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## The Dukan Diet

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By Pierre Dukan

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 128 mm. Language: English . Brand New Book. The Dukan Diet is a unique 4-step programme, combining two steps to lose your unwanted weight and two steps to keep it off for good: Step 1: Attack For 2-7 days eat as much as you want of 72 protein-rich foods. Step 2: Cruise Continue eating the protein-rich foods with the addition of 28 vegetables. Step 3: Consolidation Add fruit, bread, cheese and starchy foods, and 2 celebration meals a week, allowing 5 days for every pound lost. Step 4: Stabilisation Eat what you like without regaining weight by following 3 simple rules, including the famous protein Thursdays . Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently, The Dukan Diet is the culmination of thirty-five years clinical experience. Easy to follow with no calorie counting, The Dukan Diet offers clear simple guidelines, menu planners and delicious recipes for long term success. Beyond its immense success in France, The Dukan Diet has been adopted by 20 countries and translated into 10 languages. Many international observers agree that this...



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