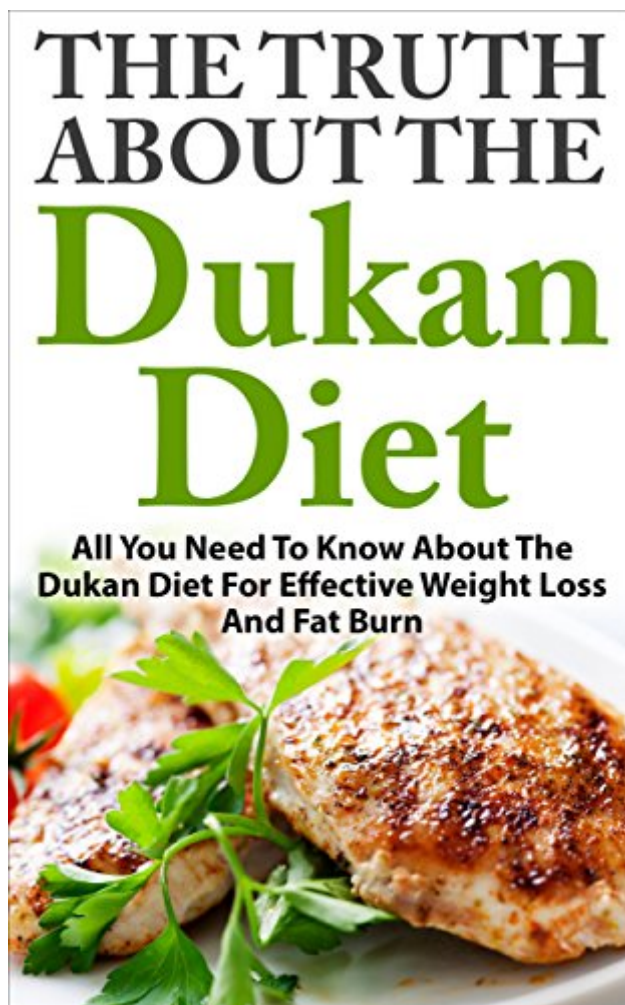


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# Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes)





## Synopsis

Learn How To Easily Lose Weight With The Dukan Diet  
**SPECIAL OFFER: OVER 80% DISCOUNT**  
**DOWNLOAD TODAY FOR ONLY \$0.99!**(regularly priced at \$5.99)  
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
- How to lose weight with the variant of the Dukan diet
- Much, much more!

Download your copy right now and save over 80% off the regular price. No questions asked, 7 day money back guarantee. Go to the top of the page and click the button on the right to order now for a limited time discount of only \$0.99!  
Tags: Diet Cookbook, Lose Weight Fast, Low Carb Diet, Dukan Food List, Low Carb Variants, Atkins Diet, Paleo Diet

## Book Information

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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.

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.

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.

This gives an outline of the diet.

Good overview of the Dukan Diet. Interesting recipes. Lots of useful information.

This is a great overview of the Dukan Diet. It lists a portion of food one is allowed to eat and that list is quite abundant. Included are chapters about each phase of the diet (the word diet is used loosely because there are no limits of the quantity of food eaten in certain phases).

A very clear description of all phases of Dukan and why it works, and how it works best. Very well

written.

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) 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) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High

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