Day 5

The setting for your fifth day

I remind you that this 5th day of attack only concerns you if you have between 10 and 20 kilos to lose. Otherwise, go straight to your first day of cruising phase during which you are entitled to 28 vegetables in addition to the initial 72 proteins.

As for you, who have not finished the attack phase, I think you must have lost between one and a half and two kilos. Beware, if you have lost that much weight, only half of it was actually pure reserve fat, the other half probably water. When you add the vegetables, you risk "stagnating" (when the lost water comes back). Don't worry about this, it's normal!

Today's exercise

The set point remains unchanged, you keep on the tray so as not to get tired:

Young and sporty, stay at 32 abs and 14 squats.

Over 50 and sedentary. Stay at 12 and 7.

Your physical activity

On this fifth day, I repeat to you this essential message: WALK 20 MINUTES today. The tragedy of modernity and hypercommunication is that everything that is not new and unheard of becomes commonplace very quickly. Nothing is more commonplace than walking! You may even wonder why I insist so much on having you put one foot in front of the other and start over again for 20 minutes. The simpler and easier it is, the more obvious it should be... but walking is not fashionable, you'll never see a women's magazine offering it.

On the other hand, you'll be treated to exotic dances, combat sports, taekwondo... The same goes for the role of water during a diet. If people were really convinced that drinking could help them lose weight, they would drink more. But neither drinking nor walking is sensational enough to be credible.

Even without knowing you, I think you don't drink or walk enough: for the good reason that today you need to lose weight. So drink and especially WALK, please.

My column of support at your side

You know that the duration of the attack phase is related to the weight to be lost. Today is the 5th day of this phase and if you have not yet entered the cruising phase, you have more than 10 kilos to lose. And since you carry this weight on your shoulders, you know what difficulties, irritation, risks and reduced well-being of daily life this represents.

It is not a question of overwhelming you but of supporting you by highlighting those elements that such a significant weight loss can make disappear. What I know from experience is that when a person has started a plan to lose weight, it is because it was close enough to their heart to have accepted, in the middle of the 21st century, a land of abundance and consumerism, to give up their right to spontaneous eating for a given time. Put this way, it sounds banal, but no animal in the world has ever done so, which means that it must not be easy in terms of biology or physiology. Our species emerged 200,000 years ago armed to survive in an environment of scarcity. Our bodies, minds and instinctive behaviours are armed to adapt to an imposed scarcity but not to impose it on ourselves in an environment of food debauchery. On the contrary, we are programmed not to resist our food impulses and it is this survival programming that hinders our efforts to lose weight.

If you have started this diet, you will either finish it or go back to it over and over again. So make sure that this plan I draw up for you is victorious and that it is your last diet. There are so many people that I see on a daily basis either in my consultation, or through my books, or through the Internet who are succeeding, so why wouldn't you succeed? Help me to help you, I promise you it's simple and easy.

 Today's shopping cart

Your basket always remains focused on the 72 foods of the attack. Among the meats, vary: don't confine yourself only to minced steaks at 5% MG. Think of butcher's cuts, spider, aiguillette, onglet, pear, skirt, bavette. Avoid entrecote and prime rib, which are too fatty.

Also think about fresh fish roe that fishmongers tend to keep for themselves. If you are in sympathy with yours, ask for sole roe, which is crunchy as you like, or mullet roe (and, by extension, all fish which, when eaten in fillets, are separated from their eggs). It is simply a treat (and one of the most satisfying foods there is).

Your Recipe Today

Konjac Shiratakis with bottarga or fish roe (PP)

1 pack of Konjac dukan shiratakis

4 cm whole boutargue cut into thin slices (or fillets of sole or mullet roe requested from the fishmonger) 1/2 untreated lemon (zest and juice)

2 tbsp. 0% crème fraîche 1 pinch of harissa

1 tbsp. tablespoon chopped flat-leaf parsley

1 tsp. tablespoon powdered bottarga (or dried fish roe powder)

1. Place a pot of boiling water on the fire. Drain and wash the Konjac shiratakis in plenty of cold water.

2. pour them into boiling water and cook for 1 to 2 min. drain them and rinse them quickly under cold water.

3. in the meantime, fry the boutargue in a non-stick pan.

sliced or fillets of fish roe.

