



The Dukan Diet Made Easy

Pierre Dukan

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Living on Dukan Has Never Been Easier!

Millions of people around the world have used the Dukan Diet's unique 4-step plan to lose unwanted pounds. Now, keeping them off for life is simple and delicious. *Dukan Made Easy* contains all the tools you need to succeed:

- The 10 slimming secrets you need to know today
- Tips, tricks, and inspiration from successful followers for enjoying the Dukan Diet every day, in every situation: with family, friends, and eating out
- Answers from Dr. Dukan to the most frequently asked questions
- Meal plans and food lists for each phase—including no-cook menus
- 60 new and delicious recipes

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