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[What Is Dukan Diet](#)

	Attack	Cruise	Consolidation	Stabilization
Choose from	68 proteins	+ 32 vegetables	+ fruit, starchy foods, whole grain bread, and cheese	include foods from all food groups
Expected weight loss	between 2 to 8 pounds during the phase	2 lbs per week on average		
Duration	between 2 to 7 days	about 3 days per pound	about 5 days per pound lost in Cruise	For life
Amount of oat bran (Tablespoon/day)	1.5	2	2,5	3
Physical activity (duration/day)	20 min	30 min	25 min	20 min

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The Dukan Diet is a high-protein diet that is very low in carbs and fats. Learn about the diet's four phases and the 100 foods allowed on the plan.. Most diets help you lose weight. But 95% of people who diet gain all the weight back... and more when they return to their old eating habits. The Dukan Diet will Also known as the Dukan method, this diet proposes a healthy eating plan based on how primitive hunter-gatherers used to eat. It includes 100 The Dukan Diet is a high-protein low-carbohydrate fad diet devised by Pierre Dukan. The diet is not nutritionally sound and it carries risks to kidney and The Dukan diet is a low-carb, high-protein weight-loss program that is popular among celebs like Kate Middleton and Jennifer Lopez.. Discover free recipes, health and nutrition facts, expert reviews and dos and don'ts for the dukan diet at U.S. News and World Report.. The Dukan Diet is a weight loss plan devised by French Doctor, Pierre Dukan. It is a high-protein diet in which both fats and carbohydrates are The Dukan diet is yet another high-protein/low-carbohydrate eating plan that promises rapid and permanent weight loss. It has four phases, all of The diet was created in the seventies the French general practitioner Dr Pierre Dukan, who recommends a high protein, low-fat and low-carb The high protein Dukan Diet was deemed the worst of 41 eating patterns judged by experts in US News & World Report's annual diet rankings.. The Official UK Website of the Dukan Diet - a low carb diet plan for healthy and successful weight loss introduced by nutritionist Dr. Pierre Dukan.. You'll be eating a lot of protein and oat bran. The diet has four phases. During the "Attack" phase (1-10 days), you eat all the lean protein you can Can fad diets, like the Dukan Diet, really help you lose weight?. The book The Dukan Diet is a weight loss plan that has four phases: attack, cruise, consolidation and stabilization. Read a review of the diet and see a sample Dr. Pierre Dukan created the Dukan Diet to help thousands of his overweight patients in France lose weight. The diet has four phases, which The four phases of the Dukan diet summarised from dukandiet.co.uk: Attack phase. This first stage lasts between five-ten days and promises immediate results.. The Dukan Diet plan is very effective because you can eat as much as you want and still lose weight. Below is the updated list of the 100 allowed foods for the She wasn't thrilled with her Dukan Diet results, but she did shed a few pounds and cut down on her sugar habit. Check out her Dukan Diet There are high-protein, low-fat, and low-carb diets — and the Dukan Diet is all three. Protein and veggies are the main components of the 100 The Dukan Diet is a high-protein, low-carb weight loss diet that is split into four phases. It was created by Dr. Pierre Dukan, a French general practitioner who specializes in weight management. ... The Dukan Diet shares some features of the high-protein, low-carb Stillman Diet, along with the Atkins Diet. 634c1ba317

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