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Tom Henry is delighted to bring you this recipe book that contains 24 delicious weight loss recipes suitable for the Attack and Cruise phase of the Dukan Plan.

The Dukan Plan delivers weight loss from eating healthy, high-protein, low calorie foods such as lean low-fat meats and vegetables.

All the recipes are carefully crafted and cooked in our kitchen with each recipe containing not just the ingredients and cooking instructions but also helpful recipe tips and photos of the dish just after it has been cooked in our kitchen.

Take a look at tasty dishes that are inside.

All the recipes are hyperlinked for you convenience. With delicious recipes, tips and photos this is a great book for those trying to lose weight or in the Attack or Cruise Phase. We know you will enjoy preparing, cooking and tasting these great dishes.

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