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MIKE DOLCE
WITH BRANDY ROON



12 WEEKS
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The Dolce Diet 3 Weeks To Shredded By Mike Dolce

Mike Dolce,Brandy Roon

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The Dolce Diet Mike Dolce,Brandy Roon,2014-07-01 SPORTS ILLUSTRATED Mike Dolce has earned the reputation as one of the top coaches in mixed martial arts MEN S FITNESS Dolce trimmed himself from 280 pounds down to 170 when he was competing It s safe to say that he is an expert in training and nutrition ESPN Dolce is a lifestyle changer ELLE MAGAZINE Mike Dolce is the go to guy in the world of martial arts UFC WOMEN S BANTAMWEIGHT CHAMPION RONDA ROUSEY The Dolce Diet s Results were impossible to ignore UFC WELTERWEIGHT CHAMPION JOHNY HENDRICKS When I have a fight scheduled the first person I call is Mike Dolce Mixed Martial Arts is a sport known for its drastic weight cuts For the first time in print MMA s 2013 Trainer of the Year Mike Dolce shares his powerful weight cut and rehydration techniques used with the world s greatest combat athletes 3 Weeks to Shredded includes not only the incredible new weight cut method used for Thiago Pitbull Alves 2014 career defining comeback performance which earned him UFC Fight of the Night honors but a bonus section detailing Mike Dolce s original 2007 3 Weeks to Shredded meal plan in which he cut 42 lbs in 6 weeks

WHAT S INSIDE BONUS The complete first edition of 3 Weeks to Shredded is exclusive to this paperback edition and will not be included in the ebook How to manage a weight cut Exact meal plans used during real weight cuts Hydration Rehydration techniques Traveling while cutting weight Dangers of weight cutting AND much 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 Rowdy Ronda Rousey UFC women s bantamweight champion Johny Bigg Rigg Hendricks UFC welterweight champion Vitor The Phenom Belfort UFC two time world champion Quinton Rampage Jackson UFC Thiago Pitbull Alves UFC world title contender Chael Sonnen UFC world title contender Gray Bully Maynard UFC world title contender Mike Quicksand Pyle WEC world champion Duane BANG Ludwig UFC K 1 veteran World MMA Awards 2013 Coach of the Year Michael The Count Bisping The Ultimate Fighter 3 winner and many more

The Dolce Diet Michael Dolce,2011 This manual details Mike Dolce s weight cut from 212 to 170 lbs Contains the exact meal plan he used

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followed the principles and read the simple instructions for the recipes and changed my life and the weight just began to fly off Susana Melissa Ramirez lost 20 lbs I started Three Weeks to Shredded in January and then moved on to the cookbook I love the Dolce Diet Principles Since I started I have lost 20 lbs Kevin Donahue lost 25 lbs Love your cookbook Great recipes and have been enjoying them for about 8 months now I m down 25 pounds from 190 to 165 Praise for Mike Dolce 2015 NJ Martial Arts Hall Of Fame Inductee 2014 Men s Fitness Magazine Game Changer 2013 MMA Trainer of the Year ELLE MAGAZINE Mike Dolce is the go to guy in the world of martial arts UFC WOMEN S BANTAMWEIGHT CHAMPION RONDA ROUSEY The Dolce Diet s Results were impossible to ignore SPORTS ILLUSTRATED Mike Dolce has earned the reputation as one of the top coaches in mixed martial arts MEN S FITNESS Dolce trimmed himself from 280 pounds down to 170 when he was competing It s safe to say that he is an expert in training and nutrition ESPN Dolce is a lifestyle changer *The Dolce Diet* Mike Dolce,Brandy Roon,2011-10 Inside you will learn recipes used in MMA s top fight camps and easy to follow sample meal plans with gluten free and vegan options Plus workout plans used by today s top athletes and strength and conditioning exercises with instructions and photos Back cover **The Dolce Diet** Michael Dolce,Mike Dolce,Brandy Roon,2012-09 Now readers 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 Dolce s 1 bestseller **The Dolce Diet** When it comes to nutrition for fighters one authority towers above all others Mike Dolce NUFC com **The Dolce Diet Living Lean Cookbook Vol. 2** Brandy Dolce,Mike Dolce,2015-04-01 **The Dolce Diet Cookbook** Mary Underwood,2020-09-08 The Dolce Diet Cookbook Get your copy of the best and most unique recipes from Mary Underwood Do you want an ideal way to preserve your food Do you want to lose weight Are you starting to notice any health problems Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family Do you want to learn new recipes that will leave your family hungry for more If these questions ring bells with you keep reading to find out Healthy Weekly Meal Prep Recipes can be the best answer for you and how it can help you gain many more health benefits Purchase The Print Edition Receive A Digital Copy FREE Via Kindle Matchbook In this book This book walks you through an effective and complete anti inflammatory diet no prior knowledge required Learn how to shop for the right ingredients plan your meals batch prep ahead of time and even use your leftovers for other recipes In addition 2 weeks of meals a 14 day schedule of meals including step by step recipes and shopping lists for each with tips on what you can prepare ahead of time to get dinner or meal on the table faster Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday It would be lovely to know your cooking story in the comments sections below Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless I really hope that each book in the series will be always your best friend in your little kitchen Well what are you waiting for Scroll to the top of this page and click the Add to Cart button to get your copy now **The Dolce Diet Cookbook** Wendy Terry,2020-09-09 The Dolce Diet

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La Dolce Diet Gino D'Acampo,2012

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