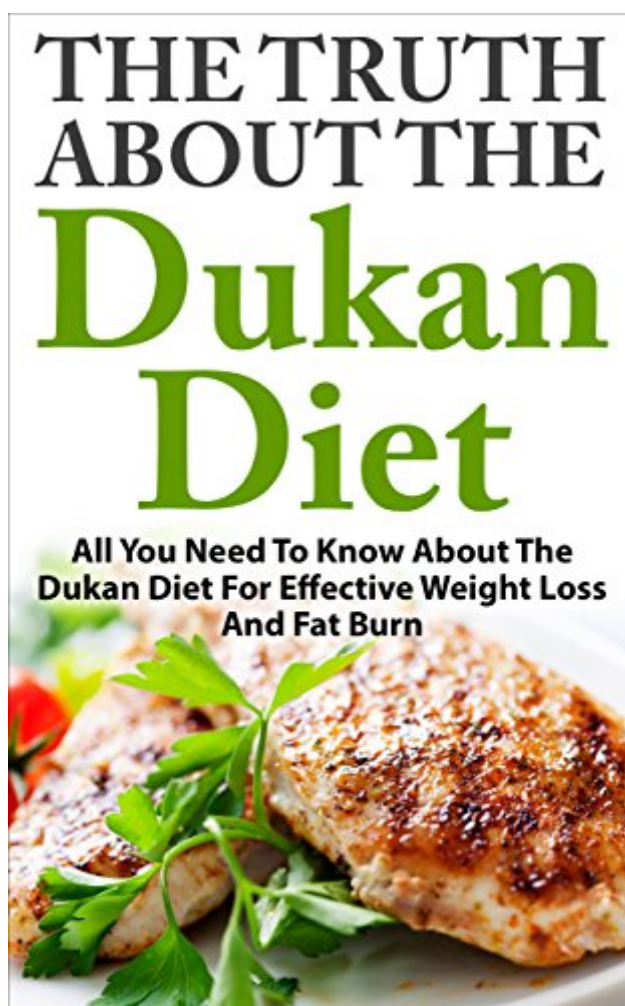


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Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes)





Synopsis

Learn How To Easily Lose Weight With The Dukan Diet
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Are you struggling with weight loss?
The Best Solution For You: The Truth About The Dukan Diet
This book contains proven steps and strategies on how to lose weight in an efficient manner, burning all that extra fat. If you are interested in discovering a diet that actually works, do not hesitate to read this book until the very last paragraph. You will have the opportunity to find out useful information on the Dukan diet and how you can use it for a healthy lifestyle.
A Sneak Preview Of What You Can Expect To Learn...
• The main food group on which the Dukan diet is based
• The four phases of the Dukan diet
• Allowed foods according to the phase of the diet
• Food groups that deliver the highest protein content
• The importance of pure protein for losing weight
• Delicious Dukan diet recipes
• The nutritional staircase or the 7-step mini diet
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Tags: Diet Cookbook, Lose Weight Fast, Low Carb Diet, Dukan Food List, Low Carb Variants, Atkins Diet, Paleo Diet

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Customer Reviews

I've learn plenty of weight loss program books. I fairly like this one in regards to the "Dukan food plan", or the protein founded weight-reduction plan - which focuses on serving to you reduce weight. The guide helped me understand the principal strategies of the food regimen, giving plenty of expertise of the types of meals that you may eat, pros and cons of the plan, and quite a lot of levels of the weight loss plan. Its always hard for me to change my bad habits, but David gave great tips that will help motivate me to keep up with the diet plan. This is a perfect stepping stone for those trying to lose weight.

David's book allows you to explore in great detail the four phases of the Duncan diet. It's different than some of the diet programs I have tried but it definitely has given me good results in the first stage. I like that it helps me lose weight without having to let go of cravings.

In this guide you find that there are other foods that you are allowed to consume on the Dukan diet. Some of them, such as shirataki, are allowed to be consumed starting with the attack phase. Shirataki is actually an Asian root that can be genuinely satisfying, despite having very few calories; moreover, it has a rich fiber content, which means that it can contribute to the improvement of the intestinal motility.

This diet book are one of my favorite because not only the recipe taste great and amazing but the diet itself are really effective and myself lose some pounds now after just the 3 strict diet that i follow here!

A good diet book which allows you to eat as much as you want so long as it follows the Dukan diet process. You can lose at least 1kg per week easily without having to feel deprive of your favorite foods. I definitely love how the author explains that consumption of proteins from the purest source is a great way to lose weight and there are great recipes included as well.

All that stuff written in the book convinced me that the Dukan diet is the real deal so I can easily recommend this book to doubters or people who tried other diets and didn't like them. This diet is actually pretty neat and quite frankly made me real hungry. It also points out the importance of exercise which is nice. However only 8 recipes are included. I expected to see a little bit more. I hope the book gets revised to include more because searching online is a bit hard. Love the diet and would love it more if there is some variety.

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