GENERAL

dukan diet plan food list

Published: September 3, 2026 | Index ID: #-

Introduction

When it comes to weight loss, the market is flooded with diets that promise rapid results, yet most of them are unsustainable or overly restrictive. The **dukan diet plan food list** offers a structured, science backed approach that balances protein, low carb vegetables, and healthy fats. Designed by Dr. Pierre Dukan, this diet is built around four distinct phases that gradually transition you from rapid weight loss to long term maintenance. In this article, we'll break down every element of the Dukan plan, provide a detailed food list, and share practical tips to help you stay on track. Whether you're a beginner or a seasoned dieter, this guide will give you a clear roadmap to achieve your health goals.

What Is the Dukan Diet?

The Dukan Diet is a high protein, low carbohydrate eating plan that has gained popularity worldwide for its effectiveness and simplicity. Unlike many fad diets that focus on calorie restriction alone, the Dukan strategy emphasizes the importance of protein for satiety, muscle maintenance, and metabolic health. The diet is divided into four phases:

- Attack Phase – The most restrictive, focused on lean protein.
- Cruise Phase – Introduces low carb vegetables while maintaining protein intake.
- Consolidation Phase – Gradual reintroduction of carbs and fats to stabilize weight.
- Stabilization Phase – Long term maintenance with balanced meals.

Each phase has a specific goal, and the **dukan diet plan food list** is tailored to support those objectives. By following the phases in order, you can lose weight quickly, then lock in the results without feeling deprived.

Core Principles of the Dukan Diet

Before diving into the food list, it's essential to understand the underlying principles that make the Dukan Diet work:

1. Protein First: Protein is the building block of muscle and a powerful appetite suppressant.
2. Low Carbohydrates: Cutting carbs reduces insulin spikes and encourages the body to burn stored fat.
3. Gradual Reintroduction: Each phase adds foods back slowly to prevent rebound weight gain.
4. Hydration and Fiber: Adequate water and fiber help digestion and prevent constipation.
5. Exercise: Light to moderate activity enhances results and supports metabolic health.

Phases of the Dukan Diet

Attack Phase

This initial phase lasts 1–7 days, depending on how much you want to lose. It focuses exclusively on lean protein sources and a few approved condiments. The goal is to jump start fat loss by putting the body into a rapid burning mode.

- Allowed foods: chicken breast, turkey, lean beef, fish, eggs, low fat dairy, and whey protein.
- Forbidden foods: any carbohydrates, fats, processed meats, or sugary drinks.

- Typical daily protein target: 1.5–2 grams per kilogram of body weight.

Cruise Phase

After the Attack, the Cruise phase introduces non starchy vegetables to add fiber and micronutrients while maintaining the protein focus. You alternate between protein meals and vegetable meals to keep hunger at bay.

- Allowed foods: leafy greens, broccoli, cauliflower, zucchini, mushrooms, and other low carb veggies.
- Continues protein intake from the Attack phase.
- Typical daily protein target remains the same as the Attack phase.

Consolidation Phase

The Consolidation phase is where the diet starts to feel more like a balanced diet. You reintroduce certain foods in a controlled manner to prevent rapid weight regain.

- Reintroduce: one carb per day, one dairy per day, and one fruit per day.
- Continue protein and vegetables.
- Add a small portion of whole grains or legumes once a week.

Stabilization Phase

Once you reach your target weight, the Stabilization phase is your maintenance mode. It encourages a balanced diet with the same protein, vegetables, and healthy fats, plus a “Dukan day” once a week for a treat.

- Continue protein, vegetables, and healthy fats.
- Include whole grains and legumes in moderation.
- Have a “Dukan day” where you can indulge in any food without guilt.

Dukan Diet Food List

Below is a comprehensive list of foods that fit into each phase of the Dukan Diet. This **dukan diet plan food list** will help you shop smart and plan meals that keep you satisfied and on track.

Proteins

- Chicken breast – Skinless, boneless, baked or grilled.
- Turkey breast – Lean, low fat, great for salads or wraps.
- Lean beef – Sirloin, tenderloin, or lean ground beef.
- Fish – Salmon, tuna, cod, tilapia; preferably grilled or baked.
- Shellfish – Shrimp, crab, mussels; low in fat and high in protein.
- Eggs – Whole eggs or egg whites; scramble, boiled, or poached.
- Low fat dairy – Skim milk, low fat Greek yogurt, cottage cheese.
- Whey protein powder – Unflavored or lightly flavored for shakes.

