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THE UNIQUE & TRULY PERSONALIZED WEIGHT LOSS COACHING

Attack Phase Shopping List

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During the Attack phase you will consume only lean proteins, non-fat dairy products and sugar-free gelatin. The Shopping List is only a guideline—you do not need to purchase everything on this list. Choose your favorite proteins, look through the recipe book and the forum recipes, and refer to the 100 allowed foods before finalizing your purchases



At the Meat Counter/Butcher

- 1 lb. of lean ground beef (90% fat free)
- 1 lb. of lean ground turkey (99% fat free)
- 2 lbs. of lean veal cutlets
- 2 lbs. of lean beef (e.g. Flank, sirloin, London broil, filet mignon), grass-fed if possible
- 1 large chicken
- 6 chicken breasts
- 4 turkey breasts



At the Deli Counter

- 10 slices of low sodium roast turkey
- 10 slices of low sodium roast chicken
- ¼ lb. of thinly sliced dried beef or 10 slices low sodium roast beef



In the Dairy Section

- 4 fat-free Greek style yogurts
- 6 fat-free plain yogurts
- A dozen eggs
- ½ gallon skim milk
- Plain tofu and silken tofu
- 1 package, fat-free cream cheese
- 1 container, fat-free cottage cheese
- 1 container, fat-free ricotta cheese
- 10 packages, Shirataki Noodles, such as Dukan Diet Shirataki Noodles



Dry Goods

- Artificial sweetener, Splenda for cooking and baking or Stevia, such as Dukan Diet Organic Stevia
- 2 bottles of diet soda or sparkling water like Perrier
- Japanese green tea bags, herbal tea bags
- Coffee, organic if possible
- 1 box of sugar-free Jell-O or gelatin
- 1 pack of low-fat, low sodium chicken, beef or vegetable bouillon cubes or low sodium fat-free vegetable/chicken broth
- Spices: cinnamon, nutmeg, curry powder, chipotle, dill, cumin, ginger, fennel, cayenne
- 3 cans of tuna in water, 3 cans of Wild Alaskan salmon in water
- Oat bran, such as Dukan Diet Organic Oat Bran
- Wheat bran
- Flavorings/extracts
- Hot sauce
- Vinegar



Fresh Produce

- Garlic, onions and shallots for seasoning



In the Fish or Frozen Food Section

- Fresh salmon and smoked salmon
- Cod fillets or other white fish fillets
- 1 package of imitation crabsticks/surimi
- Your choice of seafood, depending on availability (e.g. shrimps, scallops, clams)



Pierre Dukan

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