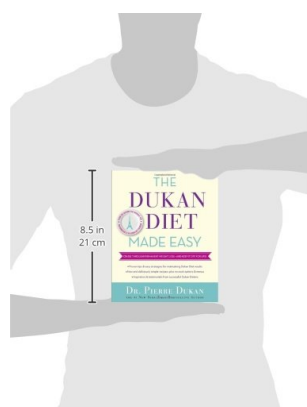


[PDF] The Dukan Diet Made Easy: Cruise Through Permanent Weight Loss--and Keep It Off For Life!

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 - Answers from Dr. Dukan to the most frequently asked questions
 - Meal plans and food lists for each phase—including no-cook menus
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-

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