Dukan Diet Cruise Phase Food List

Dukan Diet Cruise Phase Food List *Downloaded from evoluir.abar.org.br by Alvarado & Devyn*

YOUR ULTIMATE GUIDE TO THE DUKAN DIET CRUISE PHASE FOOD LIST

If you are navigating the Dukan Diet, the Cruise phase is where the real transformation begins. After the initial rapid weight loss of the Attack phase, the Cruise phase introduces a sustainable rhythm of alternating pure protein days with protein and vegetable days. The key to success lies in knowing exactly what you can eat. This comprehensive guide provides the complete Dukan Diet Cruise Phase food list, along with practical tips to keep you satisfied, motivated, and on track. Whether you are a seasoned Dukan follower or just starting your weight loss journey, understanding the allowed foods is your roadmap to lasting results.

Understanding the Dukan Diet Cruise Phase

The Cruise phase is designed to help you reach your true weight goal at a steady pace of about one to two pounds per week. It works by alternating two types of days: Pure Protein (PP) days, where you eat only protein-rich foods, and Protein + Vegetable (PV) days, where you add non-starchy vegetables to your meals. This alternation keeps your metabolism guessing and helps prevent plateaus. The **Dukan Diet Cruise Phase food list** is carefully curated to maximize fat burning while providing essential nutrients. By sticking to approved foods, you maintain a low-carb, high-protein state that promotes ketosis and preserves lean muscle mass.

The Core Principle: Alternating PP and PV Days

On Pure Protein days, you eat exclusively from the list of lean proteins, dairy, and approved condiments. On Protein + Vegetable days, you add a generous selection of non-starchy vegetables. This alternation is crucial. It prevents boredom, provides dietary fiber, and ensures you get a broad range of vitamins and minerals. Many followers choose a pattern like 1/1 (one PP day, one PV day) or 5/5, but the most common and recommended pattern is 1/1 or 2/2. Consult your Dukan diet plan to find the rhythm that works best for you.

COMPLETE DUKAN DIET CRUISE PHASE FOOD LIST: PROTEINS

Proteins form the backbone of the Dukan diet. During the Cruise phase, you can enjoy a wide variety of lean meats, fish, seafood, poultry, eggs, and dairy. The following list includes all approved protein sources for both PP and PV days.

Lean Meats

- Beef: Choose extra-lean cuts such as sirloin, tenderloin, and flank steak. Trim all visible fat before cooking. Ground beef must be at least 95% lean.
- Veal: All cuts are allowed, preferably lean cuts like veal cutlet or shoulder.
- Pork: Limited to lean cuts such as pork tenderloin, trimmed loin chops, and lean ham. Avoid fatty cuts like bacon, ribs, and shoulder.
- Lamb: Only very lean cuts like leg of lamb, trimmed of all fat. Use sparingly.
- Game meats: Venison, bison, and ostrich are excellent lean options.

Poultry

- Chicken: Skinless breast is the top choice. Skinless thigh can be eaten occasionally. Avoid wings and dark meat with skin.
- Turkey: Skinless breast and ground turkey (at least 99% lean). Turkey bacon and turkey sausage are allowed only if they are very low in fat and contain no added sugars or grains.
- Other poultry: Cornish hen (skinless), quail, and pigeon are permitted.

Fish and Seafood

- White fish: Cod, haddock, tilapia, pollock, sole, flounder, and sea bass are zero-fat options that you can eat freely.
- Oily fish: Salmon, trout, mackerel, herring, and sardines are allowed in moderation (once or twice per week) due to their higher fat content, but they are excellent for omega-3 fatty acids.
- Shellfish: Shrimp, crab, lobster, scallops, mussels, clams, and oysters are all permitted.
- Canned fish: Tuna packed in water (not oil), sardines in water, and salmon are fine.

Eggs

- Whole eggs: Up to two per day on PP days, but you can eat more egg whites. On PV days, the same limit applies.
- Egg whites: Unlimited. They are pure protein and ideal for bulking up omelets and scrambled eggs.

Dairy Products

- Milk: Skim milk (0% fat) only. Limited to one cup per day.
- Yogurt: Plain, nonfat yogurt (Greek or regular). Avoid fruit-on-the-bottom or flavored varieties. Sweeten with stevia or a touch of vanilla extract.
- Cottage cheese: Nonfat (0%) cottage cheese is allowed.
- Fresh cheese: Nonfat ricotta or quark cheese (if available).
- Cheese: Limited to a small amount (1-2 tablespoons) of light cream cheese or no-fat cheese alternatives. Hard cheeses like cheddar are generally not allowed during Cruise due to fat content.

VEGETABLES (PV DAYS ONLY)

On Protein + Vegetable days, you can enjoy all non-starchy vegetables. These add volume, fiber, and flavor to your meals. They are essential for keeping your digestive system healthy and providing antioxidants.

