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The Dolce Diet: Living Lean

Mike Dolce, Brandy Roon

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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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From reader reviews:

Roseann Flowers:

Reading a publication tends to be new life style in this particular era globalization. With examining you can get a lot of information which will give you benefit in your life. Along with book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or their experience. Not only situation that share in the books. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors on this planet always try to improve their expertise in writing, they also doing some analysis before they write on their book. One of them is this The Dolce Diet: Living Lean.

Ruby Sprankle:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their free time with their family, or their particular friends. Usually they doing activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled The Dolce Diet: Living Lean can be very good book to read. May be it can be best activity to you.

Larry Artz:

Are you kind of occupied person, only have 10 or 15 minute in your day time to upgrading your mind ability or thinking skill possibly analytical thinking? Then you are experiencing problem with the book than can satisfy your limited time to read it because all of this time you only find guide that need more time to be go through. The Dolce Diet: Living Lean can be your answer because it can be read by an individual who have those short spare time problems.

Lisa Robinson:

As we know that book is essential thing to add our information for everything. By a book we can know everything we would like. A book is a list of written, printed, illustrated as well as blank sheet. Every year was exactly added. This reserve The Dolce Diet: Living Lean was filled about science. Spend your extra time to add your knowledge about your science competence. Some people has distinct feel when they reading a book. If you know how big benefit of a book, you can truly feel enjoy to read a reserve. In the modern era like at this point, many ways to get book that you just wanted.

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