

40 Dukan Diet Friendly Recipes

The Ultimate Beginners Guide to the Dukan Diet

By Jenny Allan



Smashwords Edition

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Introduction

If you're looking to lose weight without having the dreaded task of counting calories or worrying about portions, the Dukan Diet is for you!

This innovative program offers the latest and greatest in weight loss technology designed to help you not only lose weight, but keep it off for good.

There are two ways to lose weight: diet and lifestyle changes. When you "diet", you focus on making temporary changes in an attempt to drop excess weight.

The result?

Temporary reduction of your weight, most likely followed by the return of every kg you lost...and then some.

Although the Dukan Diet is called a "diet", it's really a lifestyle change. It's an eating method that you follow not only to lose the weight, but to keep it off as well.

The Dukan Diet was created by a French doctor, Pierre Dukan, over thirty years ago. However, it just recently became popular in both the U.S. and the U.K. Now, over a million people have taken part in this weight loss program and have shown some pretty amazing results. The Dukan Diet Cookbook even made the New York Times Bestseller list!

What is it and how does it work?

Let's give you a quick run-down of the program and then, after, you'll find some taste pleasing recipes that will have you saying, "This is a diet? I love these foods!"

How it Works

In his medical practice, Dr. Dukan had some patients who were attempting to lose weight. As he worked to help them achieve that goal, he began to challenge normal weight loss techniques. He saw that eating minimal calories and small portions wasn't working. He wanted to help his patients not only lose the weight that was hurting them physically and mentally, but also keep it off in the long run. Thus, the Dukan Diet was born.

The diet works on the premise that, in order to be healthy and not carry too much body fat, you need to return to eating the way our ancestors did. To do this, you have to cut out the processed, chemically enhanced foods of today and trade them in for natural, unaltered and unprocessed foods that will give your body the health and nutrition it needs. Follow this way of eating and you'll not only lose weight, but you'll keep it off as well.

The Dukan Diet also comes with the phrase, "As much as you like." That means that there is no calculating portion sizes and you don't have to quit eating if you're still hungry. You can eat as much of the foods on the approved list as you like. Just stop when you're full.

4 Phases

The Dukan Diet is set up in four stages. When you follow the progression, you'll continuously lose weight without the feeling deprived and hungry because the foods are high in protein which means they fill you up.

The four phases are:

Phase #1 – The Attack Phase

This phase is just as aggressive as it sounds. You make a short, swift attack against the fat in your body by following a diet that consists of 72 foods that are protein rich. This phase lasts 2-7 days and can melt off 2-3 kilograms (4-6.5 pounds). It revs up your metabolism and puts you in optimal fat burning mode.

Phase #2 – The Cruise Phase

This is essentially your main weight loss phase. You'll continue to see the scale go down, just not to the extent that you did in the attack phase. Ideally, you want to lose a majority of your weight by aiming for a loss of one kilogram (2.2 pounds) per week.

During this period, you'll alternate your menu. Some days you'll eat Pure Proteins (PP) and other days you'll include some of the 28 permitted vegetables with the proteins (PV).

Phase #3 – The Consolidation Phase

The intention of this phase is to get you ready to switch your diet to one that is more balanced and easy to sustain long term. Certain foods are added back into your diet (such as fruits and breads).

This phase is a little more relaxed than the previous two phases but it still has enough structure to allow you continued weight loss as you approach your target weight. You'll remain in this phase ten days for every kg (2.2 pounds) you've lost so far.

Phase #4 – The Stabilization Phase

This is the final stage of the Dukan Diet and, in it, you can eat what you like. However, you do have to follow three essential guidelines to help you keep off the weight you've lost. They are:

1. Once a week, have a protein day
2. Eat oat bran daily
3. Commit to "take the stairs"

Food List

There are 100 foods on the Dukan Diet's allowable food list. Approximately 72 of them are animal based (which you can eat in any phase) and the remaining 28 are plant based (added in at the cruise phase and beyond).

Remember, you can eat as much as you want of these foods. Just stop when your tummy is satisfied.

In addition to these 100 core foods, the Dukan Diet has recently added Konjac (which aids in digestive system function) and olive oil (only to be taken from the cruise phase forward) to the list of approved things you can eat.

So, what are the foods? You can check them out on the official [Dukan Diet website](#).

As you can see, you have many options to tease your taste buds and satisfy your hunger. In just a moment, you'll learn some great recipes that include just these foods for each phase of the diet. But first, there's one more thing you should know about how this diet is so focused on helping you succeed in meeting your weight loss goals.

Personalized Support

One of the most striking features of the Dukan Diet, is that you can get [personalized support](#). They accomplish this in a number of ways. First, you can start by taking an eleven question quiz to determine what weight you should ideally be reaching for. This helps you assess if you've been trying to reach a weight that is too low for your body.

Second, as each phase is dependent on your own specific start weight and goal weight, they'll calculate how long you should be in each phase. This takes the guess work out of the equation and gives you a time frame for when you should expect to transition from one stage to the next.

Third, you have access to online forums so you can interact with others on the program. You can share your thoughts, feelings and what works best for you. This is a great place to go to get *and give* motivation to fellow Dukan Diet participants. There's no point in doing this alone when you have the ability to create a huge support network!

Fourth, if you join their coaching program, they'll create a program just for you. Each morning, you'll get a menu and exercise guide to use for that day. And, as a bonus, you'll get tips and tricks and motivational support as well.

At the conclusion of your day, you send them your feedback. Tell them how you did with the food and exercise they recommended. That way, if you have any issues, they will take them into consideration when they plan the next day for you.

Also, as part of the coaching program, you have a special website where you can share your triumphs, tips and tricks and more. You can see what others have posted and learn ways to make the program extremely successful for you.

Finally, you can get motivated from Dr. Dukan himself by joining his chat sessions. These weekly meetings will allow you to get answers to your questions and learn directly from Dr. Dukan and others like you who are on the program.

For more information on any of these benefits, simply go to either the [U.S. website](#) or the [U.K. website](#) and check it out for yourself.

40 Dukan Diet Friendly Recipes

Now that you're excited and ready to go, let's look at some ways you can take the foods you *should* be eating and turn them into satisfying, tasty meals. Each recipe below has a link that will take you to the exact place on the website where the recipe was found. Also, if there are any tips that will help make your dish a success, they are provided as well.

Of course, you're not stuck to just these recipes; you can use your own. Just make sure that all the ingredients are approved for the Dukan Diet. Have some fun and see how you can modify your classics and turn them into fat burning meals.

Ready? Good...let's begin!

Attack Phase Recipes

1. Garlic Prime Rib

One of the great things about the Dukan diet is that you can eat as much as you want of certain foods, especially meat. Here is one simple yet yummy recipe that makes the attack phase the success that it is.

While this recipe might take 1 ½ hours to cook, it only takes about 10 minutes to prep; making it one of the tastiest dishes with the least amount of effort. Another bonus with this great dish is that your entire family will love it.

