

Find Your True Weight with the Incredible Dukan Diet



This post is sponsored by Dukan Diet.

By [Lori Bizzoco](#), [Whitney Johnson](#) and Kristin Mattern

If you're ready for a diet that works, a diet celebrities use, a diet that will put you at your True Weight *for life*, then you're ready for the Dukan Diet! During this Four-Phase [Weight Loss Plan](#), you'll lose those pesky pounds and settle into a slimmer weight.

Before starting the diet program, you answer a questionnaire calculate your True Weight, a realistic, healthy weight that can be reached and maintained for life. Additionally, you'll be able to speak with an individualized [Weight Loss Coach](#) who will you work with you along the way to keep you on the right track. No coach ever gives up on a client, and their approach is tailored to each individual's Dukan Diet profile and

lifestyle. The best part? At less than 1 dollar per day, this is the cheapest online diet out there! We at CupidsPulse.com have taken the plunge ourselves and experienced the Dukan Diet firsthand.

During phase one – the Attack phase – you'll eat Pure Protein foods in *unlimited quantities* for up to a week. During this time, you'll lose three to seven pounds. Our reviewers had mixed feelings about this phase. Although it was difficult to stick with an only-protein diet for this time, one reviewer had a positive experience and ultimately did lose the promised pounds when she stuck to this plan. The other reviewer, however, began to feel sick after four days and did not lose any weight. With these thoughts in mind, this diet may not be for everyone, but if you do complete the Attack phase, you can continue to drop the pounds by moving on to phase two.

In phase two – the Cruise phase – you'll see a weight loss of one to three pounds daily while gradually adding vegetables into your diet until your body finds its True Weight. In phase three – the Consolidation phase, which is the most crucial step of this [Low Carb Diet](#) – you'll prevent rebound weight gain. Carbohydrates will be slowly reincorporated, and you're allowed two Celebration Meals a week! Finally, you move into phase four – the Stabilization phase – in which you *maintain* your True Weight *for life*. No foods are restricted, but you follow three rules: eat three tablespoons of [Oat Bran](#) daily, observe Protein Thursday and incorporate daily walking. During this diet, you'll feel satiated, lose weight easily and *maintain* that weight because your body has settled into its True Weight.



HOW IT WORKS:

4 phases to reach and keep your True Weight for life!

- **Phase 1 – Attack:** The first phase kick-starts the diet and results in immediate weight loss, typically 3 to 7 pounds. The Attack phase lasts just 2 to 7 days, during which members may eat 68 Pure Protein foods in unlimited quantities.



- **Phase 2 – Cruise:** Members reach their True Weight during this phase, with typical weight loss being one pound every 3 days. Thirty-two vegetables are added in the Cruise phase and gradual but steady weight loss is achieved by alternating days of Pure Protein with Protein + Vegetable days.

- **Phase 3 – Consolidation:** The Consolidation phase is the most crucial of the program as it helps prevent the rebound weight gain that the body will naturally aim to achieve. This phase lasts five days for each pound lost. During Consolidation, fruit, cheese, bread and starches are reintroduced to allow the body to adjust to the previously forbidden foods without gaining weight. Additionally, members are allowed 2 Celebration Meals each week, which consist of an appetizer, entrée, dessert and wine. The introduction of new foods is balanced by Protein Thursday – one day of Pure Protein each week.



- **Phase 4 – Stabilization:** Maintain True Weight for life. No foods are restricted, though eating as in the Consolidation phase should be the base, along with 3 simple rules:
 - Eat 3 tablespoons of oat bran per day;
 - Observe Protein Thursday as in the Consolidation phase;
 - Take the stairs and incorporate daily walking whenever possible.

The Dukan Diet is a physician-formulated lifestyle weight-loss program consisting of four phases to reach and keep your True Weight for life. The diet discards counting calories and instead emphasizes lean protein, plentiful amounts of water and daily walking. Plus, it allows unrestricted amounts of 100 healthy foods, ensuring that the dieter enjoys a variety of meals and snacks and never gets bored. The Dukan Diet is designed to help its members overcome common pitfalls and achieve healthy, lifelong weight management. Experience the amazing Dukan Diet and find your True Weight at DukanDiet.com! Sign up now and save 25% off Dukan Diet Coaching using the code F13BG25.