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## The Dolce Diet Living Lean Cookbook Volume 2

By Mike Dolce, Brandy Roon

Xerxes House Press, United States, 2014. Paperback. Book Condition: New. 201 x 198 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you've ever found yourself staring blankly into the refrigerator wondering what healthy-but-delicious meal to make, Hall-of-Fame Weight Management Coach Mike Dolce is here to share his secrets! Praised by sport elite athletes, Mike Dolce is the most trusted coach for HEALTHY weight management. Now he brings you his newest cookbook featuring more than 300 amazingly easy recipes! With nutritional information for every recipe, The Living Lean Cookbook Vol. 2 is an incredible resource of easy-to-make ab-loving meals that everyone will enjoy! Includes favorites such as The Breakfast Bowl, Power Pasta, Fighter Fajitas, Pitbull Pancakes! New recipes include Peanut Butter Jelly French Toast, Pumpkin Oatmeal Breakfast, Chipotle Veggie Burritos, Heirloom Tomato Burrata Salad, all-new smoothies juices, Holiday Gingerbread Cookies, Mascarpone Baked Pears, No-Bake Honey Brown Rice Bars and more! Kenny Peralta lost 60 lbs! I bought Living Lean and Living Lean Cookbook and started my journey. I never cooked before it so I wasn't an experienced cook of any sort. But I followed the principles and read the simple instructions for the recipes...



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*Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.*

-- **Shayne O'Conner**

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