



The Dukan Diet 2 - the 7 Steps

By Pierre Dukan

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Dukan Diet 2 - the 7 Steps, Pierre Dukan, Dr Dukan has created a new version of his bestselling diet. It's just as effective as the original but with a seven-day eating plan you can lose weight at your own pace without giving up the foods you love. Follow the 7 steps from Monday to Sunday each week until you reach your true weight. Day 1: Protein Day 2: Protein, vegetables Day 3: Protein, vegetables, fruit Day 4: Protein, vegetables, fruit, bread Day 5: Protein, vegetables, fruit, bread, cheese Day 6: Protein, vegetables, fruit, bread, cheese, complex carbs Day 7: Celebration meal with wine and chocolate As with the original diet, once you reach your target weight you progress to the Consolidation and Stabilisation phases. The Dukan Diet 2 is the new way to lose the weight you want like millions of others have around the world. 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. Beyond its immense success in France, The Dukan Diet has...



READ ONLINE
[4.49 MB]

Reviews

It is one of the most popular pdf. Yes, it can be performed, nevertheless an interesting and amazing literature. I found out this ebook from my dad and I suggested this pdf to discover.

-- **Elia Towne**

This written ebook is excellent. This really is for all those who state that there was not a worthy of reading through. You are going to like just how the article writer composed this ebook.

-- **Arielle Boehm**