

TheDukanDiet.Info

Consolidation Phase Memento (for more info visit thedukandiet.info)

Main Rules

1. The Consolidation Phase is but the most important stage in the Dukan Diet. Your body will now learn how to stick to its perfect weight and you will get a chance to strengthen your good eating habits.
2. The duration of the Consolidation Phase depends on how much weight you have lost so far.
3. For every 1 pound you lost, you need to stay for 4.5 days in the consolidation phase. So, for example if you have lost 20 lbs during Phase I & II, you will need to stick to Phase III rules for the next 90 days.

Allowed Foods

Phase I Protein Rich Foods

Everything you ate in the Attack Phase is still recommended and encouraged.

Phase II Vegetables

Everything you ate in the Cruising Phase.

Fruits

You can eat all fruit except bananas, grapes or cherries. 1 serving per day.

Bread and Starchy Food

You can now have 2 slices of wholegrain bread a day. You can have starchy food (rice, pasta, potatoes etc.) 2 times a week.

Cheese

You can now have 1 portion (of max. 40 g / 1.5 oz / that's approx. 2 slices) a day.

Lamb or Pork

Fat meat like lamb and pork was not recommended before but you can have them now. So, from now on lamb and pork (roasted) is permitted.

2 Sumptuous Meals a week.

Two times a week you can have a sumptuous meal. A sumptuous meal means that you can eat whatever you want (including a dessert and a glass of wine) providing that you won't be overeating. Two meals = two non-consecutive meals.

1 Protein-only day a week.

If you take the liberty of having a sumptuous meal(s) one day, the next day's menu is protein-only (as in Phase I)

Drinks / Other

Water: You should drink 50,7 fl. Oz = 1,5 L of water (preferably mineral, low-mineralized) a day

Condiments and spices: no specific restrictions.

For more information on the Dukan Diet visit: thedukandiet.info

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