



The Dolce Diet: LIVING LEAN COOKBOOK

Brandy Roon, Mike Dolce

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Now you can make the same meals from the recipes that fuel the world's most dynamic bodies with The Dolce Diet: LIVING LEAN COOKBOOK, the expansive companion meal guide to Mike Dolce's #1 bestseller The Dolce Diet: LIVING LEAN.

Gluten-free and vegan options abound with more than 130 Mike Dolce approved lean and green, family friendly recipes including: Scrumptious pastas, comforting casseroles, incredible salads, delicious smoothies, savory sandwiches, sublime soups, decadent desserts, simple make-it-yourself trail mix bars and more!

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...

- * Johnny "Big Rig" Hendricks, UFC world title contender
- * 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
- * Nik "The Carny" Lentz, UFC veteran
- * Nate "Rock" Quarry, UFC world title contender
- * Quinton "Rampage" Jackson, UFC / Pride FC world champion
- * Mike "Quicksand" Pyle, WEC world champion
- * Jay "Thorobred" Hieron, IFL world champion
- * 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 more!

"When it comes to nutrition for fighters, one authority towers above all others: Mike Dolce." -UFC.com

"Dolce is a lifestyle changer." -ESPN

"(Mike) Dolce's earned a reputation as one of the top (coaches) 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

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Georgetta Watson:

As people who live in the particular modest era should be up-date about what going on or facts even knowledge to make all of them keep up with the era which can be always change and move forward. Some of you maybe will probably update themselves by studying books. It is a good choice for yourself but the problems coming to anyone is you don't know which one you should start with. This The Dolce Diet: LIVING LEAN COOKBOOK is our recommendation to help you keep up with the world. Why, because book serves what you want and wish in this era.

Avis Zeiger:

The reason? Because this The Dolce Diet: LIVING LEAN COOKBOOK is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book close to it was fantastic author who have write the book in such wonderful way makes the content inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of benefits than the other book have got such as help improving your ability and your critical thinking approach. So , still want to hold up having that book? If I have been you I will go to the e-book store hurriedly.

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