



The Seven Steps

Dr. Pierre Dukan

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Dr. Dukan has created a gentle new version of his bestselling diet. It's just as effective as the original, but with a seven-day eating plan you can lose weight at your own pace without giving up the foods you love. Follow the 7 steps from Monday to Sunday each week until you reach your true weight.

Day 1: Protein

Day 2: Protein, vegetables

Day 3: Protein, vegetables, fruit

Day 4: Protein, vegetables, fruit, bread

Day 5: Protein, vegetables, fruit, bread, cheese

Day 6: Protein, vegetables, fruit, bread, cheese, complex carbs

Day 7: Celebration meal with wine and chocolate!

As with the original diet, once you reach your target weight you progress to the Consolidation and Stabilization phases.

The Seven Steps is the new way to lose the weight you want, like millions of others around the world.

Devised by Dr. Pierre Dukan, a French medical doctor who has spent his career helping people lose weight permanently, The Dukan Diet is the culmination of thirty-five years' clinical experience. Beyond its immense success in France, *The Dukan Diet* has been adopted by more than 50 countries and translated into 25 languages.

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In this 21st one hundred year, people become competitive in each and every way. By being competitive today, people have to do something to make all of them survive, being in the middle of the crowded place and notice simply by surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Sure, by reading a publication your ability to survive boost then having chance to endure than other is high. To suit your needs who want to start reading some sort of book, we give you this The Seven Steps book as starter and daily reading guide. Why, because this book is greater than just a book.

Doris Stanford:

Typically the book The Seven Steps has a lot details on it. So when you read this book you can get a lot of advantage. The book was authored by the very famous author. This articles author makes some research previous to write this book. This kind of book very easy to read you can obtain the point easily after perusing this book.

Elvis Quinlan:

People live in this new morning of lifestyle always try and must have the free time or they will get large amount of stress from both everyday life and work. So , once we ask do people have spare time, we will say absolutely yes. People is human not only a robot. Then we ask again, what kind of activity are there when the spare time coming to anyone of course your answer may unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, often the book you have read will be The Seven Steps.

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Are you kind of hectic person, only have 10 or 15 minute in your morning to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book than can satisfy your limited time to read it because all of this time you only find guide that need more time to be study. The Seven Steps can be your answer since it can be read by you actually who have those short extra time problems.

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