

Download The Dukan Diet The French Medical Solution For Permanent Weight Loss

The Dukan Diet is a high-protein, low-carb weight loss diet that is split into four phases. It was created by Dr. Pierre Dukan, a French general practitioner who specializes in weight management ...Understand how to lose weight effectively by choosing a low carb diet plan, and explore healthy recipes for fast weight loss. The Dukan Diet is a high-protein, low-fat, low-carbohydrate diet designed for healthy eating and lifelong weight management. Created by myself, Dr. Pierre Dukan, I am a French medical doctor who's spent over 35 years helping people to successfully lose weight. We have reviewed over 600 diet books. In each review, you will find a list the pros and cons of each diet, a sample meal plan, and professional recommendations.