



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 healthybut-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 abloving 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...



Reviews

Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually.

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