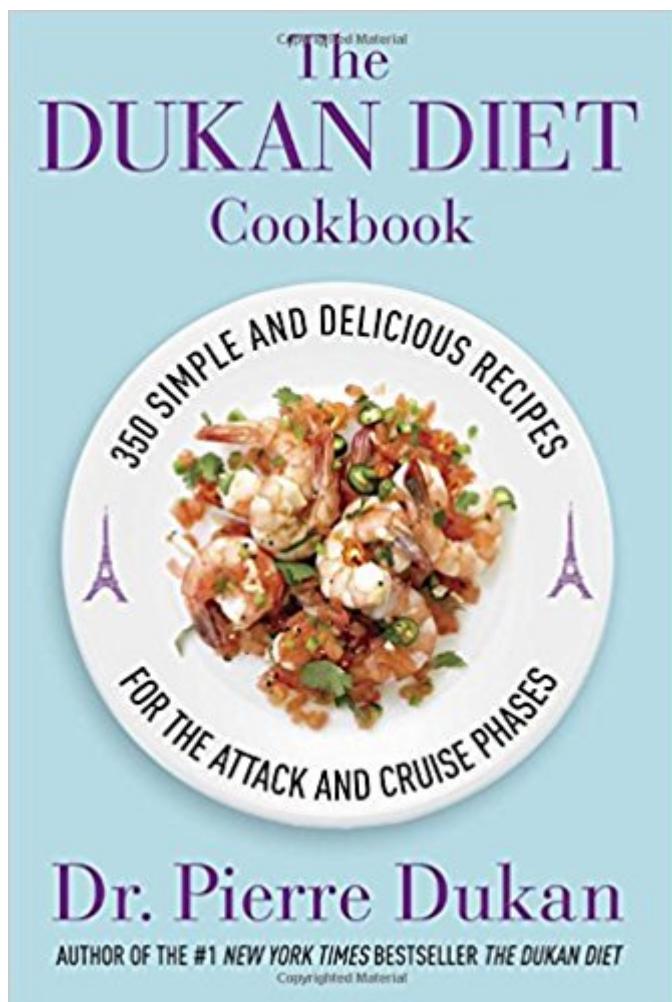


The book was found

The Dukan Diet Cookbook: The Essential Companion To The Dukan Diet



Synopsis

As millions of Dukan Dieters around the world know, delicious food and permanent weight loss can go hand in hand. Now comes the Dukan Diet Cookbook—already an international bestseller—the must-have resource for making the Dukan Diet successful and delicious. Introduced in the phenomenal bestseller *The Dukan Diet*, Dr. Dukan's four-step plan rejects counting calories and instead harnesses the power of pure protein, empowering you to achieve your “True Weight” and keep the pounds off forever. The Dukan Diet Cookbook is filled with over 350 simple, French-inspired recipes for the two most challenging phases of the diet—the protein-only Attack phase and the protein-and-vegetable Cruise phase. From Crispy Chicken Wings and Ham SoufflÃ© to Turkey Meatballs with Rosemary and Mint, Mussels ProvenÃ¢l and Curried Turnip Soup to Flourless Chocolate Cake and a scrumptious Vanilla Cookie—plus all-new recipes for Shirataki noodles—the recipes in this book prove you don't have to sacrifice great taste and satisfaction in order to lose weight. Illustrated with sixteen pages of delectable color photographs, *The Dukan Diet Cookbook* is the essential companion to the Dukan Diet.

Book Information

Hardcover: 368 pages

Publisher: Harmony; 1 edition (March 27, 2012)

Language: English

ISBN-10: 030798673X

ISBN-13: 978-0307986733

Product Dimensions: 6.4 x 1.2 x 9.5 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 128 customer reviews

Best Sellers Rank: #89,560 in Books (See Top 100 in Books) #65 in Books > Cookbooks, Food & Wine > Regional & International > European > French #82 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #235 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

DR. PIERRE DUKAN is a French medical doctor with over 35 years of experience in clinical nutrition. While he began his medical career specializing in neurology, Dr. Dukan discovered and refined his successful weight loss formula while working with his patients. Since then he has spent

his career helping people lose weight.

I faithfully followed this book and was able to lose over 40 pounds and I felt great, healthy and happy. Really truly works if you put in the effort. I'm now eating a lot more fruits and vegetables and less meat. Trying to cut meat out of my diet all together. We will see how that goes. Good luck and I highly recommend this book.

Some of the recipes seems like Dukan just wants to use up some of the ingredients that the diet supports. For example, there are several recipes that utilize the non-fat dairy yogurt, and where it seems like it should have just been left out! Some of the recipes I have to wonder if they were really tested them before adding them to the book!

Great recipes. The one improvement I would make is adding a detailed index by ingredient and a table of contents listing the names of all the recipes. Otherwise, a really good starting point for helping us figure out how to eat.

This cookbook is a good companion to the Dukan diet as it is difficult to come up with new ways to make meals that are diet-friendly. The only thing I would say is a drawback is that some of the recipes are very similar to one another. It requires a little bit of added creativity to mix things up.

This is all you need, I bought the program book too, but this has it in it along with some really great recipes the whole family will enjoy!

Still cooking and finding good recipes for the Dukan Diet. Great transaction.

I like cooking books but I would have preferred if it had more pictures of the recipes. don't know if I will use it much, but I will give it a try.

It really really really works.

[Download to continue reading...](#)

Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) The Dukan Diet Cookbook: The Essential Companion to the Dukan Diet DUKAN DIET: Lose Weight

FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Anti Inflammatory Diet: 4 Manuscripts: Insulin Resistance Diet, Plant Based Diet Cookbook, Insulin Resistance Cookbook, Healthy Eating (Anti Inflammatory Diet Cookbook Bundle) Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50

Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)