



DUKAN DIET: Attack Phase Meal Plan: 7 Day Weight Loss Plan (Dukan Diet Recipes, Lose Weight Naturally, Burn Fat, Build Muscle, Lose Weight)

Jennifer Atkins

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Lose Weight Fast and Get the Most Out of Your Dukan Diet Experience! - NOW IN PAPERBACK!

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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 download *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!

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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 Breakfast Frittatas. At lunch, you can indulge in Beef Kebabs, Mediterranean Chicken Drumsticks, Mimosa Egg Verrines, and Pan-Fried Trout. Your dinner options include Chicken Pasta, Salmon Ceviche, Steak au Poivre, and Meatball Soup. For dessert, try Coffee Cheesecake, Café crème, Cinnamon Cake, and Hot Chocolate Pudding!

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Nancy Royals:

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