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The Seven Steps

Dr. Pierre Dukan

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The Seven Steps

Dr. Pierre Dukan

The Seven Steps Dr. Pierre Dukan

Dr. Dukan has created a gentle new version of his bestselling diet. It’s just as effective as the original, but with a seven-day eating plan you can lose weight at your own pace without giving up the foods you love. Follow the 7 steps from Monday to Sunday each week until you reach your true weight.
Day 1: Protein
Day 2: Protein, vegetables
Day 3: Protein, vegetables, fruit
Day 4: Protein, vegetables, fruit, bread
Day 5: Protein, vegetables, fruit, bread, cheese
Day 6: Protein, vegetables, fruit, bread, cheese, complex carbs
Day 7: Celebration meal with wine and chocolate!
As with the original diet, once you reach your target weight you progress to the Consolidation and Stabilization phases.
The Seven Steps is the new way to lose the weight you want, like millions of others around the world.

Devised by Dr. Pierre Dukan, a French medical doctor who has spent his career helping people 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.

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