



The Dolce Diet LIVING LEAN: Color Photo Edition, Mike Dolce, Brandy Roon, Xerxes House Press, 2013, 0984963146, 9780984963140, 178 pages. 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 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 \* Workout plans used by today's top athletes 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... \* 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 \* Michael "The Count" Bisping, The Ultimate Fighter 3 winner \* Duane "BANG" Ludwig, UFC & K-1 veteran \* Quinton "Rampage" Jackson, UFC / Pride FC world champion \* Mike "Quicksand" Pyle, WEC world champion \* Jay "Thorobred" Hieron, IFL world champion \* Jake "Juggernaut" Ellenberger, UFC veteran \* Ed "Shortfuse" Herman, The Ultimate Fighter 3 runner-up \* Chris "The Crippler" Leben, UFC veteran and many more! Web: THEDOLCEDIET.com Twitter: @thedolcediet 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 Bestseller #1 iTunes Bestseller 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 Dolce Diet 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?! Yesssss! #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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La Dolce Diet , Gino D Acampo, Dec 1, 2012, , 192 pages. Think losing weight is all about avoiding your favourite foods and punishing exercise routines? Wrong! This title combines recipes so delicious and exercises so simple that it ....

Gold of the Gods , Bear Grylls, 2008, Juvenile Fiction, 271 pages. Beck and his friends become lost in the Colombian jungle as they try to find Beck's kidnapped uncle and the lost City of Gold..

Living Lean , Larry North, Feb 2, 1997, Health & Fitness, 272 pages. A sensible, motivational program designed to help readers get in shape without strict dieting or harsh exercise regimens introduces a collection of basic fitness principles ....

The Fighter's Body An Owner's Manual : Your Guide to Diet, Nutrition, Exercise, and Excellence in the Martial Arts, Loren W. Christensen, Wim Demeere, 2003, Medical, 287 pages. You have an owner's manual for your car, your stereo and even your blender, so why not your body? The Fighter's Body is exactly that, an owner's manual for your body, the most ....

Char Broiled , Renko Styranka, Jul 22, 2011, , 304 pages. .

Rising Shadow , Jacquelyn Wheeler, 2010, Fiction, 332 pages. Ashlyn Woods can't wait to put her past behind her and start her life over as a normal college student. But her plans take an unexpected turn when she discovers that she is a ....

The Eat-Clean Diet for Men , Tosca Reno, 2011, Health & Fitness, 352 pages. Most diets don't work for men because men don't eat the way women do. Men don't like to go hungry, they don't like to live on salads, they don't like excluding food groups and ....

The Dolce Diet 3 Weeks to Shredded , Mike Dolce, Brandy Roon, Oct 31, 2012, , . .

Russell Simmons Def Poetry Jam on Broadway ... and More , Danny Simmons, Russell Simmons, M. Raven Rowe, Mar 29, 2005, Poetry, 224 pages. Offers the text of the Broadway stage presentation featuring performances by a multicultural cast of youthful poets and introduces all the performers along with a selection of ....

Army Officers Guide , Robert J. Dalessandro, 2009, HISTORY, . .

Axis of Greatness Muhammad Ali - Angelo Dundee - Sugar Ray Leonard, Mark Winters, Sep 1, 2008, , 203 pages. Muhammad Ali and Sugar Ray Leonard had four major things in common: they both won an Olympic Gold Medal, they were superlative boxers, they had charismatic personalities, and ....

Become a Key Person of Influence , Daniel Priestley, 2010, Business & Economics, 186 pages. Every industry has Key People of Influence. Their names come up in conversation. . .for all the right reasons. They attract opportunities. . .the right sort. They earn more ....

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THE DOLCE DIET IS THE REAL DEALMike Dolce's LIVING LEAN does a spectacular job creating an emotional backdrop to the science behind his famed principles used by UFC athletes worldwide.

Now it's here for us regular folks! Fantastic cardio & strength workouts Easy, delicious recipes Great story Exercises w/ instructions & photos-MMA Diet Reviews INVALUABLE! This nutrition plan works, plain and simple, whether you're an athlete or a father that just throws a baseball around with your kids. After interviewing (UFC fighter) John Alessio, I ordered Living Lean. After starting at 236 lbs., I finished the first week at 221 lbs. This book has changed my lifestyle.-ProMMAnow.com ESPN: LIVING LEAN A TOP READ By now you know that Mike Dolce has helped fighters like Thiago Alves make weight, but the thing that's been under-stressed is that Dolce is a lifestyle changer. (Living Lean) will help those of you who wonder at his secrets, and it's full of recipes and workout tips to get you into a leaner, healthier figure. -ESPN.com

