



Dukan Diet 2 - The 7 Steps

Pierre Dukan

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The only official Dukan Diet 2 - The 7 Steps app, from the million selling author of the Dukan Diet. Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently, The Dukan Diet is the culmination of thirty-five years' clinical experience. Beyond its immense success in France, The Dukan Diet has been adopted by more than 50 countries and translated into 25 languages. Dr Dukan has created a new version of his bestselling diet. It's just as effective as the original but with a seven-day eating plan to help you lose weight at your own pace without giving up the foods you love. App features include: - Over forty new recipes - Shopping list function for ease of reference - Full colour illustration - A food diary which lets you track what you've eaten and when - A tracker to record your progress towards your true weight Recipes include: - Sauteed Mediterranean prawns with caramelized ginger - Vegetable tartare with chopped smoked salmon - Citrus gratin with syllabub - Crostini slices with melon and Bresaola - Spinach gratin with goat's cheese - Tandoori chicken with red lentil dahl - Japanese style chocolate fondant This app will help you through the 7 steps from Monday to Sunday until you reach your true weight and guide you as you progress to the Consolidation and Stabilisation phases. Dukan Diet 2 - The 7 Steps is the new way to lose the weight you want like millions of others have around the world.

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