



Dukan in a Nutshell with One Week Sample Menu: 175 High Protein Soup, Salad, Slow Cooker & Slow Cooker Oatmeal Recipes

Jennifer Prescott

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Following a strict diet plan can be boring sometime. My husband was on the verge of quitting until I decided to adopt some of the recipes to make his soups, salads and some slow cooker recipes for dinner tastier. As a result, he started eating more of soup and salads and the resulted weight loss was unbelievable. Even though I myself was not on any diet plan, looking at the result I also started eating more of this dukan diet adopted high protein soups and salads. In few days, I could feel the change in my energy level and the feeling of well being. Start enjoying your food and bring back some excitement in your diet plan. However, please note that I am not affiliated or endorsed by Dukan Good luck Apart from 175 adoptable recipes You will find..... What is dukan Diet What can you eat in the dukan diet menu! The Dukan Diet in a Nutshell Phase I – The Attack Phase Phase II – Cruise Phase Phase III – Consolidation Phase Dukan Vs Atkins diet. Why it has become famous than atkin diet? Different Way of Calorie Counting Attack Phase Diet Rules Allowed Foods Your Body and Effect of Attack Phase What to do and not to do in Attack Phase Example Menu for the Dukan Diet Attack Phase Cruise Phase Cruise Phase Rhythms Vegetable and Protein days Cruise Phase Diet Rules What to do and not to do in Cruise Phase Example Menu for Cruise phase Consolidation Phase What to do and not to do in Example Menu for Consolidation Phase Stabilization Phase The Rules of the Stabilization Phase Dukan diet for vegetarians Textured Vegetable Protein (TVP) Carbohydrates Oat Bran in Dukan Diet Pure Protein For the Protein and Vegetable parts of the weight loss phase: What to drink on the Dukan Diet Stop Eating Starch! The 5 Mistakes Most People Make on the Dukan Diet Dukan Diet Menu Mistakes Forbidden Spices and Condiments How to Spice up a Dukan Diet Recipe Alcohol and Dukan Diet Dukan Diet and Hormonal Contraception Sweeteners. Pros and Cons of the Dukan Diet The pros of The Dukan Diet The Cons of the Dukan diet What Are The Side Effects of the Dukan Diet? Dukan Diet tips for Beginners Dukan Diet 100 Safe Food List

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