

# clavicula de salomon

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## **Dukan Diet Review: Phases, Menu, & More - WebMD**

This diet was created in 2000 by French doctor and nutritionist Pierre Dukan. It's a four-step plan that cuts carbohydrates and fat and boosts protein to supposedly promote long-term weight...

## **Dukan Diet: Phases, What to Eat & Sample Meal Plans**

The Dukan diet is a 4-phase high-protein plan designed for quick weight loss and long-term weight management. Learn how each phase works, which foods are allowed, sample menus with portion sizes, and tips to stabilize results while avoiding weight regain

## **Dukan Diet: Reviews, Meal Plans, Phases & Weight Loss Tips**

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This extremely restrictive low-carb, high-protein plan claims major weight loss, but there's little evidence it works. Read about the Dukan diet's benefits, results, cost and more.

## **Dukan Diet: Phases, Sample Menus, and More - Everyday Health**

The Dukan diet is a low-carb, high-protein weight-loss program that is popular among celebs like Kate Middleton and Jennifer Lopez. In this guide, get a sample menu, learn about the plan, and...

## **What is the Dukan Diet? Here's What a Dietitian Has to Say**

French general practitioner Pierre Dukan created the Dukan Diet back in the 1970s. At its core, the Dukan Diet is a low-carbohydrate and low-fat meal plan built around eating primarily lean protein, drinking water and taking a daily walk for about 20 minutes.

## **Dukan Diet: A Registered Dietitian On Weight Loss Benefits**

A registered dietitian breaks down the Dukan Diet, its pros, cons and finally, whether it's healthy. Considering its restrictions, it's not a good choice.

## **Dukan Diet - Wikipedia**

At the time, being overweight or obese was thought to be best treated by low calorie and small sized meals. Dukan thought of an alternative way to prevent patients from regaining their lost weight. He designed a new approach in four phases, including stabilisation and consolidation.