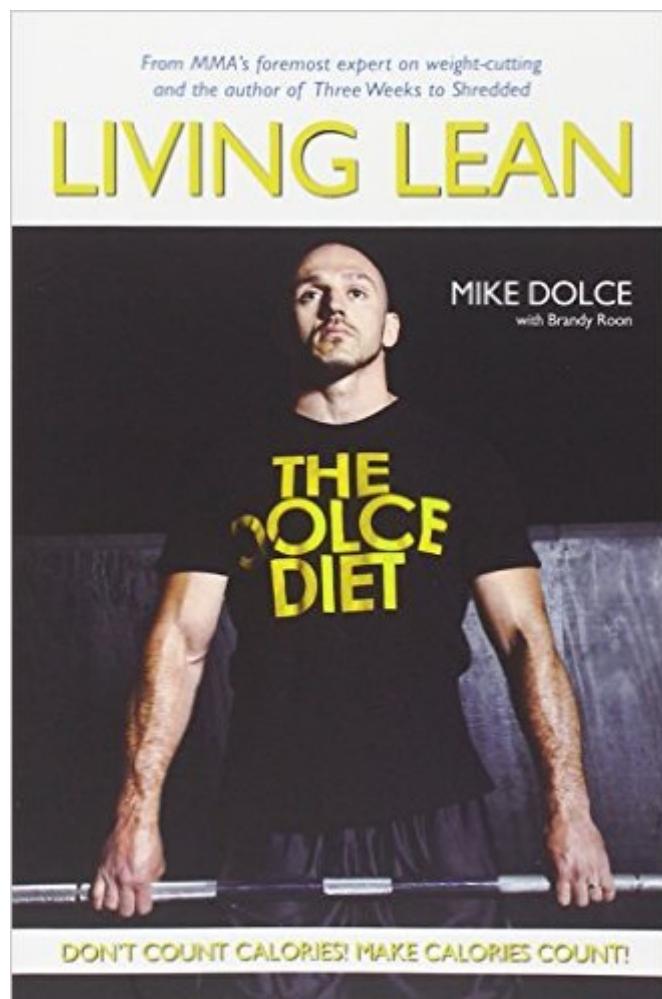


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# The Dolce Diet: Living Lean



## Synopsis

ACCOLADES FOR THE DOLCE DIET: LIVING LEANÂ #1 USA Bestseller#1 UK Bestseller#1 Canada Bestseller#1 Barnes & Noble Bestseller#1 Buy.com BestselleriTunes BestsellerPRAISE 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.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 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 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 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 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! 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 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 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.

## **Book Information**

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## **Customer Reviews**

I think it's important to refute nonsense even with anyone buying this book most likely having access to the internet and being able to do their own research. In particular, all of Dolce's books have the same glaring flaws and consumers should be aware of them before purchasing Living Lean or anything else. First, Dolce has no credentials in nutrition, physiology, sport's psychology, or anything remotely related to nutrition and sport's performance. Being purely logical this doesn't matter as he can still make statements that are true (and attacking him can be purely ad hominem), yet there is something to be said about this and should immediately sound off warning bells, particularly since it involves your own well being. Second and following from the first, Dolce often sites his experience and anecdotal evidence. A major issue I have with this book is how much space is taken up with Dolce quoting people and how great they think he and his "system" are. But

what really is Dolce's experience? He is a failed mixed martial artist as anyone can see on Sherdog and transitioned into coaching largely as a result. He's become popular largely due to filling a void where no one else is there yet to fill it. It would be absurd in any other sport for someone like Dolce to make a name for himself, yet due to MMA being in it's infancy he has been able to find a niche. Does what he does work? When it comes to MMA athletes, excusing Hendricks recent weight miss, it seems to. But compared to what? In the UFC and beyond most fighters make weight and we are supposed to just believe Dolce's fighters all feel better than the rest of them.

Being a huge MMA fan I have been hearing about Mike Dolce's work with fighters for years. I always assumed that it was some extreme diet that could only be followed in a strict fight camp with direct supervision from a personal trainer. It wasn't until late last year that I began to hear about Living Lean (and 3 Weeks to Shredded) from "ordinary" people around me, and the results they were experiencing. Now, I'm no MMA fighter. I'm a U.S. Army Soldier for 10 years, husband, and father of two. Fitness has always been important to me with a healthy diet coming in a VERY distant second. My weekly diet consisted of pizza, burgers, fried chicken, followed up with some ice cream and brownies. The weekends were always filled with wings and beer. This was my lifestyle for about 12 years. I never thought twice about it until I reached the tender age of 30 last year. Just like clockwork; the gut started to protrude, love handles started to form, double chin was making an appearance, and the workouts got shorter and shorter. Before I knew it, I had gained 20 pounds in 6 months. Something had to change...and NOW! I decided to download Living Lean on iBooks the last week of January this year. I read it cover to cover in 1 day (it's an easy read), and immediately took action. Off to the grocery store I went armed with the sample grocery list, and recipes fired up on my iPad. I was surprised to find that most of the products on the list could be found at any local grocery store. I was even more surprised to find that, contrary to popular belief, buying healthy foods (whole, raw, non processed) was no more expensive than the junk I was used to buying. The first thing I made was the Champion Chili. This was an immediate hit with the family. How could something this good be this healthy?

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