



Dukan Diet Attack Phase Recipes : Kickstart Dukan Diet and Lose Weight Fast with 60+ Delicious Recipes , Food Lists and 7 Day Meal Plan for the First Phase of the Dukan Diet

Samantha J. Louis

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THE BEST COMPILATION OF DELICIOUS YET SIMPLE RECIPES FOR THE DUKAN DIET ATTACK PHASE

INCLUDES ALLOWED FOODS LIST AND 7 DAY MEAL PLAN

Special Launch Offer : YOU CAN HAVE THIS AMAZING BOOK FOR JUST \$2.99. HURRY UP!

The Attack Phase is the first stage of the amazing Dukan Diet. Many claim that The Dukan Diet Attack Phase is painfully hard and extremely boring. Well , **they are not telling the truth.**

The truth is you can lose weight easily and you can lose it fast with the help of right guidance. **A guidance that is only offered in this book.**

With the help of 60+ recipes , allowed foods list , 7 day meal plan that are included in this book , you are going achieve wonders during the first stage of your Dukan Diet journey.

In this book you will find :

- A General Information on The Dukan Diet
- The Things You Will Experience During The Dukan Diet Attack Phase
- The Rules of The Attack Phase
- Allowed Foods for The Attack Phase
- Brekfast Recipes for The Dukan Diet Attack Phase
- Lunch Recipes for The Dukan Diet Attack Phase
- Dinner Recipes for The Dukan Diet Attack Phase
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