



The Basics of Dukan Diet: Dukan Diet Recipes for Weight Loss (Dukan Diet Made Easy)

Gordon Rock

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Have you struggled to lose weight all your life? There's a reason why the pounds keep coming back even if you reduce the amount of food you consume: you are eating all the wrong food. The **Dukan Diet** is a scientifically-proven effective weight loss plan that will help you achieve the weight you want all throughout its phases and keep the extra at bay for life.

The **Dukan Diet** originated in France and is now a popular weight loss program in the United States and Europe. With the **Dukan diet**, you will:

- Be guided to eat all the right foods in its four phases.
 - Develop self-restraint and discipline other diets won't teach you.
 - Enjoy rightful cheat days without you sliding back to your old ways.
 - Adapt a healthy eating lifestyle that you can follow for life.
- The Dukan Diet is also applicable to all sorts of eating scenarios: whether eating at home, fine-dining in a restaurant or enjoying a buffet. *The Basics of Dukan Diet: Dukan Diet Recipes for Weight Loss* will equip you to be mindful of the food you eat rather than the calories. If you opt to prepare meals at home, we have a wide array of **Dukan recipes** in corresponding phases that will take out the guesswork from your meals.

But this is more than just a **Dukan recipe book**. While the recipes are essential and integral part of your weight loss journey with Dukan diet, the overall package that this book contains – from the pertinent information about its phases, the tricks and tips during cheat days, as well as the water and exercise guidelines make this book a comprehensive guide for a successful weight loss.

It's time to see and experience a better and healthier version of you with this revolutionary and effective weight loss program. Jumpstart your journey now and prepare to be amazed with the results.

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