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Dukan Dieet - 7 dingen die je moet weten voordat je begint

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THE DUKAN DIET is a unique 4-step programme, combining two steps to lose your unwanted weight and two steps to keep it off for good: Step 1: Attack.

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Dukan Diet Phase 1: Attack. Menu in Detail

Below is the ultimate dukan diet food list with over 100 allowed food ... 2. Poultry. Chicken; Chicken ... Fitneass may receive some compensation from the links on ...

The Complete Dukan Diet Food List For All Phases - Fitneass

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The Dukan Diet is a low-carbohydrate protein-based fad diet devised ... (2.2 lb) of weight loss ... Pierre Dukan said the paleo diet was a copy of his weight loss ...

Dukan Diet - Wikipedia

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The Attack Phase of the Dukan diet is almost entirely limited to high protein foods and no(or low)-fat dairy products. The complete list of the five ...

Day 1 and 2: ~€œThe Attack Phase~€• | The Veggie Dukan Challenge

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