



## The Dukan Diet Made Easy (Hardback)

By Dr Pierre Dukan

HARMONY, United States, 2014. Hardback. Book Condition: New. 211 x 173 mm. Language: English . Brand New Book. Living on Dukan Has Never Been Easier! Millions of people around the world have used the Dukan Diet s unique 4-step plan to lose unwanted pounds. Now, keeping them off for life is simple and delicious. Dukan Made Easy contains all the tools you need to succeed: . The 10 slimming secrets you need to know today . Tips, tricks, and inspiration from successful followers for enjoying the Dukan Diet every day, in every situation: with family, friends, and eating out . Answers from Dr. Dukan to the most frequently asked questions . Meal plans and food lists for each phase including no-cook menus . 60 new and delicious recipes.



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