Ingredients:

10 lbs Beef Prime rib roast

10 cloves Garlic

2 tbsp Olive oil

2 tsp Thyme

2 tsp Salt

2 tsp Pepper

Directions:

Marinade instructions:

1. Peel 10 cloves of garlic. (You can use your knife to do this.) Alternatively, I have found that simply smashing a clove of garlic with the back of a heavy spoon, not only helps crush the garlic, but makes it easier to peel the skin as well.
2. Once the garlic peel is removed, finely dice it using a sharp knife. You'll need to ensure that the garlic is as finely diced as possible as it may otherwise burn and turn the crust bitter while baking.
3. Next, take a small bowl and blend in the garlic with the olive oil, thyme, salt and pepper. This makes the marinade for the prime rib.
4. The next step is to marinate the ribs. Take a large roasting pan and place the prime rib on it with its fat side facing up.
5. Rub the marinade on to the fatty side of the prime rib and leave it to rest at room temperature for a maximum of an hour. The longer the meat is allowed to sit with the marinade, the tastier it will be.

Cooking directions:

1. Preheat the oven to 500 degrees Fahrenheit.
2. Place the roasting pan containing the prime rib in the oven at 500 degrees Fahrenheit for about 20 minutes, after which you turn down the oven temperature to about 325 degrees Fahrenheit, cooking the meat for an additional 60 or 70 minutes.

3. You can check whether the meat is cooked or not by inserting a cooking thermometer into the meat towards the end of the cooking time. For a perfect medium rare prime rib, the meat should reach an internal temperature of 135 degrees Fahrenheit.

4. Once cooked, remove the meat from the oven and leave it to rest for between 15 to 20 minutes to help the meat retain all its juices.

Cooking Tip:

Depending on your oven 500 degrees may be too hot and could burn the meat in the first 20 minutes. If you know you have a hot oven then turn the oven down to 460 degrees for the first 20 minutes instead.

2. Peppered Halibut Steaks

Fish make some of the best dishes for the attack phase of the Dukan diet because it's not only healthy, but also tastes so good that it helps cut back on other non-healthy treat options. Best of all, it takes only a few minutes to prepare.

Ingredients:

4 x 6 ounce Halibut fillets

1 tbsp Ground black pepper

1 tbsp Lemon juice

1 1/2 tsp Olive oil

3/4 tsp Sea salt

Cooking spray

Directions:

1. First, heat the grill to medium heat. This will ensure that the grill is nice and hot when you have the fish ready.

2. In a small bowl mix together ground black pepper, lemon juice, olive oil and salt.

3. Rub this marinade evenly over the fish fillets.

4. Leave the fish to stand with the marinade for about 10 minutes.

5. Prepare the grill with cooking spray and cook the fish on each side for 4 minutes.

3. Yogurt Marinated Chicken Kebabs with Aleppo Pepper

The great thing about chicken is that you can cook it in a million ways and it will still taste great. Here's one recipe which can transform a normal meal into a Mid Eastern delight.

Ingredients:

2 1/4 lbs Skinless and boneless chicken, cut in 1 1/4 inch pieces

2 tbsp vinegar (Red Wine)

2 tbsp Sugar free natural ketchup

3 tsp Kosher salt

3 tbsp Olive oil

1 tsp ground black pepper

1 1/2 tsp Aleppo pepper

6 cloves peeled and crushed Garlic

2 Lemons

1 cup low fat Greek yogurt

Cooking spray or oil to grease the grill

Directions:

1. To prepare the Aleppo pepper, you'll need to place it in a large bowl or blender and blend it with a tablespoon of lukewarm water and set it aside for 5 minutes; until the pepper and the water form a thick paste.
2. To this paste, blend in the olive oil, red wine vinegar, ketchup, salt, pepper, yogurt and crushed garlic. Set aside. This forms the marinade for the kebabs.
3. Cut the lemons into circular disks and add them into the bowl containing the marinade.
4. Next, blend in the chicken as well and set aside for an hour. You can marinate the chicken for up to 24 hours in the refrigerator.
5. Once the chicken and lemon slices have marinated for an hour or so, you can skewer the pieces of chicken.
6. Next, prepare the grill by sparsely brushing the grill with a bit of oil or cooking spray and heat the grill to medium high heat.
7. Place the skewers containing chicken on them. Turning them once in a while to ensure that all the sides of the chicken are cooked. Generally it takes about 10 to 12 minutes for the chicken to cook on medium heat.

Cooking Tips:

If you are using low fat yogurt for this dish, it may not be thick enough for this dish. No problem there, all you need to do is pour the yogurt into a strainer lined with a thin cheese cloth overnight. This will help you get thick yogurt that you can use for this dish.

Also, if you are not able to find Aleppo pepper, that's fine. You can always use a combination of 2 tsp of Hungarian paprika and 2 tsp of ground red pepper.

If you like your kebabs spicier, you can always sprinkle an extra bit of paprika, salt and pepper on the chicken right before you place the chicken on the grill.

4. Baby Back Ribs

Ingredients:

2 lbs Pork baby back ribs

18 Oz bottle of vinegar based barbecue sauce

Cooking spray

Non-stick foil large enough to line a baking dish.

Directions:

1. Liberally brush the ribs with barbecue sauce and allow them to marinate in the juices of the barbecue sauce for a minimum of 8 hours. For juicy ribs, you could even leave the meat to marinate overnight in a refrigerator.
2. Line a large baking dish with non-stick foil, over which you can place the ribs. If you are not able to get non-stick foil, you could simply use normal foil lined with cooking spray.
3. Also, you will need to cover the top of the ribs with foil, in order to retain the juices.
4. Bake the ribs for about 2 ½ hours at 300 Degrees Fahrenheit.

Tips:

Some find that shortening the baking time by fifteen minutes, transferring the ribs meat side up on to a cookie sheet lined with nonstick foil and applying another coat of barbecue sauce and further broiling for another 15 minutes makes for juicier ribs..

If on the other hand, you want to grill your meat at the end, bake only for about 2 hours and then transfer to a grill. If the baking time exceeds 2 hours, the meat will become too soft to be grilled.

5. Dukan Oat Bran Galette

One of the essentials of the Dukan Diet is to ensure that you eat your daily ration of oat bran. This recipe takes all of ten minutes to make and helps you do just that. And, you don't have to be on the Dukan Diet to enjoy this healthy breakfast.

Ingredients:

1.5 to 2 tsp Oat bran

1 Egg white

1 1/2 tbsp Quark or low fat fromage frais

1 tsp Olive oil

Directions:

1. In one bowl, blend together the oat bran, quark or fat-free fromage frais. You can do this by using a whisk until smooth or by using a hand blender.
2. In another bowl, whisk the egg white until fluffy.
3. Gently fold the egg white into the bowl containing the other ingredients. Do not whisk the batter at this stage as it will reduce the air created by whisking the egg. This in turn will reduce the fluffiness of the pancake.
4. Turn the stove on to medium heat and warm a frying pan.
5. Use a little bit of oil to coat the pan.
6. Ladle in a spoonful of the batter onto the pan and cook it for 2-3 minutes on each side on medium heat.
7. Cook until golden brown and serve hot.

