



## Dukan Diet: Attack Phase Meal Plan: 7 Day Weight Loss Plan

By Jennifer Atkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Lose Weight Fast and Get the Most Out of Your Dukan Diet Experience! Do you need to lose weight? Have you tried the Dukan Diet? Would you like to know what to eat during the attack phase ? When you purchase Dukan Diet (Attack Phase) Guide, your body will get slimmer every day! These fun and easy tips transform the chore of dieting into a delicious, exciting hobby. You ll be proud to share these recipes whenever friends stop by. This exciting book explains each of the Four Phases of the Dukan Diet. You ll learn about limiting carbohydrates and filling up on protein instead. You don t have to limit the food you eat each day - just drink lots of water, exercise, and follow the list of allowed foods! Over 25 delicious Attack Phase Recipes The amazing recipes in Dukan Diet (Attack Phase) Guide make it easy to stay on your diet! For breakfast, you can eat delicious meals like Chocolate Oat Bran Muffins, Scrambled Eggs with Herbs, Egg and Onion Bhurji, and...



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