

## Writing Research Proposals in the Health Sciences: A Step-by-step Guide

Twitter The Dukan Diet plan is very effective because you can eat as much as you want and still lose weight. Below is the updated list of the 100 allowed foods for the Dukan Diet: 68 Pure Proteins and 32 Vegetables. 100 Foods Allowed on the Dukan Diet "You don't lose weight when you're hungry".

During his research, Pierre Dukan identified 100 allowed foods that contain the essential nutrients for our bodies that have tremendous benefits and are rich in protein, low in carbohydrates and fat. You can eat as much as you want from the Dukan Diet food list during the four phases of the Dukan Diet. 68 Pure Proteins: Starting on the Attack phase Lean meat

Beef tenderloin, Filet mignon " Buffalo " Extra-lean ham " Extra-lean Kosher beef hot dogs " Lean center-cut pork chops - Lean slices of roast beef - Pork tenderloin, pork loin roast " Reduced-fat bacon, soy bacon- Steak: flank, sirloin, London broil" Veal chops " Veal scaloppini - Venison Poultry

Chicken " Chicken liver " Cornish hen " Fat-free turkey and chicken sausages " Low fat deli slices of chicken or turkey " Ostrich steak - Quail " Turkey - Wild duck Fish

Arctic char " Catfish " Cod " Flounder " Grouper " Haddock " Halibut and smoked halibut " Herring " Mackerel " Mahi Mahi " Monkfish " Orange roughy " Perch " Red snapper " Salmon or smoked salmon " Sardines, fresh or canned in water " Sea bass " Shark - Sole " Surimi " Swordfish " Tilapia " Trout " Tuna, fresh or canned in water Shellfish

Clams " Crab " Crawfish, crayfish " Lobster " Mussels " Octopus " Oysters " Scallops " Shrimp - Squid Vegetarian Proteins

Seitan " Soy foods and veggie burgers " Tempeh - Tofu Fat-free dairy products

Fat-free cottage cheese, Fat-free cream cheese, Fat-free milk, Fat-free plain Greek style yogurt, Fat-free ricotta, Fat-free sour cream Eggs

Chicken " Quail " Duck

And Sugar-free gelatin

32 vegetables: starting from the Cruise phase

Artichoke - Asparagus " Bean sprouts - Beet - Broccoli - Brussels sprouts - Cabbage - Carrot - Cauliflower - Celery - Cucumber - Eggplant - Endive - Fennel - Green beans " Kale " Lettuce, arugula, radicchio " Mushrooms " Okra " Onions, leeks, shallots " Palm Hearts - Peppers " Pumpkin - Radishes " Rhubarb - Spaghetti squash - Squash - Spinach " Tomato " Turnip " Watercress " Zucchini

More foods allowed on the Dukan Diet:

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SHIRATAKI : Attack phase . The Konjac root from Asia (China and Japan) is satisfying, rich in fiber, stimulates intestinal transit and has virtually no calories. You can also find konjac in other forms, such as a powder or "flour" and sometimes a gel. You can use any form for Dukan Cooking .

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OLIVE OIL : starting from the Cruise phase . Rich in omega 3 fatty acids, polyphenols and vitamin E (an antioxidant) " all essential for health. Limited quantity: 1 tsp

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GOJI BERRIES : starting from the Attack phase. Limited quantity: Pure Protein days: 1 Tbsp , Proteins and Vegetables days: 2 Tbsps.

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WHEAT GLUTEN : 4 tbsp / week (all phases) Members of Dukan personalized weight loss coaching have exclusive access in the slimming apartment to: The 100 allowed foods: all their properties, nutritional qualities and associated Dukan recipes.

Information on tolerated foods and foods that keep you feeling full.

Hundreds of Dukan recipes and food tips To join coaching, first calculate your True Weight.

## Reference

[Health Services Research Methods](#)

[Research Methods in Applied Behavior Analysis](#)