4. Add the lemon zest, the 0% crème fraîche, then the juice of the demicitron and the tip of harissa. keep on a high heat for 1 minute, stirring constantly.

5. add the shiratakis to the pan containing the boutargue or the fish egg fillets. stir the mixture and add the flat parsley and the powdered boutargue. serve immediately.

My shopping list

Rindless, defatted ham

Dukan Cocoa with 1% fat content (in pharmacies)

Salmon

Squid

Konjac Shiratakis

Sugar-free 0% flavoured yoghurts

Dishes 0%

Sardines au naturel

Gelatin or agar-agar

Bitter almond flavouring

Your motivation

You don't buy motivation like you buy fuel at the pump. Motivation is an integral part of our life energy, which is a testament to our power to expand. Let me explain! A living being, in this case you, exists in a given environment. There is a vital process within you that allows you to feed off the world to make "you" like a plant drawing its sap from its roots and drawing its energy through the capture of solar energy by its leaves.

Depending on the power of your vital energy and your age, you are either expanding and have a strong motivation to live, or you are in a "sub-regime" and, instead of mastering the surrounding world, you are undergoing it. The good news is that it is possible to manufacture motivation. How can you do it?

By acting through conscious thought - the only one we know of - on the forces that come from the unconscious. I'll put it more precisely: by setting a goal and

repeating over and over again that it is possible to achieve it, one really does produce motivation. I am simply trying to tell you this incredible thing: to say that you want something and above all to say it over and over again is already part of the journey. Saying is an action that engages the whole individual, conscious and unconscious. It is already a step towards success. I haven't finished telling you about this extraordinary secret.

Deviations Écarts

My personal experience has taught me that in the attack phase, there are two types of psychological profiles. The most numerous are the "All or Nothing". They are whole and excessive people who know how to do nothing by halves. When they have decided to get into a fight, they are willing and fighting... as willing as they may have been lazy during their phases of de-motivation and lack of self-control! These ones ask for more: if they are not stopped, they will continue to fight for a long time... provided they are encouraged by substantial weight loss.

If this is the case, then 5 days of protein is not likely to disturb you. I must tell you, however, that this advantage has its disadvantage. It can happen, in case of crisis or difficulties, that the weight loss is interrupted or even reversed! The reversal will then be just as brutal. If you are this type of person, you must take this risk into account and anticipate it. On the other hand, during the cruising phase, it is possible that you will go through some periods of stagnation during which, despite the well-conducted diet, your body will resist and you will not lose weight. And then one morning everything starts all over again... unless you've lost confidence before and cracked with the same ardour as when you were losing weight! What you need to know right now is that if you follow my roadmap, you will have lost your 10 kilos after 60 days. For some who have less to lose, the journey will be shorter and for others it will be longer. As soon as you start cruising, I will explain how to calculate how long it will take. But for the moment, you should know that the average weight gain is one kilo per week.

Here is another type of psychological profile. These are people who start complaining very early and who quickly find the time long... even as early as the fifth day. The good news is that these people complain but continue to progress. Whether you are in the first or second group, the instruction is clear: hold on, no deviation during the attack phase. That's important because it's too expensive to make a mistake. Eat a lot, that's the luxury of my diet. Vary, try to cook.

And think about oat bran, which is the most favourable element to keep the distance. You are entitled to one and a half tablespoons, which I advise you to eat prepared in the form of a pancake, pancake, pancake, muffin or bread. On this fifth day (perhaps your last of the attack phase), it's a great help: use it wisely.

My Diary

I ask you to write because I can assure you that when you start to do so, it becomes a habit, a life-changing facility. The fight against weight is a fight that, when won, generates self-control and character. Losing weight is elevating, while gaining weight is suffering. Write, I promise you pleasure and efficiency.

Your Healthy Environment

There are four main reasons to lose weight: the search for beauty and seductive power, the search for well-being, the need to be in the norm and not feel marginalized by being overweight, and finally the need to maintain and protect one's health.

The older we get, the more we are in search of the essential: health is the condition of all things. Without health, what does it matter what the norm, seduction and well-being? Think "health", it's obvious. Animals, for their part, do not need to think about it because their programming leads them there in perfect automatism.

Humans also have these survival instincts... but they no longer use them. So, just like a plane in distress, travel in manual mode since the automatic is out of order! Think voluntarily about your health.