MY DUKAN DIARY • FREE PRINTABLE FRIDGE CHEAT SHEET

Phase 1: Attack Quick-Start Card

Zero-Guessing Daily Checklist

TYPICAL LENGTH	DAILY OAT BRAN	WATER TARGET	DAILY MOVEMENT
2–7 Days Max	1.5 Tbsp / Day	6–8 Glasses (1.5L+)	20 Min Brisk Walk

TOP ALLOWED ZERO-CARB PROTEINS (UNLIMITED)

- ☐ Chicken breast & turkey breast (skinless)
- ☐ 99% fat-free ground turkey or chicken
- ☐ Lean beef tenderloin, sirloin & flank steak
- ☐ Extra-lean (≤5% fat) ground beef & veal
- ☐ Wild salmon, cod, halibut, sea bass, tilapia
- ☐ Water-packed tuna, sardines & mackerel
- ☐ Shrimp, prawns, crab, lobster & mussels
- ☐ Whole chicken eggs & liquid egg whites
- ☐ 0% Fat plain Greek yogurt (zero added sugar)
- ☐ Fat-free cottage cheese, quark & skim milk
- ☐ Firm tofu, tempeh & plain wheat seitan
- ☐ Konjac / Shirataki noodles & miracle rice

SAMPLE 1-DAY ATTACK BLUEPRINT

Morning: 1.5 tbsp Oat Bran Galette + 2 scrambled eggs + black coffee

Lunch: Grilled lemon-herb chicken strips + 0% Greek yogurt mustard dip

Snack: 1 cup fat-free cottage cheese or 2 hard-boiled eggs

Dinner: Baked garlic-pepper salmon or shrimp + unsweetened herbal tea

ALLOWED FLAVORINGS & DRINKS

- ☐ Lemon juice, apple cider vinegar & fresh herbs
- ☐ Garlic, onion powder, mustard (zero sugar)
- ☐ Black coffee, unsweetened green & herbal tea
- ☐ Zero-calorie sweeteners (stevia / erythritol)

STRICT ATTACK PAUSES (ADD IN PHASE 2+)

- ✕ All vegetables (introduced on Phase 2 PV days)
- ✕ Cooking oils, butter, avocado, nuts, hard cheese
- ✕ Fruit, bread, rice, pasta, alcohol, sugary sauces

UP TO 7-DAY ATTACK CHECKOFF

Day 1 ☐ Oat Bran ☐ Water ☐ Walk | Wt: _____

Day 2 ☐ Oat Bran ☐ Water ☐ Walk | Wt: _____

Day 3 ☐ Oat Bran ☐ Water ☐ Walk | Wt: _____

Day 4 ☐ Oat Bran ☐ Water ☐ Walk | Wt: _____

Day 5 ☐ Oat Bran ☐ Water ☐ Walk | Wt: _____

Day 6 ☐ Oat Bran ☐ Water ☐ Walk | Wt: _____

Day 7 ☐ Oat Bran ☐ Water ☐ Walk | Wt: _____

Ready for Cruise, Consolidation & 14-Day Meals? Get the full 7-page Printable Toolkit + Sheets Tracker! **mydukandiary.com/dukan-phase-calculator**