

TheDukanDiet.Info

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

Main Rules

1. Calculate your Phase III duration (4.5 days for every 1 lost pound) and convert days into weeks. For example 20 lbs lost * 4.5 days = 90 days = approx. 13 weeks
2. Divide the number of weeks into three equal (if possible) periods. 13 weeks can be divided into 4 + 4 + 5 = 13.
3. Introduce new foods at the beginning of each period according to the plan presented below.

During the 1st Period (as in the example: weeks 1 to 4) you can have:

Weekly: 1 sumptuous meal
Weekly: 1 Protein-only day
Weekly: 1 serving of starchy food
Daily: 1 Fruit + 2 slices of bread

During the 2nd Period (as in the example: weeks 5 to 8)

Weekly: 1 sumptuous meal
Weekly: 1 Protein-only day
Weekly: 2 servings of starchy food
Daily: 1 Fruit + 2 slices of bread
Every other day: 2 slices of cheese

During the 3rd Period (as in the example: weeks 9 to 13)

Weekly: 2 sumptuous meal
Weekly: 1 Protein-only day
Weekly: 2 serving of starchy food
Daily: 1 Fruit + 2 slices of bread + 2 slices of cheese

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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