Variation:

If you love a more savory breakfast, you can always add some thyme or any other herb as well as spices like paprika and pepper to further spice up the dish.

6. Cheese Omelet

Eggs are a life saver in every sense. After a hard day at work, nothing comes to the stomach's aid like eggs. Quickly whisk and pour and you have yourself a hearty meal. This classic omelet recipe is a winner whether you make it for one, or for an entire family.

Ingredients:

1 whole egg

Egg whites of 3 eggs

4 tbsp Shredded low fat cottage cheese

2 tbsp Olive oil

A pinch of salt

A pinch of pepper

Directions:

1. Using a blender, simply whisk the whole egg, egg whites, salt and pepper.
2. Heat a skillet on high heat and pour in two tablespoons of olive oil until it uniformly coats the bottom of the skillet.

3. Heat the oil until you see bubbles appear. Don't wait too long as it will make the egg burn once poured on to the skillet.
4. Once bubbles appear, lower the heat and quickly pour in the whisked egg, gently shaking the pan so that the omelet coats the base of the skillet evenly.
5. To flip the egg, wait until the edges of the egg is cooked. One of the best ways to do this is to use a flat spoon and gently push it under the edges of the egg to make sure that it does not stick. This indicates that the egg is cooked and can be easily flipped.
6. Flip the egg over and cook for an additional 30 seconds.
7. While the omelet is still on the stove, sprinkle the cottage all over it.
8. Fold it in half and serve.

Cooking Tip:

Once you flip the egg, do not use the spoon to flatten out the egg as it will lose its fluffiness.

7. Quick Garlic Shrimp

Ingredients:

2 lbs Large shrimp peeled and deveined

6 cloves of finely diced garlic

1/2 cup Olive oil

1 pinch Red pepper flakes

1 tsp Paprika

3 tbsp Lemon juice

1 bunch Freshly chopped parsley

Salt to taste

Directions:

1. You will need a large frying pan for this dish. A wok is preferable.
2. Toss the shrimp with garlic, paprika, red pepper flakes and salt. Set aside for 5-10 minutes for the flavors to penetrate the shrimp.
3. Heat the olive oil in the frying pan over a medium heat. You can initially turn the temperature up until small bubbles start to form, reducing the heat to medium once the prawns are added.
4. Add the shrimp to the hot oil, reducing the temperature to medium while they cook.
5. Cook the shrimp for about 5 minutes or until they turn pink.

6. Drip over the lemon juice and sprinkle some parsley. The shrimp is ready to serve.

Cooking Tips:

If you cannot get your shrimp peeled and deveined, you can do this yourself at home. Below are the directions to clean shrimp

First remove the shell over the head of the shrimp. This can be done in one swift motion. Make sure that you do not remove too much of the fleshy portion under it as well.

The next step is to turn the shrimp over, belly side up. Using your fingers, gently open out the shell from the belly outward. The shrimp will usually fall out quite easily.

Next, turn the shrimp with its belly side down and use a sharp knife to make an incision on the back of the shrimp. You will find a black vein running through the back of the shrimp, simply pull this out and your shrimp is cleaned and ready to cook.

Overcooking shrimp is a very common problem when cooking shrimp. As long as you stick to the five minute cooking time, you should be safe. Look for the shrimp to turn pink. This indicates that they are done.

Finally if you are not a huge fan of shrimp then chicken makes a great substitute.

8. Lemon Chicken Cutlets

Don't be afraid because this chicken recipe calls for a number of ingredients. Most of the ingredients are common ones and all you need to do is mix them all up and fry out the cutlets, making it a great Dukan attack phase recipe.

Ingredients For The Lemon Sauce:

Lemon juice from 2 lemons

1/4 cup Olive oil

1/4 tsp Black pepper

1/4 tsp Finely diced garlic

1/2 tsp Dried oregano

1 tbsp Freshly chopped parsley

Directions to make the sauce:

Simply blend all the ingredients together in a large bowl and set aside. You can use a fork to blend this mixture by hand.

Ingredients for the chicken cutlets:

4 Chicken breast, cut in 1/4 inch thin pieces

1 cup Oat bran

1/4 cup grated low fat cottage cheese

1 Egg

1/2 tsp Garlic powder

1/2 tsp Dried oregano

1/2 tsp Parsley chopped

1/2 tsp Basil

1/4 tsp Salt

1/4 tsp Pepper

1/4 tsp Cayenne pepper

1/2 cup Oat bran flour

4 tbsp Olive oil

1/2 cup Water

Directions:

1. In a flat dish mix the oat bran and grated cheese. This will make the final coating for the cutlets.
2. In another bowl, whisk the egg and water. This mixture will be used to help the coating stick to the chicken cutlets.
3. In a plastic zip lock pouch, blend the garlic, oregano, basil, salt, pepper, cayenne pepper and oat bran flour.
4. Add the chicken pieces and shake well, until the spices coat the chicken.
5. Dip the spiced up chicken, piece by piece, into the egg and water mixture and toss it in the final coating of oat bran and grated cheese.
6. Turn the burner to medium flame and heat a skillet.
7. Pour a few tablespoons of olive oil and cook the cutlets until golden brown on each side.
8. Serve with the lemon sauce.

9. *Herb Omelet*

There is something about eggs that are so comforting and this great omelet recipe is not only simple, but a fabulous meal option for all Dukan Diet beginners.

Ingredients:

1 Egg

1 Egg white

1 tbsp Skim milk

1/4 cup Chopped herbs – you can use any herb that you like

Salt to taste

Pepper to taste

1 tbsp Olive oil

Directions:

1. In a medium sized bowl, simply whisk the egg, egg white, milk, salt pepper and herbs together. You can either do this by hand or use a blender.
2. Once whisked, heat a frying pan to medium heat with a tablespoon of olive oil. Spread out the olive oil to line the base of the pan.
3. Once the oil starts to form small bubbles, pour out the egg mixture and gently shake the pan so that the egg mixture spreads uniformly over the pan.
4. Wait until the corners of the egg are cooked to flip the egg over, cooking for another 30 seconds or so, until the egg fluffs up.
5. Transfer the omelet to a plate and it is ready to eat.

10. Iced Tea

One of the important aspects of the Dukan Diet is drinking a lot of water. This iced tea recipe is a must have for the attack phase of the diet.

Ingredients:

1/4 tsp Tea leaves

1 cup Cold water

2 tsp Non fructose based artificial sweeteners

2 to 3 Ice cubes

One lemon wedge

Directions:

1. In a stainless steel bowl, boil one cup of cold water.
2. Once it boils, turn of the burner and add the tea leaves.
3. Close the bowl with a lid and let the tea release its aroma and flavor for about 5 minutes.

