

The Dukan Diet Plan

Patient information					
Name:	Date of birth:	Age:			
Height:	Weight:	Gender:			
Medical history:	Allergies (if any):	Activity level:			
Part 1: Assessment and goal setting					
Weight loss goal					
Short-term goal (2–4 weeks):		Long-term goal:			
Current dietary preferences and restrictions					
Preferred pure protein sources:	Preferred vegetables:	Food allergies/intolerances:	Dietary restrictions:		

Part 2: Dukan diet phases		
Attack phase		Duration:
Recommended pure protein sources:	Additional notes:	
Cruise phase		Duration: Alternating rhythm:
Recommended pure protein sources and vegetable combinations:	Additional notes:	
Consolidation phase		Duration:
Gradual reintroduction of the following food:	Additional notes:	
Stabilization past		No fixed duration
Diet recommendations:	Key points to emphasize:	Additional notes:

Part 3: Meal plan					
Attack phase	Breakfast	Lunch	Dinner	Snack	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Cruise phase	Breakfast	Lunch	Dinner	Snack	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Consolidation phase	Breakfast	Lunch	Dinner	Snack	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Stabilization phase	Breakfast	Lunch	Dinner	Snack	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Sample meal plan

Below is a sample Dukan Diet Plan. You can use this as a reference when creating your plant for your client. Note that this is just a general guide and may need to be modified based on an individual's specific needs and preferences.

Attack phase

- **Breakfast:** 2 scrambled eggs, fat-free yogurt, 1 slice of lean ham
- **Snack:** Turkey slices and sugar-free gelatin
- **Lunch:** Grilled chicken breast, ½ cup cottage cheese
- **Dinner:** Sauteed shrimp and scallops

Cruise phase

- **Breakfast:** Omelet with spinach, tomatoes, and red peppers
- **Snack:** Cottage cheese with herbs, carrot sticks
- **Lunch:** Vegetarian burger with fat-free cottage cheese
- **Dinner:** Pork tenderloin with grilled asparagus

Consolidation phase

- **Breakfast:** Poached egg with whole-grain toast and strawberries
- **Snack:** Greek yogurt with berries
- **Lunch:** Grilled chicken salad with low-fat dressing
- **Dinner:** Sirloin steak with baked potato and zucchini

Stabilization phase

- **Breakfast:** Whole-grain toast and fresh fruit salad
- **Snack:** Hummus with carrot and celery sticks
- **Lunch:** Tuna salad sandwich on whole-grain bread, mixed green salad
- **Dinner:** Grilled fish or lean meat, steamed mixed vegetables

Healthcare professional's information

Name:

License number:

Contact details:

Signature: