



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.

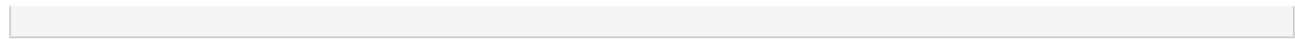
24 lbs in 6 weeks! BOOM! All thanks to The Dolce Diet & Living Lean! ~CHRIS P.

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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From reader reviews:

Cindy Knutson:

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Jose Enriquez:

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Martin Hanson:

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