4. Use a strainer to pour the tea into a cup and to prevent the tea leaves from falling into the cup.
5. Mix in the sugar substitute.
6. Add the ice cubes, squeeze in a bit of the lemon and enjoy a nice cup of iced tea.

Variations:

You could use one tea bag instead for a cup of iced tea.

Also, you could use a sprig of mint to garnish the drink, for a subtly mint flavored iced tea.

Cruise Phase Recipes

1. Cream of Mushroom Sauce

Ingredients:

2 Cups of sliced mushrooms

2 tbsp low fat cream cheese

100 ml low fat cream

1 tbsp olive oil

Salt to taste

Pepper to taste

Directions:

1. Heat a saucepan to medium heat and add the olive oil.
2. Once bubbles form in the oil, add the mushrooms and sauté for 5-6 minutes.
3. Continue to sauté until the mushrooms lose their moisture and are dry.
4. Add the cream cheese and stir for another 2 minutes or so.
5. Next, add the cream and season with salt and pepper.
6. Remove from the stove and it's ready to eat.

Cooking Tip:

This sauce is great on its own, or as a dipping sauce for grilled chicken or beef.

2. Oven Denver Omelet

Ingredients:

1 cup shredded low fat cheese

1/2 cup, finely sliced onion

1/2 cup low fat or skimmed milk

1 cup, chopped and cooked ham

1/4 cup, diced green pepper

1/4 tsp parsley

8 Eggs

Directions:

1. Turn your oven on to 400 degrees F
2. Whisk the eggs and milk together until they are smooth and airy.
3. Add in the ham, green pepper, parsley, onion and cheese.
4. Grease a baking dish with a bit of olive oil and pour the egg mixture into it
5. Bake for 25 minutes for a wonderful meal for the entire family.

3. Bacon and Egg Scramble

Ingredients:

2 slices fat reduced bacon

2 whole eggs

1 tsp water

1/16 tsp onion powder

Salt to taste

Pepper to taste

1 tsp Olive oil

Directions:

1. Crisp the bacon in a pan over high heat. Cool it and chop it up into small pieces.
2. In a bowl, whisk together the eggs, water, onion powder, salt and pepper, until light and fluffy.
3. In the same pan used to cook the bacon, pour in the tsp of olive oil.
4. Heat the oil on medium flame until it forms small bubbles.
5. Pour in the egg mixture and stir, until the eggs are done.
6. Just before you take the eggs off the stove, add the bacon and stir until the bacon and eggs are nicely integrated.

Cooking Tips:

You can cook the bacon in the microwave as well.

Also, you can add a bit of chopped parsley or any other seasoning to the eggs to make this recipe your own.

4. Chicken Liver with Caramelized Onion and Madeira

Ingredients:

3 tbsp Olive oil

1 1/4 lb chicken liver, cut in half and patted dry

3 thinly sliced onions

3/4 tsp salt

1/4 tsp pepper

1/2 tsp liquid sweeteners

1/2 cup Madeira wine

2 tbsp chopped parsley

1 hard-boiled egg

Directions:

1. Heat a frying pan with two tablespoons of olive oil over a medium flame.
2. To this, add onions and sauté until golden brown.
3. Next, add in 1/2 tsp salt, 1/8 tsp pepper and sugar and caramelize the onions by continuously stirring for about 15 minutes.
4. Remove the onions from the stove and plate them.
5. Heat one tablespoon of olive oil in the same pan, over high heat.
6. Add the chicken livers and sauté them.
7. Season the chicken livers with the remaining salt and pepper.
8. Cook the chicken livers until they're brown, about 2 minutes on each side.
9. This will brown the outside, however the liver will still be pink on the outside. This is what you want.
10. Turn the stove off and plate the liver over the caramelized onions.
11. Next, heat the frying pan again with the Madeira wine and bring it to a boil, stirring continuously for about a minute and turn off the flame.
12. Add this sauce on top of the livers and caramelized onions.
13. Serve with chopped parsley and hard-boiled egg.

Variation:

This recipe serves four and if you cannot get your hands on Madeira wine, you can always use Sherry or Port wine.

5. Lemon Pepper Fish Greek Style

This very simple and easy to cook fish recipe is one that you will definitely add to your recipe collection.

Ingredients:

2 Fish fillets, weighing about 1lb

2 Garlic cloves crushed

1/4 cup Olive oil

1 tbsp lemon juice

1/2 tsp lemon zest

1/2 tsp black pepper

1/2 tsp sea salt

1 tsp dried oregano leaves

Directions:

1. In a large bowl, mix together the olive oil, crushed garlic, lemon juice, lemon zest, black pepper, salt and oregano. This forms the marinade.
2. Add the fish and toss gently until the marinade completely coats it.
3. Cover the bowl and refrigerate for 15 to 20 minutes, to allow the marinade to soak into the fish.
4. Broil or grill the fish by placing it over a layer of aluminum foil.
5. Broil or grill for 5 to 10 minutes on each side and this tasty recipe is done.

Cooking tip:

Only turn the fish once to prevent the fish from breaking apart.

6. Red Wine Beef Stew

Ingredients:

4 lb boneless chuck roast, diced into small chunks

3 tbsp coriander powder

1 3/4 tsp salt

1/2 tsp pepper

2 tbsp olive oil

1 cup dry red wine

2 cans beef broth

1/4 tsp fresh thyme (double if dried)

1 bay leaf

1 turnip, peeled and cubed

8 Oz packet of any mushrooms, halved

16 Oz baby carrots

1 tsp paprika

Directions:

1. Pat the moisture on the meat using paper towels.
2. Next, toss the meat with 3 tbsp coriander powder, 1 tsp salt, pepper and paprika. Set aside for a few minutes.
3. In a large pot, heat a bit of oil on medium, cooking the meat on both sides till brown. This will take about 4-5 minutes.
4. Once the meat has browned, add the wine, beef broth, bay leaf, thyme and another 1/2 tsp of salt.
5. Scrape the bottom of the pan so it is clean and the flavors get incorporated into the stew.
6. Bring the stew to a boil.
7. Once boiled, reduce the flame, cover and let simmer for about an hour.
8. After about an hour of cooking, add in the vegetables, carrots, mushrooms and turnip.
9. Cover and cook for another 1 to 1 ½ hours on low heat until the meat is nice and tender.
10. Using a bit of stew from the pot, dissolve 1 tbsp coriander powder and another quarter teaspoon of salt.
11. Add this into the stew and simmer for another 20 minutes, until the stew thickens. Serve hot.

Variations:

Traditionally, the meat is coated with flour to thicken the stew. However, in this recipe, coriander powder is added to thicken it, making it suitable for anyone on the cruise phase of the Dukan Diet.

