HEALTH & WELLNESS

Dukan Diet Attack Phase Food List

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Understanding the Dukan Diet Attack Phase

The Dukan Diet, created by French nutritionist Dr. Pierre Dukan, is a high-protein, low-carbohydrate weight loss plan structured into four distinct phases. The first and most restrictive stage is the Attack Phase, also known as the “pure protein” phase. This initial period is designed to jumpstart weight loss rapidly, typically lasting from 2 to 7 days depending on the individual’s weight loss goals. During this phase, the body is pushed into a state of ketosis, where it burns stored fat for energy instead of carbohydrates. The key to success in the Attack Phase lies in strictly consuming only the foods permitted on the **Dukan Diet Attack Phase food list**. This list is entirely composed of lean protein sources, with no fats, sugars, or carbohydrates allowed.

The psychology behind this phase is twofold: the rapid weight loss provides powerful motivation, while the high protein intake helps preserve muscle mass and keeps you feeling full. Many people find the first few days challenging as their body adjusts to the lack of carbs, but the simplicity of the food list can also be liberating. You don’t need to count calories or measure portions; you simply eat from the approved list until you are satisfied. This approach, however, requires strict discipline. Understanding exactly what you can and cannot eat is crucial to avoid sabotaging your progress. Below, we break down the entire **Dukan Diet Attack Phase food list** into clear categories, along with practical tips for navigating this intense but effective phase.

What Makes the Attack Phase Unique?

Unlike many diets that allow a variety of foods from the start, the Attack Phase is extremely limited. The core principle is that you eat only pure protein – nothing else. No vegetables, no fruits, no grains, no dairy with fat content over zero, and no added oils or butter. This extreme restriction is temporary. The purpose is to flush out excess water and glycogen stores in the muscles, leading to a dramatic drop on the scale within the first few days. The **Dukan Diet Attack Phase food list**is designed to provide all the essential amino acids your body needs while keeping calories low enough to trigger fat burning.

Complete Dukan Diet Attack Phase Food List

Below is the comprehensive list of allowed foods during the Attack Phase. All items must be consumed without any added fats or sugar. Cooking methods are limited to grilling, baking, steaming, poaching, or boiling. No frying is allowed.

Lean Meats

- Beef – only very lean cuts such as sirloin, fillet, or flank steak. Trim all visible fat.
- Veal – any cut, but must be lean and fat trimmed.
- Pork – limited to very lean cuts like pork tenderloin or lean ham (fat removed).
- Lamb – only the leanest parts, such as leg or loin, with all fat trimmed.
- Horse meat – allowed in some regions, very lean.
- Game meats – like venison, bison, or kangaroo, which are naturally lean.

All meats should be prepared without oil. Use non-stick pans, grills, or bake on parchment paper. Seasoning is allowed with salt, pepper, herbs, and spices (no sugar or starch).

Poultry

- Chicken – breast is preferred; thighs can be eaten if skin and all visible fat are removed.
- Turkey – breast meat only. Avoid processed turkey with added sugars or fillers.
- Cornish hen – skinless.
- Rabbit – lean and allowed.

Remove all skin before cooking. Ground poultry must be 99% lean.

Fish and Shellfish

- All white fish – cod, haddock, sole, pollock, tilapia, etc.
- Oily fish – salmon, mackerel, trout, herring, sardines (allowed in moderation due to healthy fats, but still no added oils).
- Shellfish – shrimp, crab, lobster, mussels, clams, oysters, scallops.
- Canned fish – packed in water or brine, not oil. Tuna, salmon, sardines (drain well).

Fish is a cornerstone of the **Dukan Diet Attack Phase food list** because it is high in protein and low in calories.

Eggs

- Whole eggs – up to 2 per day in the Attack Phase (some variations allow more if cholesterol is not a concern).
- Egg whites – unlimited. You can use them in omelettes or add to dishes for extra protein.

Cook with non-stick spray or in a dry pan. Boiled, poached, or scrambled without milk or butter.

Low-Fat Dairy

- Cottage cheese – 0% fat or extremely low fat (no more than 1% fat).
- Plain Greek yogurt – 0% fat. No fruit on the bottom.
- Skim milk – small amounts for coffee or tea (limited to about ½ cup per day).
- Fromage blanc (if available) – 0% fat.
- Low-fat cheese – such as quark, ricotta (0% fat), or fat-free cream cheese (in very small amounts).

Dairy is allowed but must be strictly non-fat. Yogurt with added sugar or flavoring is forbidden. You can add sugar-free sweeteners like stevia or sucralose.

