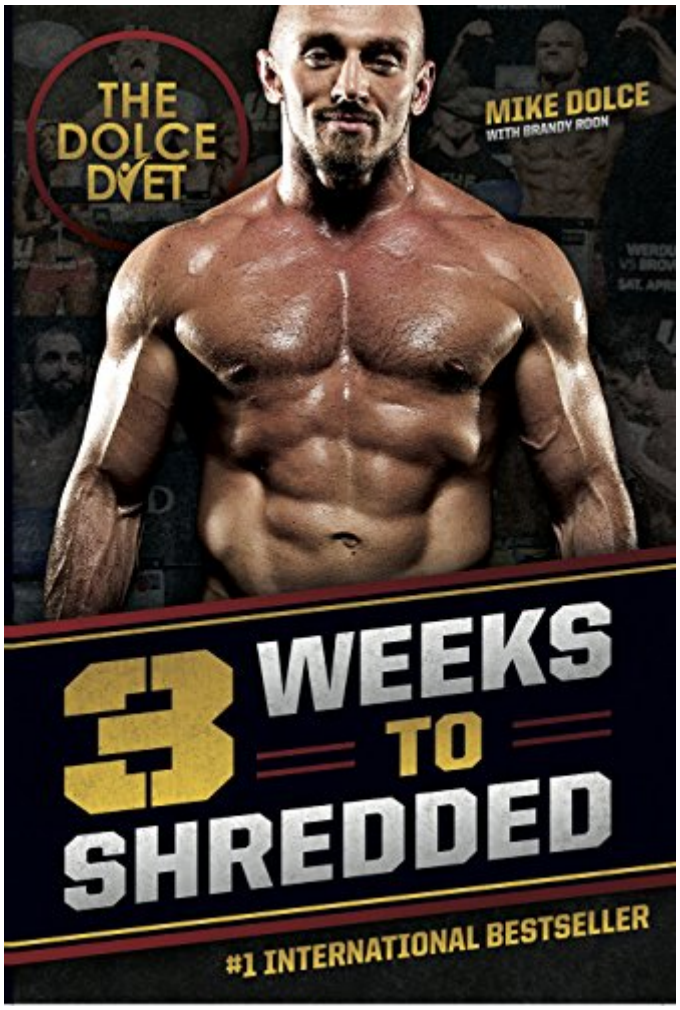
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The Dolce Diet: 3 Weeks To Shredded



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Synopsis

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. ItÃ¢â ¬â„¢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: Ã¢â ¬Å“When I have a fight scheduled the first person I call is Mike Dolce.Ã¢â ¬Â•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 worldÃ¢â ¬â„¢s greatest combat athletes! 3 Weeks to Shredded includes the incredible new weight-cut method used for Thiago Ã¢â ¬Å“PitbullÃ¢â ¬Â• AlvesÃ¢â ¬â„¢ 2014 career-defining comeback performance, which earned him UFC Fight of the Night honors. NOTE: A bonus section detailing Mike Dolce's original 2007 3 Weeks to Shredded meal plan in which he cut 42 lbs. in 6 weeks is included only in the PAPERBACK version. It is not in the eBook version. What's Inside:How to manage a weight cutExact meal plan used during a real weight cutHydration & Rehydration techniquesTraveling while cutting weightDangers of weight cuttingAND 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...* Ã¢â ¬Å“RowdyÃ¢â ¬Â• 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 world champion* 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* Nik Ã¢â ¬Å“The CarnyÃ¢â ¬Â• Lentz, #6 ranked UFC featherweightand many more!

Book Information

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Customer Reviews

I’m a big Dolce fan, not from his TV appearances or anything, but I listen to his podcast religiously. He’s sharp, experienced and best of all, throws the political correct BS out the window.I got this book to see what it was all about, aND as an ex wrestler it gave me flashacks to doing jumping jacks in a rubber suit in a sauna while spitting chewing tobacco to make weight.I only wish I had access to this info when I needed to cut weight. If you’really a weight class athlete or want to look cut for a certain date, event, etc, this book is quite impressive. Mike is not reinventing the wheel here but his methods challenge the old beat up methods of cutting.This book is meant for the short term but given the popularity of these "30 day" type programs that promise to pack on muscle and burn all the fat off your body, it’s very important to not include this book in the same category.This book WILL NOT make you bigger, it will not pack on muscle, heck it wont even tell you what to do after your event is over (I think Living Lean takes that in). It will however take a much less painful approach to regulating how much water your body retains, which is a very significant factor between looking good and looking lean and dry (shredded).I’m going to start the 30 days and will edit my review when I finish it up.

Great book to get to lose weight and feel great. Initially, I did lose weight with The Living Lean Diet. In order to fully get teh results you got to buy into the program and core concepts. It’s tough, but with preparation, you can really go into it full guns ablaze and burn the weight off no problem. Trust Dolce. Just Trust Dolce...

Amazing! The information is more than incredible!! His book's have helped me so much with my fight career! Highly recommended.

Good beginner guide on how to manage cooking an nutrition while living in a residence hall

The dolce diet is the best thing for becoming a healthy person. I went from a 308 pound college offensive linemen to a 245 pound healthy individual through the dolce diet principles. Just finished reading 3w2s and can't wait to start this awesome weight cut

Dolce makes cutting an losing weight easy . After reading the book he makes you feel like you can do everything in the book and the truth is ...YOU CAN ! Easier then I ever thought and I have the results to back it up !

Earth Grown Nutrients, proper form, hard work, smart work, correct decisions.. Dolce Does it best. Living Lean is AWESOME also... Using this as a young football player.. Going to start on 3 weeks to shredded tomorrow!

exactly what I wanted

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