7. Smoked Salmon and Leek Scramble

Ingredients:

1 cup fat free sour cream
2 tsp lemon zest
1/2 tsp salt
12 Eggs
3/4 cup low fat yogurt
1 tsp salt
2 tbsp olive oil
2 1/4 cups sliced leeks
1 tbsp olive oil
12 slices smoked salmon
1 tbsp chopped chives

Directions:

This simple recipe serves 6, is really quick and easy to do.

1. In a small bowl, blend together the sour cream, lemon zest and salt. Set aside. This can be made up to 4 days in advance and refrigerated.
2. In another bowl, blend the eggs, yogurt and salt. This can be made up to 2 hours ahead.
3. In a large frying pan, heat 2 tbsp of olive oil over a medium high flame.
4. Once the oil is heated, sauté the leeks for 10 minutes with the pan covered.
5. To the same pan, add the other tablespoon of olive oil and heat on medium high heat.
6. Pour the egg mixture into the pan and scramble until the eggs are done.
7. Serve it with smoked salmon, chives and sour cream.

8. *Hot Cocoa*

Just because you are on a diet doesn't mean you can't treat yourself. This Hot Cocoa recipe will help tame those sugar cravings and make you feel a little bit naughty.

Ingredients:

1 cup skimmed milk
2 tbsp cocoa powder, unsweetened

1 1/2 tbsp sweetener

A pinch of salt

1/4 tsp vanilla extract

Directions:

1. Simply blend in a pan, the cocoa powder, salt, vanilla extract and two tablespoons of milk over a medium flame.
2. Once mixed well, add in the remaining milk and stir until hot enough for your liking.
3. Add the sweetener to taste and serve in your favorite mug.

Cooking Tip:

If you like it cold, you can simply blend all the ingredients together in a blender and serve with ice cubes.

9. Calamari Salad

Ingredients:

1 1/2 lb cleaned squid

2 tbsp lemon juice

1 tbsp red wine vinegar

1/3 cup olive oil

1 Garlic clove, crushed

1/2 tsp salt

1/4 tsp black pepper

1 red onion, chopped

2 cups cherry tomatoes

2 celery ribs in 1/4 inch pieces

1 cup chopped parsley

Directions:

1. Wash the squid and pat dry using kitchen towels or napkins.
2. Cut the tentacles in half.
3. Cut the bodies, cross ways into rings that are about 1/3 inch wide.

4. In a pot containing salted boiling water, cook the squid for about 40 to 60 seconds, until it turns opaque.
5. Immediately drain the water and transfer the container with squid into another container with ice to stop the cooking process.
6. Once the squid is cool, drain any excess water and pat dry.
7. In another bowl, blend the vinegar, salt, pepper, lime juice, garlic and onion. Set this aside for about 5 minutes.
8. In the bowl containing the squid, add in the tomatoes, celery and parsley.
9. Then pour over the seasoning and set it aside for at least 15 minutes before serving.
10. This recipe tastes best when refrigerated for about 8 hours.

Cooking Tips:

Feel free to add more seasoning or other spices if you like your salad a bit more on the spicy side.

Take care not to overcook the squid. It really does take under a minute to cook.

10. Sour and Spicy Mushroom Soup

Ingredients:

- 3 crushed shallots
- 3 tablespoon chopped galangal
- 3 tablespoon lemongrass, diagonally sliced
- 3 pressed bird's eye chilies
- 3 tablespoons lime juice
- 3 1/4 Oz sliced Straw mushrooms
- 3 1/4 Oz sliced Oyster mushrooms
- 2 1/4 Oz halved cherry tomatoes
- 4 tablespoons Miso paste
- 1 tablespoon liquid sweetener
- 3 finely sliced Kaffir lime leaves
- 2 cups vegetable stock

Directions:

1. In a large saucepan, heat the stock, garlic, galangal, kaffir leaves, lemon and chilies.

2. Allow to boil and then turn the heat down and let it simmer for 4 min and then take it off the heat.
3. Add in the lime juice, miso paste, liquid sweetener and serve hot.

Consolidation Phase Recipes

1. Heavenly Guacamole

Ingredients:

3 Avocados, peeled, pitted and mashed

1/2 cup onion, chopped

3 tbsp cilantro or parsley chopped

2 tomatoes, chopped

Juice from one lemon

1 tsp garlic, finely chopped

A pinch of cayenne pepper

1 tsp salt

Directions:

1. This is a very simple recipe. Simply mix all the ingredients (the avocados, chopped onion, cilantro, tomatoes, lemon juice, garlic, cayenne pepper and salt) together using a fork or blender.

2. You will need to store this in the refrigerator for at least an hour for all the flavors to blend together before serving.

Tips:

The lemon juice not only adds to the flavor of the guacamole, it prevents it from turning brown as well, so be sure to add it.

You can add more spice, herbs, garlic or lemon juice to make this recipe perfect for your pallet.

2. Spiced Cajun Pork Chops

If you're in the mood for spicy and juicy chops, this is one of the best recipes around. Best of all, they hardly take any time at all to cook.

Serves: 2-4

Ingredients:

4 center cut pork chops

1 1/2 tsp Olive oil

1/2 tsp garlic salt

1/2 tsp cumin powder

1/2 tsp black pepper powder

1/2 tsp cayenne pepper powder

1 tsp paprika

1/2 tsp dried sage

Directions:

1. In a small bowl, blend together the garlic salt, cumin, black pepper, cayenne pepper, paprika and dried sage. This forms the marinade.
2. Coat each pork chop with the marinade and set aside for 10 to 15 minutes for it to soak in.
3. Heat a large pan with olive oil on high.
4. Once the oil starts forming small bubbles, reduce the heat to medium and place the pork chops in it.
5. Cook them for about 8-10 minutes, or about 4-5 minutes on each side.
6. Check whether the meat is cooked by inserting a cooking thermometer in it. The internal temperature of the meat should be 145 degrees F or 63 degrees C for a perfect medium rare pork chop.

Tip:

You can leave the pork to marinate overnight in the refrigerator. This makes cooking easier and effortless the next day.

3. Garlic Chicken

Garlic chicken is an all-time favorite and here's one recipe that can help you stay on the Dukan Diet for years without craving food you can't have.

Serves: 2 - 4

Ingredients:

4 chicken breasts without bone and skin

1 tsp salt

1 tsp onion powder

2 tsp garlic powder

3 tbsp olive oil

Directions:

1. In a bowl or zip lock bag, blend together the salt, onion powder, garlic powder and chicken, until all the spices coat the chicken.
2. In a large skillet, heat the olive oil over a high flame.
3. Once the oil starts bubbling, lower the flame and add the chicken pieces.
4. Cook for 10-15 minutes on each side until the chicken is nice and tender.

Tips:

Traditionally, butter is used to cook the chicken breasts, but I've found that using olive oil is not only a healthier option, but a tastier one as well.

Serve with some fresh lettuce for a wholesome meal.

4. Easy Peasy Rib Roast (Version 2)

Rib roast is one of the most comforting foods around. This recipe is extremely easy, but it works every time. Follow these basic steps and you'll find yourself making these ribs every time you have company to cook for.

