

DUKAN DIET

Suggested Daily Menu For Nursing Mothers

Lean Protein

Unlimited

Eggs, Chicken, Turkey, Beef, Steak, Fish, etc

Fat Free Dairy Products

Unlimited

Greek yogurt, plain yogurt, cottage cheese, milk, feta cheese, etc

Vegetables

Unlimited

Artichoke, asparagus, bean sprouts, beets, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, fennel, green beans, kale, lettuce, mushrooms, okra, onions, leeks, shallots, peppers, pumpkin, radishes, rhubarb, spaghetti squash, spinach, tomato, turnip, watercress, zucchini

Oat Bran

2-3 Tbsp

2 tbsp oat bran can be mixed in with 1 egg, 2 tbsp yogurt, cinn and stevia to make an "Oat Bran Galette" – a pancake crepe type item. Or you can purchase Duka Oat Bran bars on shopdukadiet.com

Water

2 Quarts

Water is essential for weight loss and milk supply!

Fruit

2 Servings

All fruits except for bananas, grapes, cherries, dried fruit and nuts (walnuts, peanuts, almonds, pistachios, macadamias and cashews.)

**Consult your doctor before starting any diet to be sure it's safe for you. The suggested menu above was taken from The Dukan Diet book (page 134) and modified by The Fashionable Housewife for nursing mothers as a basic guideline to a healthy diet.*

Bread

2 Slices

100% Whole Grain Bread only!

Cheese

1 ½ oz

Hard-rind cheese such as Swiss, gouda, mimolette, emmental

Starches

2 Servings/Week

Whole wheat pasta, potatoes, rice, bulgur wheat, couscous, wheat berries, lentils, beans, chick peas, split peas, dried peas,

Servings: 6-8 oz of rice, 8 oz of beans, 8oz cooked pasta

Exercise

20-30 mins

Walking is the easiest exercise and usually a feasible option with a newborn. Get a baby carrier or stroller and get some fresh air with your baby! Always use the stairs – no elevators or escalators! And try to visit the gym or take a yoga class. It's important for new moms to take time for themselves!

No Protein Thursdays

N/A

Nursing mother's doing a modified version of the Consolidation Phase should skip "Protein Thursdays" until baby is eating solid foods for 3 meals a day and only nursing at night.