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? For breakfast I made the Breakfast Bowl. Are you kidding me...this is outstanding! I quickly realized that this was no diet. Diets are supposed to be restrictive and the food is supposed to be horrible! It was also nice to mix in some of the sample workouts into my normal routine. I used to hate treadmills, but the Fighter's Treadmill Workout is OUTSTANDING! As of today, I have lost 28 pounds in just 4 months! I am lean, trim, and getting shredded. I still am not where I want to be, but with such quick results, I know it's coming...soon! I honestly can't remember when I've felt this good, and have had so much energy. My family is on board too and we have all changed our lifestyle together. My ultimate goal is to live a long and healthy life, and to continue to share what I've learned with my family and friends. I will never go back to eating and drinking like I used to. I always worked out but NEVER worried about what I put in my body. The results are incredible once you fuel your body with the right nutrients. Living lean is not a diet to me; it's a way of life! NOTE: This review was written by Leo Delgado...used my wife's Amazon account. Read more &rsaquo;

I purchased the Kindle version of this book based on Dolce's experience with MMA fighters with the expectation to pick up a few nutrition tricks to add to the arsenal. I was woefully disappointed, as this book is filled with useless fluff and only the most basic nutrition information and sample workouts. The first 37% of the book is filled with useless anecdotes about how Dolce worked his way onto high school and collegiate wrestling teams and provide no detail as to the specific techniques he used to drop weight. Indeed, one chapter is simply an advertisement for his "3 weeks to shredded" e-book which sells for \$40 on his website, which I imagine might contain the true secrets of "getting shredded" for an MMA or competition weigh-in. Based on the scant information in this book and the fact that Dolce makes his living advising MMA competitors on weight-loss, I doubt it truly contains his secrets or specific techniques and he certainly didn't share any specific tips in that regard. The second third of the book contains a sample meal plan along with a few recipes, but very little information on the principles behind his approach or how a person would apply his approach when not using the specific recipes or when training for specific goals. The remaining third of the book is a haphazardly thrown together compendium of a few sample workouts and two-picture demonstrations of various exercises. Overall, an underwhelming book that does not deliver.

Bought this book when I weighed 275 pounds, and after losing 15 pounds in 3 weeks, I was hooked. I eventually ended up at 240, but my goal is to make 225 (in the next 2 months, Dolce will teach you to set a time limit.) What you will get: 1. A short to-the-point biography of Mike Dolce's life that led him to be a "longevity advocate" who helps fighters lose weight naturally 2. A concise list of meal plans (that includes allergy and vegan accommodations) 3. A step by step visual description of different cardio and weight training programs. What I love: 1. He gives cardio workouts that will be easy enough for a couch potato all the way up to workouts that will challenge a seasoned athlete. 2. He gives weight training workouts that can be beneficial to everyone regardless of how many days you can spend in a gym. 3. His meal suggestions can be adapted to fit the whole family, even if some have allergies or choose to be vegan. 4. He teaches you to read the ingredients rather than count the calories. What to expect: 1. If you make the recipes he gives you on a regular basis, you will be amazed at how you feel. After going back to some junk food, you will regret it. 2. The cardio workouts can be challenging, but you will love to take on the next level as you get in shape. 3. If you follow the plan, people will begin to notice. 4. You will learn what it means to "make calories count." You would be amazed at how hungry you can feel after a big junk food meal of empty calories.

I had high hopes for this book and had heard good things about Mike Dolce being the best of the best for fighters obtaining optimal weight. His main theory is good, but the book seriously lacked any sort of material. Instead the entire first half consists of a hastily written biography of Mike, with the second half mostly recipes and filler. I was hoping for actual examples, real life evidence and how to put the nutrition plan into action. Providing an example day's nutrition is nice, but lacks the real life situations athletes face. For example, when should they eat, how much more calories should be consumed after working out, how much protein vs carbs, etc. My opinion: this is a cheap book and comes across as being written in a matter of hours. Not worth 10% of the purchase price. I would love to read something by Mike with more content, thoughtful writing and real life examples.

Now with full color photos! "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 "Dolce is a lifestyle changer." ESPN "(Mike) Dolce's (earned) a reputation as one of the top nutritionists in mixed martial arts, a weight-loss guru whose efforts with such fighters as Vitor Belfort, Thiago Alves, Rampage Jackson, Gray Maynard and Jake Ellenberger have drawn hearty praise around the sport." -SPORTS ILLUSTRATED 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

Think losing weight is all about avoiding your favourite foods and punishing exercise routines? Wrong! This title combines recipes so delicious and exercises so simple that it won't feel like you are denying yourself. It includes romantic suppers, meals to impress your guests, healthy snacks and not-so-naughty treats.

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