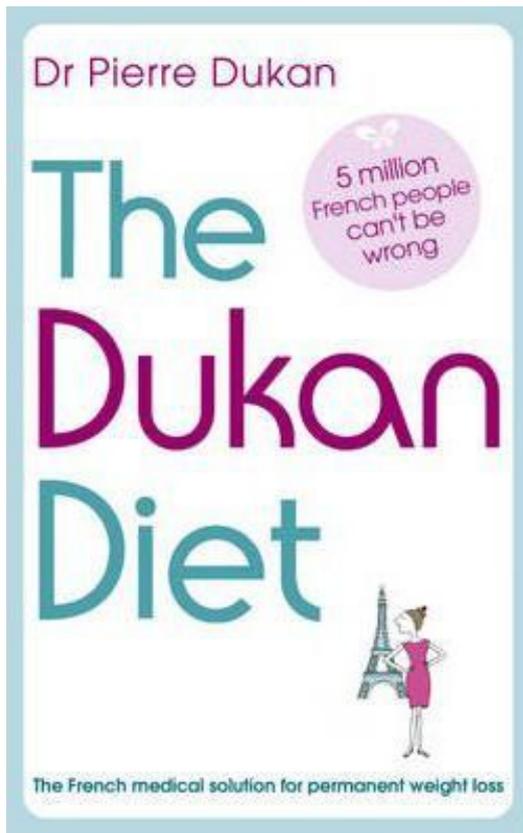


# The Dukan Diet Read Online by Pierre Dukan



## Information:

**Author:** *Pierre Dukan*

**Format:** *384 pages*

**Dimensions:** *134 x 216mm*

**Publication date:** *18 May 2010*

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## Overview:

The Dukan Diet is a unique 4-step programme, combining two steps to lose your unwanted weight and two steps to keep it off for good: Step 1: Attack For 2-7 days eat as much as you want of 72 protein-rich foods. Step 2: Cruise Continue eating the protein-rich foods with the addition of 28 vegetables. Step 3: Consolidation Add fruit, bread, cheese and starchy foods, and 2 celebration meals a week, allowing 5 days for every pound lost. Step 4: Stabilisation Eat what you like without regaining weight by following 3 simple rules, including the famous 'protein Thursdays'. 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. Without any of the usual marketing hype, The Dukan Diet swept across France, championed by the people who had successfully lost weight following the diet. It is now estimated that the Dukan community numbers over 5 million people in France. Easy to follow with no calorie counting, The Dukan Diet offers clear simple guidelines, menu planners and delicious recipes for long term success.

Beyond its immense success in France, The Dukan Diet has been adopted by 20 countries and translated into 10 languages. Many international observers

agree that this is the method most likely to put a stop to the world's weight problems. For more information visit [www.dukandiet.co.uk](http://www.dukandiet.co.uk).

## **Additional Info:**

### **About Pierre Dukan**

Dr Pierre Dukan has been a medical doctor specializing in nutrition since 1973. The author of many works on diet and nutrition, including the bestselling *The Dukan Diet*, he regularly writes in the press and appears on television.

### **Review quote**

The fat attack French women swear by *Grazia* The ultimate diet. The French have kept it secret for years... Today, more than 1.5million women swear by its dramatic - and long-lasting - results. *Daily Mail* The secret that keeps French women slim. *Bella* It's a four-stage plan that offers the ultimate fast track to weight loss and maintenance with delish French-inspired recipes to keep your taste buds entertained. She Politicians, film stars and high-profile models... live the Dukan life. *Daily Mail* How do you fancy getting the legs and curves of Jennifer Lopez without having to go on a diet of lettuce? ... More than 1.5million French women already swear by the slimming regime devised by nutritionist Dr Pierre Dukan ten years ago. *Daily Mirror* All over France right now, women are talking in hushed reverential tones about a certain Pierre Dukan... he is in fact, currently the biggest name on the French dieting scene. *Grazia* French women don't get fat... But now we know the real reason why. for the last ten years, thousands of women across the channel have been following a plan called the Dukan Diet. And the results have been astonishing. *New* Want to know why French women seem to be able to enjoy long Mediterranean-style lunches but still stay slim and gorgeous? It's all down to a diet formula worked out by eminent French doctor Pierre Dukan, based on four different eating phases that follow on from each other but result in speedy weight loss while eating unlimited quantities of real food, six days a week. *Reveal*