Other Allowed Protein Sources

- Tofu – firm or silken, plain (no flavored varieties).
- Seitan – a high-protein wheat gluten product, check label for no added sugars or oils.
- Protein powders – unflavored whey or soy protein isolate (0g carbs, 0g fat) can be used to supplement, but whole foods are preferred.

Mandatory Supplements and Additions

Oat Bran

You must consume **1.5 tablespoons of oat bran**daily during the Attack Phase. This is not optional. Oat bran provides essential fiber that the diet otherwise lacks, helps prevent constipation, and keeps digestion regular. It can be stirred into yogurt, mixed with milk to make a porridge, or added to egg whites for a savory pancake.

Hydration

Drink **at least 1.5 liters (about 6-8 glasses) of water**per day. Water is critical for kidney function during high-protein intake. Unsweetened tea and coffee are also allowed (no milk or sugar). Diet soda and zero-calorie drinks are permitted in moderation, but the Dukan plan strongly recommends herbal teas and plain water.

Foods Strictly Prohibited During Attack Phase

The following items are not allowed even in tiny amounts:

- All fruits and vegetables (including starchy ones like potatoes).
- Grains (rice, pasta, bread, cereals, quinoa, oats – except the oat bran allowance).
- Legumes (beans, lentils, chickpeas).
- Nuts and seeds.
- Oils, butter, margarine, cream.
- Sauces, dressings, mayonnaise (unless homemade with allowed ingredients).
- Sugar, honey, maple syrup, agave.
- Alcohol.

Even small deviations can break the ketosis state and stall weight loss.

Sample One-Day Menu Using the Dukan Diet Attack Phase Food List

Here is an example to show how you can structure your meals:

- Breakfast: Scrambled eggs (2 whites + 1 whole egg) cooked in a non-stick pan, plus 1.5 tablespoons oat bran mixed with non-fat plain yogurt.
- Lunch: Grilled chicken breast seasoned with garlic powder and paprika, served with sliced turkey ham (lean).
- Dinner: Baked cod fillet with lemon juice and dill, side of steamed shrimp.
- Snack (if needed): A serving of 0% fat cottage cheese with a pinch of cinnamon.

Drink water, black coffee, or herbal tea throughout the day.

Tips for Surviving and Thriving in the Attack Phase

Use Herbs and Spices Generously

Because the food list is so restrictive, flavor can become monotonous. Use unlimited amounts of herbs (basil, oregano, parsley, rosemary) and spices (cumin, turmeric, chili powder, mustard powder, onion powder, garlic powder). Avoid spice blends that contain sugar or starch.

Vary Your Protein Sources

Eating only chicken breast every day will become boring and may lead to cravings. Rotate between beef, fish, eggs, dairy, and tofu to keep meals interesting.

Prepare in Advance

Batch cook grilled chicken, hard-boiled eggs, and portion out yogurt. Having ready-to-eat protein on hand prevents cheating when hunger hits.

Manage Potential Side Effects

Common side effects of the Attack Phase include bad breath (ketone smell), constipation, fatigue, and dizziness. To mitigate these: drink plenty of water, take a magnesium supplement if needed, and consider a fiber supplement (psyllium husk) in addition to oat bran. The fatigue usually passes after the first 3 days as your body adapts.

Is the Attack Phase Right for Everyone?

The **Dukan Diet Attack Phase food list**is very effective for short-term weight loss, but it is not suitable for everyone. People with kidney issues, gout, eating disorders, pregnant or breastfeeding women should avoid this diet. Always consult a physician before starting a high-protein diet. Additionally, the Attack Phase is designed to

last only a few days. Prolonged restriction of vegetables and carbohydrates can lead to nutritional deficiencies. The Dukan Diet includes subsequent phases (Cruise, Consolidation, and Stabilization) that slowly reintroduce other foods.

Conclusion

The Attack Phase of the Dukan Diet can produce impressive results in a very short time, thanks to its strict focus on lean protein and elimination of all other food groups. By adhering closely to the **Dukan Diet Attack Phase food list**– comprising lean meats, poultry, fish, eggs, non-fat dairy, and plant-based proteins like tofu – you can kickstart weight loss and reset your eating habits. However, this phase demands discipline. Stock your kitchen with approved foods, find creative ways to season your meals, and prioritize hydration. Remember, the Attack Phase is just the beginning of a longer journey. Following it correctly sets the foundation for the next phases, where vegetables and eventually other foods are gradually reintroduced. With careful planning and a clear understanding of what is allowed, you can successfully navigate this intense phase and move toward your weight loss goals.

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