Ingredients:

- 1 standing beef rib roast, about 5 lbs
- 2 tsp salt
- 1 tsp black pepper powder
- 1 tsp garlic powder

Directions:

1. Before you use the beef rib roast for cooking, allow it to stand at room temperature for an hour. This will help the meat cook more evenly.
2. Preheat the oven to 375 degrees F or 190 degrees C.
3. Take a large oven dish and place the beef with its ribs down.
4. In a small bowl, blend the salt, black pepper and garlic. This makes the seasoning for the meat.
5. Rub the seasoning liberally over the meat, ensuring that the meat is uniformly coated.
6. Cook the roast in the preheated oven at the same temperature for 1 hour.
7. Now, here's the important part - after one hour, turn off the oven but do not open the oven door.
8. Let the meat stay inside the off oven for 3 hours.

9. About a ½ hour before serving, turn the oven back on to the same temperature and heat the meat until it reaches an internal temperature of 145 degrees F. You can check this using a cooking thermometer.
10. Once the internal temperature is reached, take the meat out and let it rest for 10 minutes.
11. Then, carve the meat and plate it.

5. Bacon Asparagus Soldiers

Asparagus is not something that everyone enjoys, however healthy it may be. But this bacon wrapped treat goes down real well, proving that something healthy can taste good too.

Ingredients:

- 1 lb asparagus
- 8-10 slices fat reduced bacon

Directions:

1. Clean the asparagus well and trim the edges.
2. Cut the bacon strips in half lengthwise.
3. Wrap each of the cut bacon strips around the asparagus to form a sort of spiral around the asparagus.
4. Leave the tip of the asparagus exposed.
5. Place the asparagus covered with bacon on to a cookie sheet.
6. Bake at 400 degrees F for 20 to 25 minutes.
7. Serve hot.

Tip:

Feel free to sprinkle a bit of pepper on top of each asparagus wrapped in bacon for a spicier treat.

6. Chicken Cacciatore

This mouth-watering recipe serves 6 and takes under an hour to both prep and cook.

Serves: 6

Ingredients:

- 6 boneless and skinless chicken breasts
- 1 onion, chopped
- 2 garlic cloves, finely chopped

2 x 400g (0.9lb) tins of cherry tomatoes

4 tbsp fat free cottage cheese

Few basil leaves

2 tbsp Olive oil

Salt to taste

Black pepper to taste

Directions:

1. Preheat the oven to 190 degrees C or 375 degrees F.
2. In a medium sized pan, using one tablespoon of olive oil, sauté the chopped onion over medium heat.
3. Add the garlic and fry until the onions are soft.
4. Next, add the tomatoes and cook until they are soft. This will take about 10-15 minutes on medium flame.
5. Add salt and pepper to your taste.
6. Once the tomatoes are cooked, turn off the stove and transfer the contents of the pan into a bowl.
7. Add in the cheese and the basil leaves. Set aside.
8. Heat 2 tablespoons of olive oil in the same pan and fry the chicken breasts until golden brown on each side.
9. Transfer the chicken to a baking dish.
10. Pour the sauce on top of the chicken and bake for 25-30 minutes at 375 degrees F
11. Serve hot, garnished with a few basil leaves.

7. Oysters Kilpatrick

If you are feeling a bit special or have friends coming over impress them with this Dukan diet friendly dish. This great oyster recipe takes under 15 minutes to prepare and serves 4.

Ingredients:

24 oysters, shucked

2 cups, sea salt

2 tbsp Worcestershire sauce

175 grams fat reduced bacon, chopped

2 tbsp chopped parsley

Lemon wedges

Directions:

1. Before you do anything else, you will need to preheat the grill to medium to high heat.
2. In a large baking tray, place the sea salt so that it forms a thick layer.
3. On top of the salt, arrange the oysters in their shells.
4. Drip a bit of the Worcestershire sauce over the oysters.
5. Place a bit of bacon over each oyster.
6. Place the baking tray with the sea salt on top of the grill and grill for 5-8 minutes until the bacon gets nice and crisp.
7. Once the oysters are done, sprinkle a bit of parsley over each oyster and serve with a wedge of lemon.

8. Pear and Chicken Salad with Tarragon Dressing

This healthy and tasty recipe is great for the consolidation phase as it includes a portion of fruit which is recommended at this stage.

Ingredients:

Olive oil spray

2 chicken breast fillets, about 500 grams each

1 bunch watercress, cleaned and leaves picked

1 lettuce, cleaned and torn

1 ripe pear, peeled, pitted and thinly sliced.

50 grams onion sprouts

1/2 cup parsley, chopped

2 tbsp lemon juice

1 tbsp white balsamic vinegar

1 tbsp olive oil

1 tbsp fresh tarragon, chopped

2 tsp mustard, whole

1 tsp liquid sweetener

Black pepper to taste

Salt to taste

Directions:

1. Season the chicken breasts with salt and pepper.
2. Heat a frying pan on medium heat, spraying a bit of olive oil to line the pan.
3. Next, add in the chicken breast fillets and cook for about 3-4 minutes on each side, ensuring that the chicken is thoroughly cooked.
4. Once cooked, let the chicken rest for 5 minutes before slicing thinly across the grain. Set aside.
5. In a small bowl, whisk together lemon juice, balsamic vinegar, olive oil, tarragon, mustard, sweetener, salt and pepper to taste. This makes the dressing for the salad.
6. In a large bowl, toss together the watercress, lettuce, pear, onion sprout, chopped parsley and sliced chicken.
7. Pour over the dressing, and the chicken and pear salad with tarragon dressing is ready to eat.

9. *Tomato Brochette*

In the consolidation phase, you can allow yourself a few slices of whole grain bread. This tasty recipe is super healthy and can help you stick to your Dukan Diet quite effortlessly. This dish serves 12 and is an ideal and healthy dish for the entire family.

Ingredients:

- 1 loaf whole grained bread
- 6 tomatoes, finely chopped
- 1/2 cup sun dried tomatoes, chopped
- 3 cloves garlic, finely chopped
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1/4 cup basil leaves
- 1/4 tsp salt
- 1/4 tsp black pepper powder
- 1 cup fat free mozzarella cheese, shredded

Directions:

1. Preheat the oven using the broiler setting.

2. Slice the bread in thick pieces and place it on a baking tray.
3. In a large bowl, blend together the chopped tomatoes, sun dried tomatoes, chopped garlic, olive oil, balsamic vinegar, basil leaves, salt and pepper. Set it aside for 10-15 minutes until the flavors blend together.
4. Next, broil the bread for 1-2 minutes until just brown.
5. Spoon out the tomato mixture on each slice of bread.
6. Then add a bit of mozzarella cheese on top of each slice of bread.
7. Broil for another 1-2 minutes, until the cheese just melts over.

10. Tuscan Pasta

This fantastic pasta recipe, serves 6 and is a great meal for the entire family. Add a bit of cheese and it will go down very well for kids who normally fuss about their veggies.

