HEALTH & WELLNESS

Dukan Diet Attack Phase Foods List

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Your Starting Point: Understanding the Dukan Diet Attack Phase

The Dukan Diet is a high-protein, low-carbohydrate weight loss plan that has gained significant popularity for its structured approach and rapid initial results. The plan is divided into four distinct phases: Attack, Cruise, Consolidation, and Stabilization. The first phase, Attack, is the most restrictive and is designed to kickstart weight loss by flooding your body with pure protein. This phase typically lasts between one and ten days, depending on your target weight loss. During this time, you are limited to a specific selection of foods, which is the core of the Dukan Diet Attack Phase Foods List.

If you are about to start this journey, understanding exactly what you can eat and why is crucial for success. Many find the initial phase challenging because it eliminates carbohydrates almost entirely. However, the foods you can consume are incredibly satisfying for their volume and ability to curb hunger. This article will provide a detailed and comprehensive look at the Dukan Diet Attack Phase Foods List, explaining each group of permitted foods, offering tips for preparation, and ensuring you have all the information needed to navigate this powerful phase with confidence. Let's dive into the specifics of what your meals will look like for the next week or so.

The Foundation: Lean Proteins (The Core of the Attack Phase)

At its heart, the Dukan Diet Attack Phase is built around 68 lean protein sources. These are your primary fuel and the only foods that are truly unlimited in quantity. The list is extensive, but it is broken down into a few key categories. You can eat as much of these foods as you need to feel full, but avoid overeating out of habit. The goal is to listen to your body's satiety signals.

Chicken and turkey are cornerstone foods in the Attack Phase. The key here is to remove the skin before cooking, as it is high in fat. You can eat all parts of the bird, including breasts, thighs, and drumsticks. Roasting, grilling, or poaching are excellent cooking methods. Avoid any breaded or fried preparations. Ground turkey or chicken is also fine, but ensure it is 99% lean.

- Chicken breast (boneless, skinless)
- Turkey breast (skinless)
- Cornish hen
- Quail
- Squab

Red meats are allowed, but they must be extremely lean. You should trim all visible fat before cooking. This includes beef, veal, and pork. Choose cuts like sirloin, tenderloin, and flank steak. Pork loin and tenderloin are excellent choices. Avoid processed meats like sausages, bacon, and ham, which are typically high in fat and salt. Lamb and mutton are generally not recommended because they are too fatty.

- Beef (sirloin, tenderloin, flank steak, extra-lean ground beef)

- Veal (chops, cutlets)
- Pork (tenderloin, loin chops)
- Lean ham (in very small amounts only)

Almost all fish and shellfish are permitted during the Attack Phase. This is fantastic news because it provides incredible variety and essential omega-3 fatty acids. You can have both white fish and oily fish. Oily fish like salmon and mackerel are allowed, but because they contain more fat, they should be eaten in moderation (once or twice a day) rather than in unlimited quantities. Shellfish such as shrimp, crab, and lobster are excellent choices. Canned fish in water or brine is also fine, but avoid fish packed in oil.

- Cod
- Haddock
- Tuna (canned in water)
- Salmon
- Mackerel
- Trout
- Shrimp
- Crab
- Lobster
- Scallops
- Clams

Eggs are a perfect protein source for the Attack Phase. You can eat them boiled, poached, scrambled (without milk or butter), or as an omelet. The yolk is allowed, but if you are watching your cholesterol, you can limit yolks to one or two per day and use egg whites for the rest. Eggs are versatile and can be used in many creative ways during this restrictive phase.

- Chicken eggs
- Quail eggs

Organ meats are packed with nutrients and are allowed. They should be eaten in moderation due to their high vitamin A content. Liver, kidney, and heart are excellent options. They are often overlooked but can add tremendous flavor and nutritional value to your Attack Phase. Make sure they are from lean sources and prepared simply.

- Chicken liver
- Beef liver
- Kidney
- Heart

The Second Pillar: Non-Negotiable Daily Additions

In addition to lean proteins, the Dukan Diet Attack Phase requires two specific daily additions. These are not optional; they are crucial for the diet's success and your bodily functions.

Oat bran is the only permitted carbohydrate source in the Attack Phase. You must consume exactly 1.5 tablespoons of oat bran every day. This is not optional. Oat bran provides necessary fiber, helps prevent constipation (a common side effect of high-protein diets), and helps with satiety. You can prepare it as a porridge (with water or nonfat dairy) or mix it into yogurt or lean meats as a binder. Do not confuse oat bran with oatmeal; oat bran is a different product and is essential.

