



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

A.J. Parker

Download now

[Click here](#) if your download doesn't start automatically

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

A.J. Parker

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

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****

****One last thing...if you download today, you'll get a link to receive incredible ebooks TOTALLY FREE!****

To Read Immediately, Scroll Up To The Top-Right & Click The Orange "Buy now with 1-Click" Button.

 [Download The Dukan Diet: A 21-Day Dukan Diet Plan \(Over 100 ...pdf](#)

 [Read Online The Dukan Diet: A 21-Day Dukan Diet Plan \(Over 1 ...pdf](#)

Download and Read Free Online The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) A.J. Parker

From reader reviews:

Holly Murphy:

The book *The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included)* can give more knowledge and also the precise product information about everything you want. Why must we leave a good thing like a book *The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included)*? Several of you have a different opinion about publication. But one aim this book can give many facts for us. It is absolutely right. Right now, try to closer with the book. Knowledge or information that you take for that, you may give for each other; you may share all of these. Book *The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included)* has simple shape however, you know: it has great and big function for you. You can search the enormous world by wide open and read a guide. So it is very wonderful.

Arlene Farrar:

Hey guys, do you really wants to finds a new book to see? May be the book with the concept *The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included)* suitable to you? The actual book was written by well known writer in this era. The actual book untitled *The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included)* is the one of several books this everyone read now. This specific book was inspired lots of people in the world. When you read this reserve you will enter the new dimension that you ever know prior to. The author explained their thought in the simple way, and so all of people can easily to be aware of the core of this reserve. This book will give you a lots of information about this world now. So that you can see the represented of the world on this book.

Michael Kenney:

Reading a reserve tends to be new life style within this era globalization. With looking at you can get a lot of information which will give you benefit in your life. With book everyone in this world can easily share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or perhaps their experience. Not only the story that share in the publications. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors nowadays always try to improve their proficiency in writing, they also doing some research before they write for their book. One of them is this *The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included)*.

Judy Marinez:

The particular book *The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included)* has a lot of information on it. So when you check out this book you can get a lot of benefit. The book was compiled by the very famous author. This articles author makes some research previous to write this book. This kind of book very easy to read you will get the point easily after reading this article book.

Download and Read Online The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) A.J. Parker #1X5FULGSHAY

Read The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) by A.J. Parker for online ebook

The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) by A.J. Parker Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) by A.J. Parker books to read online.

Online The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) by A.J. Parker ebook PDF download

The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) by A.J. Parker Doc

The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) by A.J. Parker Mobipocket

The Dukan Diet: A 21-Day Dukan Diet Plan (Over 100 Recipes Included) by A.J. Parker EPub