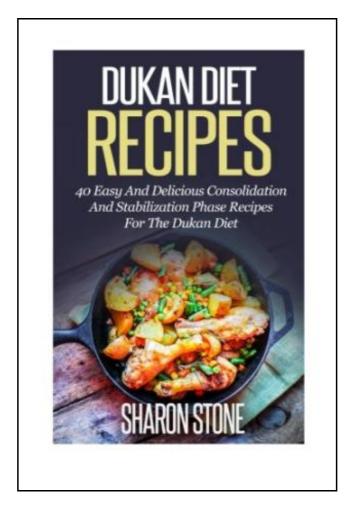
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Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get 40 Delicious Recipes For The Dukan Diet - EASY 7 Day Meal Plan For the Consolidation And Stabilization Phases \*\*Get This Ebook For A Limited Time Offer Of Just \*\*\$2.99\*\* As An Immediate Download To Your Kindle Device! \*\* This book contains a step by step - easy to follow 7 day meal plan for the Dukan Diet with plenty of recipes to literally sink your teeth into. Many of the recipes, including soups, sides, breads and main meals are also suitable for the Cruise Phase of the diet and can help you to build a good list of meals to help you achieve your perfect weight. The last two phases of the diet are aimed at maintaining that weight and with the help of this book that should be no problem at all. With a clear meal plan and in-depth understanding - these recipes will set you up for success! Here Is A Preview Of What You Il Learn. Eating For Weight Loss - Understanding The Final Phases Of The Dukan DietBread, Soups and Sides Main Meals and Delicious LunchesDelicious And Easy To Make DesertsSuccess Framework for Consolidation PhaseSuccess Framework For Stabilization PhaseAnd Much More!! Get this book for a limited time offer of \$2.99! Tags: Dukan Diet, Dukan Diet Plan, Dukan Diet Recipes, Weight Loss, Lose Weight Fast, Healthy Eating, Natural Diet, Organic Food.

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