

# Dukan Diet Explained: The Ultimate Guide to Win the War Against Overweight: With 7-Day Meal Plan and Over 50 Recipes



Discover an effective weight loss program that will help you win the war against being overweight. By listening to this book, you'll learn Dukan diet recipes that are globally popular in helping millions of people achieve their health and fitness goals. The Dukan diet is a weight loss diet plan that helps you lose weight without having to sacrifice the food you love. In this book you'll learn to follow a structured one-week meal plan aside from the cutting-edge recipes you'll soon find you love. The book also offers two Dukan diet meal plan options: There's the 1st Front, the faster but more challenging diet plan; and the 2nd front, the more laid back and relatively less restrictive method. Therefore you have the freedom to choose which diet scheme is best suited to your personality. Read in an authoritative army commander tone, this Dukan diet recipe book will teach you how to effectively lose weight at your own pace, and you'll have a lot of fun doing it.

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