

L'ESCALIER NUTRITIONNEL

* Chaque jour 2 litres d'eau
(...tisane, thé, boisson light)
+ 1,5 Cs de son d'avoine
+ 1 cc d'huile d'olive ou de colza

A partir du mercredi pour plus de
confort est accepté 1 toléré au choix:

15g de maïzena,
1 cc de cacao dégraissé,
15g de fromage light,
1 Cs de crème allégée
3%, 5cl de lait de
coco /semaine

Pour le lait écrémé
en poudre
mieux
vaut se
limiter à

3 Cs
par
jour

LUNDI

**Protéines pures
à volonté**

(Viandes, poissons, œufs, tofu, jambon
dégraissé, laitages 0%, lait écrémé,
konjac) - sauf porc, agneau, canard, oie -

20 mn de sport
(marche rapide ...)

MARDI

Protéines pures + légumes à volonté
(limiter carottes, betteraves, artichauts)

20 mn de sport

MERCREDI

**Protéines pures + légumes +
150g de fruits** - sauf fruits secs,
bananes et raisin -

30 mn de sport

JEUDI

**Protéines pures + légumes + 150g
de fruits + 45g de pain complet**

30 mn de sport +
1 exercice (abdos...)
ou 40 mn de sport

VENDREDI

**Protéines pures + légumes +
150g de fruits + 45g de pain
complet + 40g de fromage**

30 mn de sport +
2 exercices
ou 45 mn de sport

SAMEDI

**Protéines pures + légumes +
150g de fruits + 45g de pain
complet + 40g de fromage +
200g féculents complets cuits**

30 mn de sport +
4 exercices
ou 60 mn de sport

DIMANCHE

1 repas de gala
(entrée + plat + dessert ou
fromage + 1 verre de vin)
+ vendredi

60 mn de sport +
2 ou 4 exercices

Escalier Dukan Avis

Sebastian Brünink



Escalier Dukan Avis:

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