



Dukan Diet 2 - The 7 Steps

By 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: - Sautéed 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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Dukan Diet 2 - The 7 Steps By Pierre Dukan Bibliography

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Editorial Review

About the Author

Dr Pierre Dukan has been a medical doctor specializing in nutrition since 1973. The author of many works on diet and nutrition, including the bestselling The Dukan Diet, he regularly writes in the press and appears on television.

Users Review

From reader reviews:

Diana Castillo:

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