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The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever

Pierre Dukan

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The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever Pierre Dukan
 # 1 international bestselling diet book coming to North America

Devised by Dr. Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight, the Dukan Diet rejects counting calories and promises permanent weight loss while allowing adherents to eat as much as they like.

Originally published in 2000, the Dukan Diet swept across France, championed by people who successfully lost weight following its unique four phase regime. *The Dukan Diet* has helped millions in France, where it has been number one for more than ten years and adopted in twenty countries, including the United Kingdom, Poland, Korea and Brazil. All together, *The Dukan Diet* has sold more than 3 million copies worldwide.

The Diet: 4 Easy Steps to Permanent Weight Loss

Phase one: Attack
Using Dr. Dukan's True Weight calculator, dieters determine a reasonable and healthy weight loss goal. Then they begin the Dukan Attack phase a two-to-seven-day period during which only unlimited lean protein and a daily Oat bran galette (or pancake) are consumed and dramatic weight loss is achieved.

Phase Two: Cruise
Dieters alternate days of unlimited lean protein with days of protein combined with healthful vegetables until they reach their True Weight.

Phase Three: Consolidation
Dieters stay on this phase for 5 days for every pound lost. At this point the diet allows unlimited protein and vegetables, and other foods (such as cheese and bread) are reintroduced. Dieters are also allowed two weekly celebration meals to stave off boredom.

Phase Four: Stabilization
This is the maintenance portion of the plan, in which followers are allowed to eat whatever they like without regaining weight – provided that they follow 3 unbreakable rules including eating only unlimited lean protein one set day per week.

For each phase, The Dukan Diet offers clear simple guidelines for long term success. The Dukan Diet is the perfect diet for people who want fast weight loss, that can be maintained without counting calories or weighing portions.

From the Hardcover edition.

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