Non Starchy Vegetables

- Leafy greens – Spinach, kale, arugula, romaine lettuce.
- Cruciferous – Broccoli, cauliflower, Brussels sprouts.
- Alliums – Onions, garlic, leeks.
- Other low carb veggies: zucchini, cucumber, bell peppers, asparagus, mushrooms, tomatoes, eggplant.

Dairy

- Low fat Greek yogurt – Plain or with a drizzle of honey during consolidation.
- Cottage cheese – Low fat, high in casein protein.
- Skim milk – For protein shakes or cereal.

- Low fat cheese – Mozzarella, feta, or cheddar in moderation.

Legumes

- Beans – Black beans, chickpeas, lentils; allowed only during consolidation and stabilization.
- Peas – Green peas, split peas; keep portions small.

Fats & Oils

- Olive oil – Extra virgin for dressings and sautéing.
- Avocado oil – High smoke point for grilling.
- Nut oils – Walnut oil, almond oil; used sparingly.
- Butter – Unsalted, in moderation during consolidation.
- Avocado – Whole fruit or slices; allowed during consolidation and stabilization.

Fruits

- Allowed only one fruit per day during consolidation: berries, apples, pears.
- Limit sugary fruits such as mangoes or grapes.

Condiments & Spices

- Mustard, hot sauce, salsa (without added sugar).
- Herbs – Basil, oregano, thyme, rosemary.
- Spices – Cumin, paprika, black pepper, turmeric.
- Low sodium soy sauce or tamari.

Foods to Avoid

- Processed meats – sausages, bacon, hot dogs.
- High fat dairy – whole milk, cream, full fat cheese.
- Grains – Bread, pasta, rice, quinoa.
- Sugar and sugary drinks.
- Starchy vegetables – potatoes, corn, peas (except during consolidation).
- Alcohol – especially beer and sugary cocktails.
- High fat oils – coconut oil, palm oil, butter (in excess).

Sample Meal Plans

7 Day Attack Phase Plan

1. Day 1 – Breakfast: Scrambled eggs (2 eggs) with spinach. Lunch: Grilled chicken breast (150 /g). Dinner: Baked cod (150 /g) with lemon.
2. Day 2 – Breakfast: Whey protein shake (30 /g protein) with water. Lunch: Turkey breast slices (150 /g). Dinner: Shrimp stir fry with garlic.
3. Day 3 – Breakfast: Omelette (3 egg whites, 1 whole egg) with herbs. Lunch: Lean beef steak (150 /g). Dinner: Grilled salmon (150 /g).
4. Day 4 – Breakfast: Greek yogurt (plain, 150 /g) with cinnamon. Lunch: Chicken breast (150 /g). Dinner: Tuna (canned in water, 150 /g).
5. Day 5 – Breakfast: Egg whites (4) with paprika. Lunch: Turkey breast (150 /g). Dinner: Cod (150 /g) with dill.
6. Day 6 – Breakfast: Protein shake (30 /g). Lunch: Lean beef (150 /g). Dinner: Shrimp (150 /g) with lemon.
7. Day 7 – Breakfast: Omelette (2 eggs) with herbs. Lunch: Chicken breast (150 /g). Dinner: Salmon (150 /g).

7 Day Cruise Phase Plan

1. Day 1 – Breakfast: Scrambled eggs with spinach. Lunch: Grilled chicken salad (lettuce, cucumber, olive oil).
2. Day 2 – Breakfast: Greek yogurt with a dash of cinnamon. Lunch: Turkey breast with steamed broccoli.

3. Day 3 – Breakfast: Protein shake with water. Lunch: Lean beef stir fry (bell peppers, onions).
4. Day 4 – Breakfast: Omelette with mushrooms. Lunch: Grilled salmon with asparagus.
5. Day 5 – Breakfast: Egg whites with herbs. Lunch: Chicken breast with cauliflower rice.
6. Day 6 – Breakfast: Greek yogurt with a few berries. Lunch: Turkey breast with zucchini.
7. Day 7 – Breakfast: Protein shake. Lunch: Lean beef with kale.

7 Day Consolidation Plan

1. Day 1 – Breakfast: Whole grain toast (1 slice) with avocado. Lunch: Grilled chicken with quinoa and mixed greens.

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