



Dukan Diet Friendly Recipes  
Tailored For British Tastes  
With Foods Commonly Available  
In UK Shops And Supermarkets



By Michelle Newbold

# **Dukan Diet Friendly Recipes Tailored For British Tastes With Foods Commonly Available In UK Shops And Supermarkets - Michelle Newbold**

Dukan Diet Friendly Recipes Tailored For British Tastes With Foods Commonly Available In UK Shops And Supermarkets Michelle Newbold, A French doctor, Dr. Pierre Dukan, MD, devised the Dukan Diet and is one of the most popular diets followed in France and across the world today. Following this diet has proven successful for countless people over the past decade, however there is a risk of you becoming bored of your restricted food choices, especially during the first stage where you are limited to lean meats, fish, eggs and low fat dairy. To combat boredom you must arm yourself with a selection of tasty, quick to prepare dishes to help keep you going through each phase of the diet. This book gives you a nice range of simple to prepare, yet very tasty recipes to get you through each stage with ease. So join with me and enjoy this collection of Dukan diet friendly recipes, watch the weight melt away while you enjoy flavourful meals, and never feel deprived, or like you are following a restrictive diet.

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