

## Dukan Diet Pdf Free Download

7 steps, 7 days to **lose weight** week after week  
with pleasure and without frustration!

**MARCH**

Monday **1**  
*Start*  
Motivated!  
1st day with pure & natural proteins.  
Stay hydrated!

Tuesday **2**  
*Add*  
my favourite vegetables in unlimited quantities!

Wednesday **3**  
*Vitality day*  
Add fruit to the menu

Thursday **4**  
Bread arrives on the menu  
well deserved!

Friday **5**  
*Time for cheese!*  
Mmm... what a pleasure

Saturday **6**  
*Sushi*  
12:00 with Katie starches for a balanced diet

Sunday **7**  
*Celebration meal!*  
Today, I go all out

> Start now!

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