Ingredients:

- 1 can of chopped tomatoes - 28 oz
- 1 can tomato sauce, sugar free – 8 oz
- 2 tsp garlic powder
- 2 tsp Italian seasoning
- 1/2 tsp black pepper powder
- 1/2 tsp salt
- 2 tbsp olive oil
- 1 lb zucchini, sliced
- 8 oz mushrooms, sliced
- 1 onion, finely chopped
- 6 oz whole grain pasta, cooked and drained

Directions:

1. Heat a skillet on medium heat and add tomatoes, tomato sauce, garlic powder, Italian seasoning, black pepper, salt and bring it to a boil.
2. Once the mixture boils, turn the heat to low.
3. Cover the pan and let it simmer for about 20 minutes.
4. In another pan, heat the two tablespoons of olive oil over medium heat.

5. To this pan add the chopped onion and sauté for a few minutes.
6. Add the sliced zucchini and mushroom and cook until crisp. This will take about 4 minutes.
7. Once the zucchini and mushrooms are cooked, add in the tomato mixture.
8. Stir so that the tomato mixture coats the vegetables.
9. Toss in the cooked pasta and serve.

Variations:

You could sprinkle a bit of shredded cheese over this tasty meal to make it more flavorful.

Also, any other vegetable that is Dukan safe can be used in this recipe.

Stabilization Phase Recipes

1. Whole Wheat Pumpkin Bread

When on the Dukan Diet for life, it makes sense to make and eat your own bread. However, make sure you don't exceed 2 slices a day.

Ingredients

1 packet active dry yeast

1 tsp sugar

1/2 cup low fat evaporated milk, warmed

3 cup whole wheat flour

1 tsp salt

1 1/2 cups canned pumpkin

1 tbsp pumpkin pie spice

1 egg

Cooking spray

Directions:

1. In a large bowl, blend together milk, yeast and sugar. Set this aside for 10 minutes. The yeast will start to act and the mixture will start to froth.
2. Once the yeast foams, add in the egg and pumpkin, whisk well until all the ingredients are blended well together. This forms the wet bowl.
3. In another large bowl, blend together the flour and the salt. This forms the dry bowl.
4. Blend in the wet ingredients into the dry and make dough.
5. Knead the dough until smooth.
6. Then, dust a bit of dry flour on top of the counter or cooking board and knead the dough for another 2 or 3 minutes.
7. Before transferring the dough back to the bowl, line the bowl with a bit of cooking spray.
8. Turn the dough over once. This will ensure that the cooking spray coats the dough evenly.
9. Using a damp kitchen towel, cover the dough and set aside in a warm area for 1 to 1 1/2 hours.
10. During this time, the dough should double in size.
11. Once the dough doubles in size, remove the damp cloth and punch the dough down using your fist.

12. Take the dough out of the bowl.
13. Make a rough cylindrical shape out of the dough, ensuring that the size will fit into the loaf tin.
14. With the seam side up, place the dough into the loaf tin, making sure that the dough touches the sides of the tin.
15. Cover it with a damp kitchen towel and let it stand for 30 minutes to an hour or until the dough doubles in size.
16. Preheat the oven to 375 degrees F or 190 degrees C.
17. Bake the loaf of bread for about 40 minutes until golden brown.
18. Remove the baking dish from the oven onto cooling racks.
19. Once cooled, remove the bread and let it completely cool, before slicing it.

Tip:

When the bread is done, it will sound hollow when you tap the outside crust.

2. Chinese Chicken Stir Fry

Serves: 4

Ingredients:

- 4 skinless and boneless Chicken breasts
- 1 1/2 cups hot chicken broth
- 2 Carrots, chopped into matchsticks
- 2 Green peppers, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp corn starch
- 2 tbsp hot water
- 2 cloves garlic, finely chopped
- 1 tbsp finely chopped ginger
- 1 onion, diced
- 3 spring onions, sliced

1/2 cup mushrooms, finely sliced
1 broccoli, divided into small florets
1/2 cauliflower, divided into small florets
1/2 lb green beans
2 celery stalks, sliced
1 cup bok choy or Chinese cabbage, sliced.
1/2 lb asparagus

Directions:

1. In a large bowl, place the broccoli, cauliflower, green beans, asparagus and bok choy.
2. Pour boiling hot water into the bowl containing the vegetables and set it aside for 1 minute. After two minutes, drain the water and set aside.
3. Cut chicken into small pieces and set aside.
4. Heat a wok on medium flame, add two tablespoons of olive oil and fry the chicken pieces for about 4 minutes, until well cooked and golden brown.
5. Next add carrots, green peppers and red peppers and sauté for a few minutes.
6. Then add the broccoli, cauliflower, green beans, asparagus and bok choy.
7. Sprinkle soy sauce over it.
8. Stir fry the vegetables until they are cooked. This will take about 4 minutes.
9. Mix two tablespoons of hot water with cornstarch. Add this to the hot chicken broth.
10. Add this broth with corn starch into the wok.
11. Cover the wok and let the vegetables cook for an additional 3 minutes.
12. Serve hot alone or with a bowl of whole grained rice.

Tips:

You can use any of the vegetables that are allowed on the Dukan Diet.

3. Crusty Tofu with Vegetables

Ingredients for tofu and marinade:

1 packet tofu, drained and patted dried
1 tbsp soy sauce

1 tbsp miso paste

1/2 tbsp wine vinegar

1/2 tbsp olive oil

4 garlic cloves, finely chopped

1 inch ginger, finely chopped

Other ingredients:

2 tbsp olive oil

1 inch ginger, finely chopped

2 to 3 spring onions, finely sliced

2 cloves garlic, finely chopped

1 Jalapeno pepper, sliced

2 carrots, cut into match sticks

1 sweet red bell pepper, sliced

1 bunch buk choy or Chinese cabbage

1 tbsp soy sauce

1/2 tbsp miso paste

1/2 tbsp wine vinegar

1 tbsp corn starch

3 tbsp water

Directions to marinate tofu:

1. Cut the tofu into one inch squares.
2. In a medium sized bowl, mix together soy sauce, white wine vinegar, miso paste, olive oil, garlic and ginger. This forms the marinade for the tofu.
3. Put the tofu into a bowl, blend well until the marinade coats the tofu evenly. Set aside and refrigerate for anywhere between 15 minutes and overnight.

Directions to cook the vegetables:

1. In a large sauce pan, heat one tablespoon of olive oil over medium heat.
2. Once the bubbles form in the oil, add the marinated tofu.
3. Cook the tofu for about 8-10 minutes until golden brown on all sides.

