

# Dukan Diet: What Is It And How Does It Work: Quick Way To Lose Weight

Julio C Sanchez

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# Dukan Diet: What Is It And How Does It Work: Quick Way To **Lose Weight**

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Dukan Diet: What Is It And How Does It Work: Quick Way To Lose Weight Julio C Sanchez 1)Introduction 1.1 What Is Dukan diet 1.2 Why choose a Dukan diet 1.3 Stages in Dukan Diet 2). Top Best Recipes 2.1 Dukan Diet within the attack phase 2.2 Dukan Diet Within the cruise phase 2.3 Diet within the consolidation phase 2.4 Diet within the stabilization phase 3) Top Best Smoothies 4) Seven Day Dukan Diet Plan 5)Dukan Workout for an awesome body 6) Bad and the good of Dukan diet 7)Future of Dukanar. 8) Why you will never forget Dukan Diet The Dukan diet is a daily meal plan which comprise of 4 small meals a day of protein rich food .Dukan Diet is redeveloped version of the old Protein sparing modified fast technique being developed over many decades ago to treat obesity naturally in older times. It is a meal plan that allows 100 food items that can be taken as meal in a day. Dr Pierre Dukan believed in the weight loss by the higher protein intake, so the starting point must be a higher Protein food items intake with maximum reduction in Carb food. According to Dr Dukan Protein is actually a dieters Friend while the carbs are his health enemy.



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