GENERAL

dukan diet attack phase meal plan

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

Understanding the Dukan Diet: A Quick Overview

The Dukan Diet, created by French physician Pierre Dukan, is a high-protein, low-carb eating plan that has gained popularity worldwide. It is structured around five distinct phases, each designed to help you lose weight safely and sustainably. The first phase, known as the “Attack Phase,” is where the real weight loss begins. This article will guide you through the Dukan Diet Attack Phase, explain why it’s so effective, and provide a detailed meal plan to help you get started.

What Is the Attack Phase?

The Attack Phase is the initial stage of the Dukan Diet, lasting 1–2 weeks. During this period, you focus exclusively on lean proteins, which kick-start the body’s fat-burning mechanisms. By restricting carbohydrates and fats, the body is forced to use stored fat as its primary energy source. This rapid fat loss sets the foundation for the subsequent phases.

Key Principles of the Attack Phase

- High Protein Intake: Consume 1.5 grams of protein per kilogram of body weight daily.
- Zero Carbohydrates: Eliminate all grains, fruits, vegetables, and sugars.
- Minimal Fats: Use only non-fat or low-fat dairy products.
- Hydration: Drink at least 2–3 liters of water per day.
- Regular Exercise: Incorporate light walking or stretching to aid digestion.

Why the Attack Phase Works

When you cut carbs and fats, your insulin levels drop dramatically. Lower insulin allows the body to mobilize fat stores more efficiently. Additionally, high protein intake promotes satiety, reducing the likelihood of overeating during subsequent phases. The Attack Phase also helps reset your taste buds, making it easier to transition to more balanced meals later on.

Essential Foods for the Attack Phase

Below is a list of foods you can enjoy during the Attack Phase. These foods are protein-rich, low in carbs, and easy to prepare.

- Chicken breast (grilled, baked, or poached)
- Turkey breast
- Lean beef (sirloin, tenderloin)
- Fish (tuna, salmon, cod)
- Egg whites or whole eggs (in moderation)
- Low-fat Greek yogurt (plain)
- Skim milk or milk alternatives (unsweetened)
- Non-fat cottage cheese
- Protein shakes (whey or plant-based, low-carb)

Sample Attack Phase Meal Plan

Below is a structured meal plan that covers breakfast, lunch, dinner, and snacks. Feel free to adjust portion sizes based on your caloric needs.

Day 1

1. Breakfast: 3 boiled egg whites + 1 cup skim milk (250 /ml)
2. Snack: 1 cup low-fat Greek yogurt (plain)
3. Lunch: 150 /g grilled chicken breast + 1 cup protein shake (whey, unsweetened)
4. Snack: 1 cup skim milk (250 /ml)
5. Dinner: 200 /g baked salmon + 1 cup protein shake (plant-based, low-carb)

Day 2

1. Breakfast: 1 cup low-fat cottage cheese + 1 cup skim milk (250 /ml)
2. Snack: 1 cup low-fat Greek yogurt (plain)
3. Lunch: 150 /g turkey breast + 1 cup protein shake (whey, unsweetened)
4. Snack: 1 cup skim milk (250 /ml)
5. Dinner: 200 /g lean beef steak + 1 cup protein shake (plant-based, low-carb)

Day 3

1. Breakfast: 3 boiled egg whites + 1 cup skim milk (250 /ml)
2. Snack: 1 cup low-fat Greek yogurt (plain)
3. Lunch: 150 /g grilled fish (cod or tilapia) + 1 cup protein shake (whey, unsweetened)
4. Snack: 1 cup skim milk (250 /ml)
5. Dinner: 200 /g chicken breast + 1 cup protein shake (plant-based, low-carb)

Repeat the above cycle for the duration of your Attack Phase, ensuring you maintain adequate protein intake and stay hydrated.

Common Questions About the Attack Phase

How Many Calories Should I Consume?

While the Attack Phase is protein-focused, calorie intake still matters. Aim for a moderate calorie deficit of 300–500 /kcal per day based on your maintenance calories. This will help you lose 0.5–1 /kg per week.

Can I Add Vegetables?

During the Attack Phase, vegetables are strictly prohibited. They will be introduced in the second phase, the Cruise Phase.

Is It Safe to Drink Coffee?

Coffee is allowed as long as you avoid adding sugar or high-calorie creamers. Stick to black coffee or add a splash of skim milk.

What About Alcohol?

Alcohol is not recommended during the Attack Phase because it can impede fat loss and disrupt hydration. Save it for the later phases.

Tips for Maximizing Success in the Attack Phase

- Plan Ahead: Prepare protein portions in advance to avoid temptation.
- Stay Hydrated: Aim for 2–3 /liters of water daily; dehydration can cause headaches and fatigue.
- Use Protein Shakes Wisely: Choose low-carb, unsweetened options to keep carb intake minimal.
- Track Your Intake: Use a food diary or app to ensure you meet protein goals.
- Mind Your Mood: Some people experience mood swings; light exercise and adequate sleep can help.

Transitioning to the Cruise Phase

After 1–2 weeks of the Attack Phase, you can move on to the Cruise Phase, where you reintroduce some non-protein foods. The goal is to maintain weight loss while gradually expanding your diet.

What Changes in the Cruise Phase?

- Introduce non-vegetarian foods such as fish and eggs.
- Add low-fat dairy products like cottage cheese.
- Allow a small portion of non-starchy vegetables.
- Keep protein at the same level as the Attack Phase.

Long-Term Benefits of the Dukan Diet

When followed correctly, the Dukan Diet offers several long-term benefits:

- Rapid initial weight loss during the Attack Phase.
- Improved insulin sensitivity.
- Increased satiety due to high protein.
- Reduced cravings for sugary foods.
- Potential for sustainable weight maintenance with proper phase progression.

Potential Side Effects and How to Mitigate Them

While the Attack Phase is effective, it can cause temporary side effects such as:

- Headaches
- Fatigue
- Digestive discomfort

To mitigate these, ensure proper hydration, incorporate electrolytes, and consider adding a mild probiotic supplement. If you experience severe symptoms, consult a healthcare professional.

Conclusion

The Dukan Diet Attack Phase is a powerful tool for kickstarting weight loss by leveraging high protein intake and minimal carbs. With a clear meal plan, disciplined hydration, and mindful progression to the next phases, you can achieve significant results safely. Remember, the Attack Phase is just the beginning—commit to the full Dukan program for lasting success. Stay consistent, stay hydrated, and enjoy the journey toward a healthier you.

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