



The Dolce Diet: Living Lean Cookbook

Michael Dolce, Brandy Roan

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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... * 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 * Johnny "Big Rig" Hendricks, UFC Veteran * 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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