



The Dolce Diet: Living Lean

By Mike Dolce, Brandy Roon

Xerxes House Press, United States, 2013. Paperback. Book Condition: New. Full Color.. 234 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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 ABOUT THE DOLCE DIET: LIVING LEAN For the first time in print, Mike Dolce shares the same principles, recipes and 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 *...

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