4. Remove from the pan and set aside on paper napkins to drain away any excess oil.
5. In the same sauce pan, heat another tablespoon of olive oil.
6. Once the oil is hot enough, add in the ginger, garlic, jalapeno pepper, spring onions and sauté for about 2 minutes until done.
7. Next add in the celery, carrots and peppers. Sauté for 3-5 minutes until the vegetables are cooked crisp tender.
8. Then add the bok choy and cook for another 3-5 minutes, until the bok choy wilts.
9. Simultaneously in a bowl, blend together soy sauce, miso paste, vinegar, olive oil, cornstarch and water.
10. Add this sauce into the saucepan and cook until the sauce thickens. This will take about 2 minutes.
11. Add in the tofu and serve hot.

Tips:

Make sure that you turn the tofu often so that it does not burn. Do not turn the flame to high as the tofu will burn quite easily.

If you can't get your hands on miso paste, not to worry, you can always substitute it with soy sauce. You may need to add a bit more soy sauce in proportion to the miso paste.

4. Easy Cedar Planked Salmon

This is one of the best salmon recipes around. It's easy to make, tasty, healthy and serves 6. What makes this salmon special is it's cooked on cedar planks, giving it a unique flavor that keeps you coming back for more.

Serves: 6

Ingredients

2 Salmon fillets, 2 lbs each

3 Cedar planks, 12" long and untreated

1/3 cup olive oil

1 1/2 tsp rice wine vinegar

1 tsp sesame seed oil

1/3 cup soy sauce

1/4 cup green onions, chopped

1 tbsp ginger paste

1 tsp garlic paste

Tips before cooking

Before using the cedar planks, soak them in warm water for a minimum of one hour. If possible, soak the planks for longer.

Directions:

1. Simply blend all the ingredients (the olive oil, rice wine vinegar, sesame seed oil, soy sauce, green onion, ginger and garlic paste) together in a large pan or baking dish. This forms the marinade.
2. Soak the fish in this marinade for at least 15 minutes.
3. Meanwhile, preheat the grill on medium and place the cedar planks soaked in water on the grill.
4. Once the planks start to smoke, they are ready. Place the fish on the planks.
5. Cover the grill and cook for 20 minutes, until the fish is done.

5. Tasty Chicken Thai Tom Yum Soup

Ingredients:

1/2 clove chopped garlic
3 lemongrass stalks, sliced
1 chicken breast halved and shredded
4 Oz sliced mushrooms
1 tbsp lime juice
2 Kaffir lime leaves
3 cups chicken stock
1 teaspoon green chili pepper, chopped
1 tbsp fish sauce
A sprig of chopped fresh coriander
4-5 fresh basil leaves, chopped
1 tbsp tom yum paste

Directions:

1. Pour the stock in a large pot and bring to the boil.
2. Add the garlic and tom yum paste. Cook for a minute or two.

3. Next, add in the lemon grass and lime leaves.
4. Once you start getting the aroma of the sliced lemongrass stalks, add in the chicken pieces and cook until the pieces are nice and tender.
5. Next, add all the mushrooms, fish sauce and green chili pepper.
6. Finally before taking the stock off the stove, add in the lime juice and fresh coriander.
7. Serve hot.

6. Bacon Brussels Sprouts

Ingredients:

- 1 1/2 lbs Brussels sprouts, trimmed and halved
- 1/2 lb Bacon, chopped
- 2 cups chicken stock
- 1 tablespoon olive oil
- 1/4 onion, finely chopped
- 2 garlic cloves, minced
- 1/2 cup balsamic vinegar

Directions:

1. In a large skillet, cook the chopped bacon until it is nice and brown. This should take about 10 minutes.
2. Remove the bacon, making sure that you leave the extra grease in the pan.
3. Remove the grease from the pan and add in one tablespoon of olive oil.
4. Sauté the onion and garlic, until soft. This should take about 5-7 minutes.
5. Add salt and pepper to taste.
6. Next add in the half cup of balsamic vinegar, bring it to boil then reduce it to simmer until 1/3 of the broth is reduced.
7. To this, add the chicken stock, brussel sprouts and bacon. Bring the broth to a boil on high.
8. Reduce the heat to medium and let the stock simmer for about 10 minutes until the brussel sprouts are done.

7. White Wine Mushroom

Ingredients:

1 1/2 lbs white mushrooms
1 tablespoon olive oil
1 teaspoon Italian seasoning
1/4 cup dry white wine
2 cloves garlic, finely chopped
2 tablespoon chopped chives

Directions:

1. Turn the burner to medium heat and heat a skillet with a tablespoon of olive oil.
2. Sauté the mushrooms with Italian seasoning for about 10 minutes, stirring constantly to prevent the mushrooms from sticking to the bottom of the pan.
3. Next add in the wine and garlic and cook until the wine is completely reduced.
4. Cook until the mushrooms are done. This should take another minute or so, adding pepper and salt for taste.
5. Before taking the mushrooms off the stove, add the chopped chives and give it one last stir.

8. Bresaola and Tomato Salad**Ingredients:**

40 Slices bresaola
8 tomatoes, finely sliced into thin circles
8-9oz low fat Bulgarian feta cheese
8 to 10 Basil leaves
1 tbsp olive oil

Directions

1. In a flat tray, arrange the cut tomatoes, side by side to form a layer.
2. Make the next layer using the bresaola.
3. Top with the feta cheese.
4. Drizzle a bit of olive oil and your bresaola and tomato salad is ready to serve.

9. Shrimp Cocktail

Ingredients:

1 lb devined, shelled and cooked shrimp
1/2 cup diet ketchup
1/2 cup chili sauce
3 tsp horseradish
1 tsp Worcestershire sauce

Directions:

1. Simply blend the diet ketchup, chili sauce and horse radish in a small bowl.
2. Serve with cooked shrimp.

Note:

This recipe normally calls for using a teaspoon of Worcestershire sauce. However, as Worcestershire sauce is not allowed in the Dukan Diet due to its high sugar content, it is not used in this recipe.

10. Tasty Thai Basil Chicken

This Thai chicken recipe is one of those funky dishes that is not really Thai, but is a great tasting dish that the entire family will love. Easy to make and serves 6, making it a great option for Sunday meals with the family.

Ingredients

3 lbs chicken thighs, skinless
2 tbsp soy sauce
2 tbsp fish sauce
2 tbsp low fat yogurt
Juice from one lemon
Zest from one lemon
3 cloves garlic, finely minced
3 tbsp basil, finely minced
2 tsp red pepper flakes
1 tsp ginger paste

Directions:

1. In a zip lock bag, add soy, fish sauce, yogurt, lemon juice, lemon zest, minced garlic, minced basil, red pepper flakes and ginger paste.
2. Blend all the ingredients together using a spoon or simply shake the bag well.
3. Next add in the chicken and shake the zip lock bag well to ensure that the chicken is coated evenly with the marinade.
4. Marinate it for about 30 minutes at room temperature. Alternatively you can marinate the chicken overnight in the refrigerator.
5. Preheat the oven to 375 degrees F or 190 degrees C.
6. Place the chicken on a baking dish and bake at 375 degrees F for about an hour, until chicken is juicy and done.

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