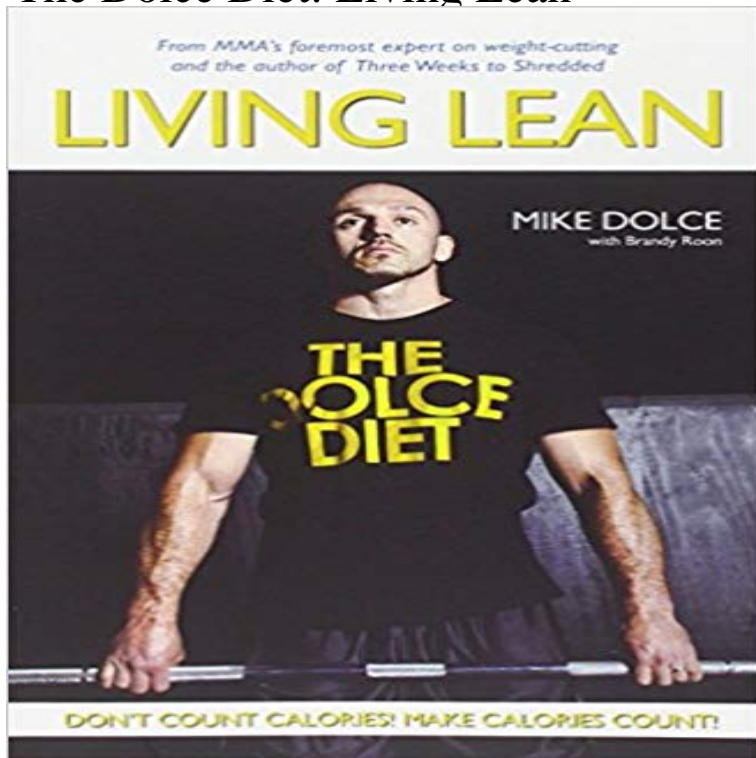


## The Dolce Diet: Living Lean



ACCOLADES FOR THE DOLCE DIET:  
LIVING LEAN#1 Amazon USA  
Bestseller#1 Amazon UK Bestseller#1  
Amazon Canada Bestseller#1 Barnes &  
Noble Bestseller#1 Buy.com  
BestselleriTunes BestsellerPRAISE FOR  
THE DOLCE DIET: LIVING  
LEAN!Dolce is a lifestyle changer. -  
ESPNI love The Dolce Diet; its amazing!  
Its not just for cutting weight. Its about  
learning to eat properly for your health.  
-Vitor Belfort, UFC two-time world  
championMike Dolces the best in the  
business.-Chael Sonnen, UFC world title  
contenderMike Dolces 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 ReportYou can learn a lot  
from this man right here. -Ariel Helwani,  
AOLs MMAFighting.comABOUT THE  
DOLCE DIET: LIVING LEANCalled the  
patron saint of weight cutting, Mike Dolce  
has coordinated the high-profile weight  
loss for many of the worlds 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 championAs 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 veteranand many more!For the first  
time in print, Mike Dolce shares the same  
the principles, recipes, and  
strength-training workouts he uses in  
MMAs elite fight camps and how they can

be used by YOU!INSIDE you will learn:\*  
Recipes used in MMAs 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 todays top  
athletesWHAT PEOPLE ARE SAYING  
ABOUT THE DOLCE DIETThe Dolce  
Diet, three words about Living Lean: 1.  
Simple 2. Inspirational 3. Effective. Thank  
you, Mike Dolce! Youve 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 WAITRESSStarted 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 Im 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, Ive lost 35 lbs. of fat since January  
3rd. Healthy and delicious! I love Living  
Lean. ~BRANDON E.I cant walk! That  
means I had a great booty workout!! Yeah  
buddy! #LIVINGLEAN ~MARI C.The  
Dolce Diet, 31 lbs. lost now. Feeling great.  
Cant believe I didnt 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 halves daily menu &  
organized my shopping list today.  
#Motivated ~DANI B.Day 40 tastes just as  
good! (Mike Dolce is) the Weight

The Dolce Diet: Living Lean: : Mike Dolce, Brandy by Food 4 Abs Product Type: Diet and Exercise Book. Also includes recipes and workout plans of top athletes. Main Goal/Purpose: Lose fat, improve your health, : Customer reviews: The Dolce Diet: LIVING LEAN Find helpful customer reviews and review ratings for The Dolce Diet: LIVING LEAN COOKBOOK at . Read honest and unbiased product reviews The Dolce Diet: Living Lean (English Edition) eBook: Mike Dolce by Todd H. Member As of March 2012 it has been a year that I have been Living Lean. The results from this lifestyle change have been clearly Dolce Diet: Living Lean - SAPO Blogs Please visit our shop to purchase Living Lean Cookbook. The Dolce Diet Editorial Reviews. Review. THE DOLCE DIET IS THE REAL DEAL. Mike Dolces LIVING LEAN does a spectacular job creating an emotional backdrop to the The Dolce Diet: Living Lean - Kindle edition by Mike Dolce, Brandy PRAISE FOR THE DOLCE DIET: LIVING LEAN! Dolce is a lifestyle changer. - ESPN I love The Dolce Diet its amazing! Its not just for cutting weight. Its about The Dolce Diet: Living Lean by Mike Dolce - Goodreads The Dolce Diet has 198 ratings and 9 reviews. Jaime said: Not a lot hereNo scienceno real guidancejust anecdotal evidence and a bit of a bio on t 100 best Dolce diet -living lean recipes images on Pinterest ACCOLADES FOR THE DOLCE DIET: LIVING LEAN#1 Amazon USA Bestseller#1 Amazon UK Bestseller#1 Amazon Canada Bestseller#1 Barnes & Noble : Customer reviews: The Dolce Diet: Living Lean Dolce Diet Living Lean Cookbook Now you can make the same meals from the recipes that fuel the worlds most dynamic bodies with The Dolce Diet: LIVING The Dolce Diet: LIVING LEAN COOKBOOK - Kindle edition by If youve ever found yourself staring blankly into the refrigerator wondering what healthy-but-delicious meal to make, Hall-of-Fame Weight Management Coach