



DukanDiet.com

THE UNIQUE & TRULY PERSONALIZED WEIGHT LOSS COACHING



Consolidation Phase Shopping List

PP**PV**

During the Consolidation phase you will consume all the foods from the Cruise phase plus 1 ½ oz. of hard cheese, 2 slices of 100% whole grain bread and 1 piece of fruit per day, up to 2 servings of starchy foods per week (1 starchy food for the first half of your Consolidation and 2 starchy foods in the second half of Consolidation), leg of lamb and cooked ham up to 2 times per week and up to 2 Celebration Meals (1 appetizer, 1 main dish, 1 dessert, 1 glass of wine) per week (1 Celebration Meal during the first half of Consolidation and 2 during the second half of Consolidation). The Shopping List is only a guideline—you do not need to buy everything on this list. Choose your favorite proteins + vegetables + 1 fruit + 2 slices of whole grain bread + 1.5 ounces of cheese, 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 meat (90% fat-free)
- 2 lbs. of lean veal shoulder, deboned
- 2 lbs. of lean beef (e.g. Flank, sirloin, London broil, filet mignon), grass-fed if possible
- 1 lb. of lean ground turkey (99% fat free)
- 1 large chicken
- 6 chicken breasts
- 4 turkey breasts
- Leg of lamb, cooked ham or pork roast



At the Deli Counter

- 10 slices of low sodium roast turkey
- 10 slices of low sodium roast chicken
- 10 slices of low sodium roast beef
- 1 pack of thinly sliced dried beef



In the Dairy Section

- 4 servings of fat-free Greek style yogurt
- 1 family pack of fat-free plain yogurt
- A dozen eggs
- 1 quart of 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
- 6 packages, Shirataki Noodles, such as Dukan Diet Shirataki Noodles
- 12 oz. Hard-Rind Cheese: cheddar, Swiss, Gouda or other Holland cheeses, Tomme de Savoie, Mimolette, or Emmental or soy cheese



In the Fish or Frozen Food Section

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



Dry Goods

- Artificial sweetener, Splenda for cooking and baking or Stevia, such as Dukan Diet Organic Stevia
- 2 bottles of Diet Coke 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 container or can of low sodium, fat-free chicken or vegetable 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
- Dried seaweed
- Oat bran, such as Dukan Diet Organic Oat bran
- Wheat bran
- Vinegar
- 100% whole grain bread (e.g. Ezekiel bread)
- Durum wheat pasta, couscous, bulgur wheat, wheat berries, polenta, quinoa, or millet
- Lentils (choose from lima beans, kidney beans, white beans, butter beans, chick peas, split peas, dried peas and dried beans)



Fresh Produce

- Garlic, onions and shallots for seasoning
- 1 lb. of tomatoes
- 1 lb. of carrots
- 1 lb. of zucchini
- 1 lb. of eggplant
- 1 lb. of peppers
- Green vegetables (e.g. broccoli, spinach, green beans)
- 2 heads of lettuce
- In season fruits (except bananas, grapes, cherries, figs or dried fruit)

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