How to use your daily oat bran:

1. Cook it with water or nonfat milk to make a porridge.
2. Stir it into nonfat yogurt.

3. Use it to coat chicken or fish for a "breaded" effect.
4. Incorporate it into Dukan-friendly pancakes or galettes.

You must drink at least 1.5 to 2 liters of water per day. This is non-negotiable. A high-protein diet puts extra stress on your kidneys, and adequate hydration is essential for flushing out waste products. Water also helps with satiety and can prevent headaches that sometimes occur during the transition into ketosis. You can also have unlimited amounts of tea and coffee, but without sugar, milk, or cream. You can use sugar substitutes that are approved for the diet (like stevia or sucralose) but check the ingredients to avoid hidden carbs.

What About Vegetables? (The Surprising Answer)

A common question is whether vegetables are allowed during the Attack Phase. The answer is straightforward: no, vegetables are not allowed in the Attack Phase. This is the only phase where vegetables are completely excluded. The sole foods permitted are the lean proteins listed above, oat bran, and water. This is why the phase is called "Attack" — it is a rapid, protein-only phase designed to shock your system into rapid weight loss. While it is restrictive, remember that it is short-term. Vegetables will be reintroduced in the next phase, the Cruise Phase. For immediate results, you must stick strictly to protein, oat bran, and water.

Permitted Extras and Flavor Enhancers

While the list of allowed foods is short, you are not limited to bland, unseasoned food. You can use a wide variety of seasonings, herbs, and condiments to make your meals enjoyable. The key is to check labels for added sugars, oils, or starches.

- Herbs and Spices: All herbs and spices are allowed, including salt, pepper, paprika, cumin, garlic powder, onion powder, oregano, basil, thyme, chili powder, and cinnamon.
- Condiments: Mustard (yellow, Dijon, whole grain) is allowed. Vinegar (balsamic, apple cider, white wine) is permitted. Soy sauce is allowed in small amounts for flavor. Pickles are not allowed in the Attack Phase because they are made from vegetables.
- Artificial Sweeteners: Stevia, sucralose, aspartame, and saccharin are allowed in moderation. Check for bulking agents like maltodextrin, which can add carbs.
- Nonfat Dairy: Nonfat plain yogurt, nonfat cottage cheese, nonfat cream cheese, and nonfat milk are allowed in small amounts (up to 1 cup per day total). They add calcium and protein. Avoid any yogurt or cheese with added sugar or fruit.
- Gelatin: Unflavored gelatin is allowed and can be used to make sugar-free jello.
- Oil: A tiny amount (1-2 drops) of oil in a non-stick pan is acceptable for cooking. However, you should use non-stick spray or parchment paper for truly oil-free cooking. Adding oil defeats the low-fat nature of the Attack Phase.

Sample One-Day Meal Plan (Attack Phase)

To help visualize how these foods come together, here is a sample one-day menu for the Attack Phase. Remember, you can eat as much as you need, but stop when you are full.

Breakfast:

- Oat bran porridge (1.5 tablespoons oat bran cooked with water or nonfat milk, sweetened with stevia and cinnamon).
- 2 boiled eggs.
- Unlimited coffee or tea.

Lunch:

- Grilled chicken breast seasoned with garlic powder and paprika.
- Nonfat plain yogurt (about 1/2 cup).
- Mustard or soy sauce for dipping chicken.

Snack:

- Hard-boiled egg whites or a can of tuna in water (drained).
- Water with a squeeze of lemon juice.

Dinner:

- Baked cod fillet with dill and lemon.
- Steamed shrimp.
- Nonfat cottage cheese (about 1/2 cup).

Throughout the day:

- Unlimited water (aim for 2 liters).
- Herbal tea.

Common Pitfalls and How to Avoid Them

Even with a clear list, people can make mistakes that sabotage their results. Here are the most common pitfalls and how to avoid them.

This is the number one mistake. Without adequate water, you will feel lethargic, constipated, and may experience headaches. Set a timer on your phone to remind you to drink water.

Many condiments, sauces, and even "nonfat" products contain added sugars or starches. Always read labels. A simple squeeze of lemon or a dash of mustard is safer than a processed dressing. Avoid ketchup, barbecue sauce, and honey mustard.

Nonfat dairy is allowed, but it does contain some carbohydrates (lactose). Stick to the recommended 1 cup per day limit. Overdoing dairy can stall your weight loss.

Skipping the oat bran will cause constipation and reduce your overall fiber intake. It is not a suggestion; it is a requirement. Find ways to enjoy it. Some people make savory oat bran pancakes with egg whites and spices.

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