Approved Vegetables

- Leafy greens: Spinach, lettuce, arugula, kale, Swiss chard, collard greens, and mixed salad greens.
- Brassicas: Broccoli, cauliflower, cabbage, Brussels sprouts, kale, and bok choy.
- Cruciferous vegetables: Broccoli, cauliflower, cabbage, Brussels sprouts, and turnips.
- Other vegetables: Asparagus, green beans (limited), bell peppers, cucumber, celery, radishes, zucchini, eggplant, mushrooms, tomatoes, onions (small amounts), garlic, leeks, and fennel.
- Root vegetables: Only a few are allowed – carrot (one small per day), turnip, and radish. Avoid potatoes, sweet potatoes, yams, parsnips, and corn.

Vegetables to Avoid (Starchy and High-Carb)

- Potatoes, sweet potatoes, yams, cassava.
- Corn, peas, lima beans, and all other beans and legumes.
- Avocado (due to fat content) – not allowed during Cruise; reserved for later phases.
- Artichokes and olives (too fatty or starchy).

APPROVED CONDIMENTS, FLAVORINGS, AND COOKING AIDS

You can enhance the flavor of your meals with a range of allowed condiments and seasonings. These are permitted on both PP and PV days, but use them in moderation.

- Herbs and spices: All dried and fresh herbs (basil, oregano, thyme, rosemary, parsley, cilantro, dill, mint, etc.) and spices (cinnamon, cumin, paprika, turmeric, cayenne, chili powder, etc.).
- Vinegar: All types – balsamic, red wine, white wine, cider, rice wine (without sugar).
- Lemon juice: Freshly squeezed, unlimited. Avoid bottled lemon juice with added sugar.
- Soy sauce: Low-sodium soy sauce or tamari in small amounts.
- Mustard: All types as long as they are sugar-free. Dijon, yellow, and whole grain are fine.
- Pickles and gherkins: Sugar-free varieties, in moderation.
- Oil: None is allowed during the Cruise phase except a tiny amount (2-3 drops) for cooking non-stick pans, or use a spray. Instead, use water, broth, or vinegar-based dressings.
- Salt and pepper: Unlimited.
- Sweeteners: Stevia, sucralose (Splenda), erythritol, and other zero-calorie, zero-carb sweeteners. Avoid sugar alcohols that may affect ketosis.
- Gelatin: Unflavored gelatin is allowed; can use to thicken sauces or make sugar-free jello with sweetener.

DRINKS ALLOWED DURING THE CRUISE PHASE

Hydration is vital. Stick to calorie-free, unsweetened beverages.

- Water: Unlimited. Sparkling water and mineral water are fine.
- Tea: Herbal tea, green tea, black tea, and white tea – all without sugar or milk.
- Coffee: Black coffee, unsweetened. A dash of skim milk is allowed (one tablespoon per cup).
- Bone broth: Homemade from chicken, beef, or fish bones. Avoid store-bought broths with added starches or sugar.

FOODS TO AVOID ENTIRELY DURING CRUISE

To achieve optimal results, steer clear of these items:

- All grains (wheat, rice, oats, quinoa, barley, pasta, bread, cereal).
- Legumes (lentils, chickpeas, kidney beans, black beans, tofu).
- Starchy vegetables (potatoes, corn, peas, sweet potatoes).
- Fruits (all fruits are banned until the Consolidation phase).
- Nuts and seeds.
- Added fats (oils, butter, margarine, mayonnaise).
- Sugar and any form of added sugar (honey, maple syrup, agave).
- Alcohol.
- Processed meats with added sugar, fillers, or high fat (e.g., salami, pepperoni, regular sausage).

HOW TO BUILD MEALS WITH THE DUKAN DIET CRUISE PHASE FOOD LIST

Creating satisfying meals is straightforward once you know the guidelines. Here are some practical tips and sample meal ideas.

Sample Pure Protein Day (PP)

- Breakfast: Scrambled eggs (2 eggs + extra egg whites) with smoked salmon and a dollop of nonfat yogurt.
- Lunch: Grilled chicken breast with a side of nonfat cottage cheese and a sprinkle of herbs.
- Snack: A handful of shrimp or a hard-boiled egg.
- Dinner: Lean beef steak (grilled) with a side of steamed shrimp and a mustard dipping sauce.

Sample Protein + Vegetable Day (PV)

- Breakfast: Omelet with mushrooms, spinach, and onions, cooked in a non-stick pan. Served with a side of nonfat yogurt.
- Lunch: Large salad of mixed greens, cucumber, bell peppers, radishes, and grilled chicken breast. Dressing: vinegar, lemon juice, mustard, and herbs.
- Snack: Celery sticks with nonfat cottage cheese or raw broccoli florets.
- Dinner: Baked cod with a side of roasted broccoli and cauliflower (use water or broth for roasting). Finish with a bowl of unsweetened gelatin.

Tips for Flavor and Variety

- Use generous amounts of herbs and spices to mimic high-fat flavors. For example, add cumin and chili powder to