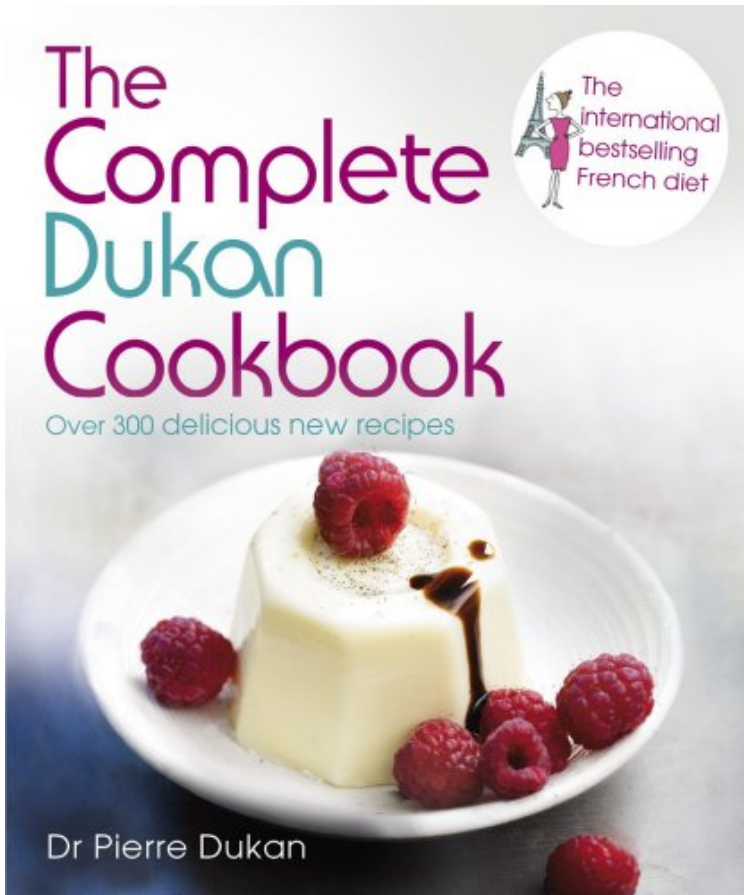


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The Complete Dukan Cookbook (English Edition)



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Description :

Prsentation de l'diteurThe Dukan Diet is a unique 4-step programme, combining two steps to lose your unwanted weight and two steps to keep it off for good. The Complete Dukan Cookbook provides over 300 recipes for all stages of the diet to help you can lose the weight you want like millions of others have around the world. Includes: Indispensable galette and sauce recipes Vegetarian recipes Recipes for pure protein days Delicious desserts Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently, The Dukan Diet is the culmination of thirty-five years' clinical experience. Easy to follow with no calorie counting, The Dukan Diet offers clear simple guidelines, menu planners and delicious recipes for long term success. Beyond its immense success in France, The Dukan Diet has been adopted by 20 countries and translated into 10 languages. Many international observers agree that this is the method most likely to put a stop to the world's weight problems. For more information visit www.dukandiet.co.uk.Revue de presseThe fat attack French women swear by (Grazia)The ultimate diet. The French have kept it secret for years... Today, more than 1.5million women swear by its dramatic - and long-lasting - results. (Daily Mail)The secret that keeps French women slim. (Bella)It's a four-stage plan that

offers the ultimate fast track to weight loss and maintenance with delish French-inspired recipes to keep your taste buds entertained. (She)Politicians, film stars and high-profile models... live the Dukan life. (Daily Mail)French women don't get fat... But now we know the real reason why. for the last ten years, thousands of women across the channel have been following a plan called the Dukan Diet. And the results have been astonishing. (New)Prsentation de l'diteurThe Dukan Diet is a unique 4-step programme, combining two steps to lose your unwanted weight and two steps to keep it off for good. The Complete Dukan Cookbook provides over 300 recipes for all stages of the diet to help you can lose the weight you want like millions of others have around the world. Includes: Indispensable galette and sauce recipes Vegetarian recipes Recipes for pure protein days Delicious desserts Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently, The Dukan Diet is the culmination of thirty-five years' clinical experience. Easy to follow with no calorie counting, The Dukan Diet offers clear simple guidelines, menu planners and delicious recipes for long term success. Beyond its immense success in France, The Dukan Diet has been adopted by 20 countries and translated into 10 languages. Many international observers agree that this is the method most likely to put a stop to the world's weight problems. For more information visit www.dukandiet.co.uk.