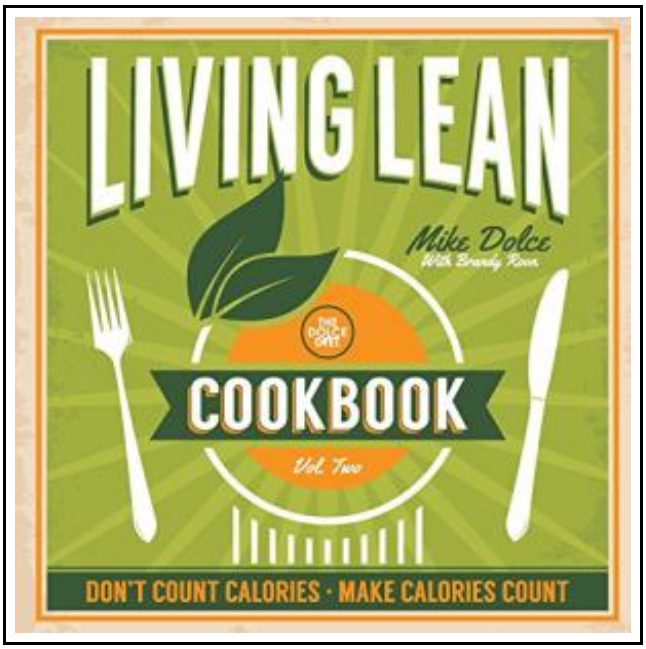
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Xerxes House Press, United States, 2014. Paperback. Book Condition: New. 201 x 198 mm. Language: English . Brand New Book ***** Print on Demand *****.If you ve ever found yourself staring blankly into the refrigerator wondering what healthy-but-delicious meal to make, Hall-of-Fame Weight Management Coach Mike Dolce is here to share his secrets! Praised by sport s 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 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...

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