



The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included)

A.J. Parker

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Let's face it! The Dukan Diet has proven to be one of the most powerful diets on the market! It is a easy to learn and you can eat as much food as you want from the wide range of Dukan approved foods...even some "naughty" foods!

It has been shown to help people lose significant amounts of weight fast - up to 10 pounds in 1-week, and keep it off!

In this book you'll learn the diet formula that has proven to work for thousands of people who've lost 5, 10, and even 20 pounds in a few short weeks.

This 21-Day Dukan Diet is taken up a notch and takes you step-by-step to creating over 100 delicious recipes!

Some of the recipes include:

Attack Phase

Day 1

Ham Omelette

Turkey Meatballs

Trout with Herbs

Italian Strawberry Ice Cream

Crunchy Oat Bran Cookies

Day 2

Dukan Scrambled Eggs

Chicken Piri-Piri

Asian Beef

Oat bran Ice cream

Creamy Vanilla Oat Bran Parfait

Day 3

Meatloaf Turkey

Poached Seafood

Chicken Nuggets

Dukan Jello

Oat Bran Pancake with Fromage Frais

Day 4

Low-Carb Hot Chocolate

Spanish Style Seafood Lunch

Grilled Ham-wrapped Scallops

Milk Jellies

Lemon Cheesecake Cupcakes

Day 5

Soft Boiled Eggs
Seafood in Creamy Garlic Sauce
Chicken Livers
Mandarin Chocolate Cereal Bars
Yogurt Cake

Day 6

Pancake with Salmon and Egg
Shrimp Oriental Salad
Bacon Stuffed Chicken Breast
Baked Coffee Cheesecake
Hot Lemon Souffle

Day 7

Cinnamon Oat Bran Pancakes
Stir Fried Chicken with Herbs
Soy Seared Scallops with Wasabi Sour Cream
Choco-Mint and Choco-Raspberry Cupcakes
Jelly Oat Bran Cake

Cruise Phase

Day 1

Dukan Chicken Soup
Chinese Orange Beef
Spinach and Butternut Curry
Floating Islands Meringues
Oat Bran Porridge

Day 2

Omelette with Quark Cheese
Beef Jerky
Calamari Adobo
Rhubarb Ginger Fool
Oat Bran Goji Berry Muffins

Day 3

Dukan Fish & Chips
Superfood Salad
Lancashire Hotpot
Lemon Meringue Pie
Green Tea Pudding

Day 4

Turkey and Egg Meat Loaf
Diet Chicken Curry
Broiled Salmon

Dukan Sundae
Oat Bran Biscuits

Day 5
Turkey A La King
Dill & Garlic Chicken Breasts
Squid Salad
Baked Egg Custard
Dukan Meringue

Day 6
Meaty Breakfast Scramble
Spicy Mussels
Chicken Soufflé
Rhubarb Ginger
Low-Carb Custard

Day 7
Oat Bran Galette
Chicken with Mushroom
Prawn and Coriander Stew
Easter Chocolate Cake
Dukan Bread

Consolidation Phase

Day 1
Oat Bran Pancake
Cod with Mustard Sauce
Pot Roast - Pressure Cooker (Celebration Meal)
Orange Yogurt Cake
Thumbprint Rhubarb Cookies

Day 2
Cheese and Onion Flatbread with Hummus
Creamy Minced Beef
Meatballs with Rosemary
Creamy Coconut Jelly
Bacon Guacamole

Day 3
Cuban Sandwich
Coconut and Shrimp Salad
Chicken Cacciatore
Orange Creme Vanilla Oat Bran Muffins
Pina Colada Smoothie

Day 4
Pear and Chicken Salad with Tarragon Dressing
Slow Roasted Pork (Celebration Meal)

Oysters Kirkpatrick
Tofu Chocolate Cake
Protein Rich Waffles

Day 5
Egg Cocotte
Delish Chicken Broth
Beef Kebab
Grape Salad
Baked Cheesecake

Day 6
Baked Salmon Omelette
Sticky Chicken
Steak Lettuce Wraps
Citrus Vanilla Greek Yogurt Sorbet
Hearty Oat Bran Omelette

Day 7
Oat Bran Galettes with Turkey Bacon and Poached Egg
Lemony Garlic Shrimp
Creamy Chicken with Toasted Parmesan Cheese
Cherry Dessert
Turkey Burger

Includes A Special Surprise At The End

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