

DUKAN DIET

Recommended Food Options: lean Meat of all kind, sea food of Any kind, eggs, Fat free dairy, Yoghurt, Green Vegetables, Fruits.

Touch Me Not Food: pasta, bread, rice, oats, beans, artificial sugar, trans fats.



Days	Breakfast	Lunch	Dinner
Monday	Dairy product in any form and sugar.	Light Meat Meal with tea	Meat with tea/ coffee.
Tuesday	Meat with tea/ coffee.	Meat with eggs.	Fish of any kind with coffee.
Wednesday	Eggs of any kind with coffee.	Meat of any kind with Yoghurt.	Fish of any kind with veggies.
Thursday	Eggs of any kind with fruits.	Meat of any kind with tea.	Meat of any kind with veggies and fruits.
Friday	Fish of any kind with coffee.	Light Meat Meal with tea	Meat of any kind with veggies and fruits.
Saturday	Dairy product in any form and sugar.	Meat of any kind with veggies.	Fish of any kind with veggies.
Sunday	Meat of any kind with veggies.	Meat of any kind with veggies.	Light Meat with veggies.

