



The Dolce Diet: Living Lean

Mike Dolce

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ACCOLADES FOR THE DOLCE DIET: LIVING LEAN

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PRAISE FOR THE DOLCE DIET: LIVING LEAN!

"Dolce is a lifestyle changer." - ESPN

"I love The Dolce Diet; it's amazing! It's not just for cutting weight. It's about learning to eat properly for your health." -Vitor Belfort, UFC two-time world champion

"Mike Dolce's the best in the business."-Chael Sonnen, UFC world title contender

"Mike Dolce's knowledge of nutrition and strength & conditioning has led him to be one of the most highly sought-after coaches in the sport." -Joshua Carey, Bleacher Report

"You can learn a lot from this man right here." -Ariel Helwani, AOL's MMAfighting.com

ABOUT THE DOLCE DIET: LIVING LEAN

Called "the patron saint of weight cutting," Mike Dolce has coordinated the high-profile weight loss for many of the world's top athletes, including...

* Quinton "Rampage" Jackson, UFC / Pride FC world champion

* Vitor "The Phenom" Belfort, UFC two-time world champion

* Thiago "Pitbull" Alves, UFC world title contender

* Chael Sonnen WEC / UFC world title contender

* Gray "Bully" Maynard, UFC world title contender

* Nate "Rock" Quarry, UFC world title contender

* Mike "Quicksand" Pyle, WEC world champion

* Jay "Thorobred" Hieron, IFL world champion

As well as fan favorites...

* Michael "The Count" Bisping, The Ultimate Fighter 3 winner

* Jake "Juggernaut" Ellenberger, UFC veteran

* Ed "Shortfuse" Herman, The Ultimate Fighter 3 runner-up

* Chris "The Crippler" Leben, UFC veteran

* Duane "BANG" Ludwig, UFC & K-1 veteran

and many more!

For the first time in print, Mike Dolce shares the same the principles, recipes, and strength-training workouts he uses in MMA's elite fight camps and how they can be used by YOU!

INSIDE you will learn:

- * Recipes used in MMA's top fight camps with gluten-free & vegan options
- * Easy to follow sample meal plans with gluten-free & vegan options
- * Strength & Conditioning exercises with instructions & photos
- * Workout plans used by today's top athletes

WHAT PEOPLE ARE SAYING ABOUT THE DOLCE DIET

The Dolce Diet, three words about Living Lean: 1. Simple 2. Inspirational 3. Effective. Thank you, Mike Dolce! You've made staying in shape easy! ~STEWART M.

The Dolce Diet, Love it! My Little-Boy-2-B has been on it for 5.5 months! This diet is truly amazing for moms pre & post baby! Yes, The DolceDiet is prego friendly! Plenty of the RIGHT kind of food that tastes great! ~THE H2H WAITRESS

Started two weeks ago. Lost 13 pounds so far. Yea! Love the recipes! So do my kids! Thank you! ~DAWN H.

Body fat down 4% in 2 months?! Yessss! #LIVING LEAN ~MOLLY C.

The Dolce Diet, started 410, down 50 lbs. so far. ~ JOSH W.

The Dolce Diet, 13 lbs. lost in 4 weeks! People are asking what I'm doing...Telling them LIVING LEAN! ~MIKE S.

Real talk! The Dolce Diet is the Einstein, da Vinci and Jesus of losing weight all wrapped up in one...gluten free wrap that is. ~MIKEY F.

Another 5 (lbs. lost) on The Dolce Diet. 25 pounds down in 2 weeks, 100 to go! #LivingLean! ~JOHN P.

Making THE DOLCE DIET turkey burgers. LIVING LEAN and loving it! ~JULIE W.

The Dolce Diet, I've lost 35 lbs. of fat since January 3rd. Healthy and delicious! I love Living Lean. ~BRANDON E.

I can't walk! That means I had a great booty workout!! Yeah buddy! #LIVINGLEAN ~MARI C.

The Dolce Diet, 31 lbs. lost now. Feeling great. Can't believe I didn't do this before. 16 lbs. to go. ~JEFF S.

24 lbs in 6 weeks! BOOM! All thanks to The Dolce Diet & Living Lean! ~CHRIS P.

I read through The Dolce Diet: Living Lean & I planned my next whole week & a half's daily menu & organized my shopping list today. #Motivated ~DANI B.

Day 40 tastes just as good! (Mike Dolce is) the Weight Whisperer. ~STEPHANIE S.

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The book *The Dolce Diet: Living Lean* make one feel enjoy for your spare time. You can utilize to make your capable more increase. Book can for being your best friend when you getting anxiety or having big problem with the subject. If you can make studying a book *The Dolce Diet: Living Lean* for being your habit, you can get considerably more advantages, like add your current capable, increase your knowledge about a few or all subjects. You may know everything if you like open and read a guide *The Dolce Diet: Living Lean*. Kinds of book are several. It means that, science publication or encyclopedia or others. So , how do you think about this book?

James Moore:

The particular book *The Dolce Diet: Living Lean* will bring one to the new experience of reading a new book. The author style to elucidate the idea is very unique. If you try to find new book to read, this book very ideal to you. The book *The Dolce Diet: Living Lean* is much recommended to you you just read. You can also get the e-book through the official web site, so you can more easily to read the book.

Titus Johnson:

The book untitled *The Dolce Diet: Living Lean* contain a lot of information on it. The writer explains the girl idea with easy technique. The language is very straightforward all the people, so do definitely not worry, you can easy to read the idea. The book was authored by famous author. The author provides you in the new era of literary works. You can actually read this book because you can read more your smart phone, or gadget, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site along with order it. Have a nice learn.

William Harris:

As we know that book is vital thing to add our information for everything. By a reserve we can know everything we really wish for. A book is a group of written, printed, illustrated or even blank sheet. Every year seemed to be exactly added. This e-book *The Dolce Diet: Living Lean* was filled with regards to science. Spend your time to add your knowledge about your research competence. Some people has several feel when they reading any book. If you know how big good thing about a book, you can experience enjoy to read a reserve. In the modern era like today, many ways to get book that you just wanted.

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