

*Mike Dolce's*

# The D O L C E Diet

**3** Weeks to Shredded

# CONTENTS

Introduction. . . . .	2
My Personal Weight Cut. . . . .	4
27.8 pounds to go: The Meal Plan. . . . .	5
Feeding the Furnace. . . . .	7
Almost There. . . . .	9
The Payoff . . . . .	11
The Big Day. . . . .	13
Getting Started . . . . .	16
Let's Get Going . . . . .	17
What are You? . . . . .	19
Survey What's Left. . . . .	21
Let's go Shopping . . . . .	23
Get on Board . . . . .	25
The Diet . . . . .	26
Breakfast . . . . .	29
Lunch . . . . .	31
Snacks . . . . .	32
Dinner . . . . .	33
Free Meals . . . . .	34
3 Days of Eating . . . . .	35
Exercise . . . . .	39
21 Days, 21 Goals . . . . .	40
Notes . . . . .	44

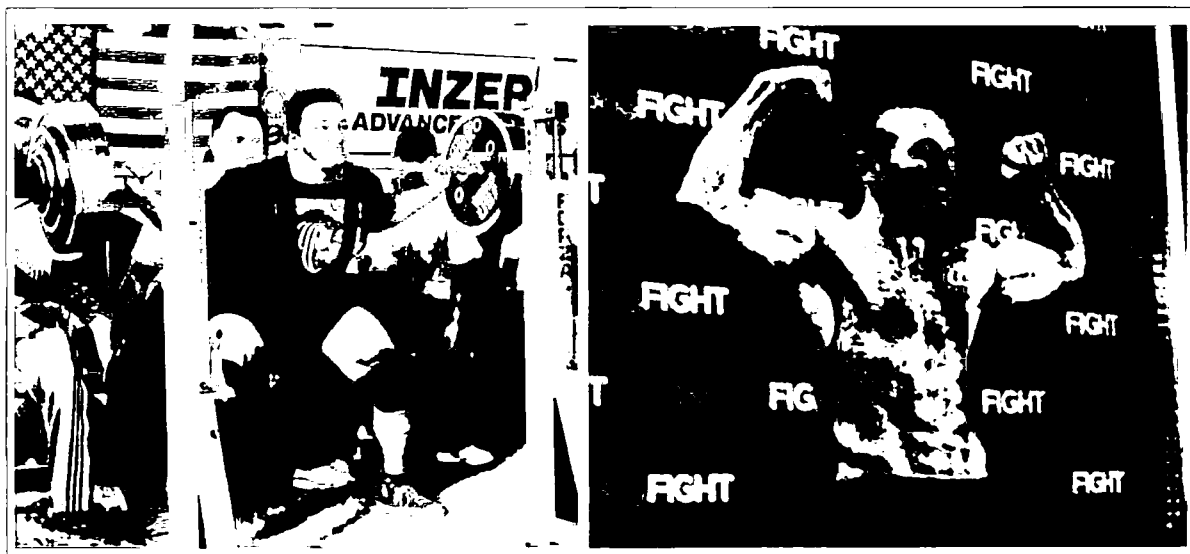
# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### -Introduction-

Between April 16, 2007 and June 1, 2007, I reduced my bodyweight from 212.8 pounds to 170 pounds. One day later, on June 2, 2007, I competed as a professional mixed martial artist weighing 198 pounds. This manual is a series of excerpts taken from my forthcoming complete lifestyle book, "The DOLCE Diet: Living Lean." Here, I will detail the foods I ate during the last three weeks of that 42-pound weight reduction, along with the basic principles of goal setting and discipline I employed.

This program covers many of the principles that form the major foundation of my life's work - attaining vibrant health and exceeding physical limitations through nutritional lifestyle management. My results are certainly not typical and not to be expected by following this manual. It is my intention to teach you the basics of developing your own nutritional lifestyle and jumpstart your own health and fitness program.



Mike Dolce as a 280 lb. power lifter (left) and later as a 170 lb. professional mixed martial artist.

## **PLEASE READ!**

Always consult with a qualified medical doctor before starting this or any diet and exercise program.

This material is for informational purposes only and not intended to prescribe, treat or diagnose any medical condition.



Mike with client Quinton "RAMPAGE" Jackson and UFC President Dana White during UFC 92 weigh-ins. The Dolce Diet has helped over 40 UFC veterans.

# **THE DOLCE DIET**

## **3-WEEKS TO SHREDDED**

### **-My personal 3-week weight cut-**

The next few pages will detail one of my weight cuts. During the six weeks of preparation for this fight and subsequent weigh-in, I had to lose 42.8 pounds. I came down from a very healthy 212.8 pounds to the welterweight class limit of 170 pounds.

I have said this before and will say it again here...

### **DO NOT TRY THIS YOURSELF!**

I am a professional and was under strict medical supervision.

My weight loss is neither typical nor expected with this, or any type of program. This information is a retelling of my personal story.

I have included many chapter excerpts from my upcoming complete nutritional lifestyle book, "The DOLCE Diet: Living Lean" which you will find most helpful.

**Enjoy!**

# **THE D O L C E DIET**

## **3-WEEKS TO SHREDDED**

**-27.8 pounds to go: The Meal Plan-**

**May 10 - 16, 2007**

**197.8 lbs**

This is the exact meal plan I followed three weeks before my weigh-in at 170 pounds.

**MEAL 1:** 4 egg whites / 1 large handful fresh spinach / ½ fresh tomato / ¼ fresh onion / 1 Tbsp. Flax Oil / 1 Tbsp. Smart Balance Buttery Spread with Flax Added / 2 slices Louis & Rich Turkey Bacon / 12 oz. Tropicana Orange Juice with Calcium and Vitamin D added / 1 fresh apple or pear / 1 cup Green Tea / 32 oz. purified water

**MEAL 2:** 4 oz. grilled chicken breast / 2 large handfuls fresh spinach / ½ fresh tomato / 2 dill pickle slices / 1 Tbsp. Flax Oil / 1 Tbsp. Extra Virgin Olive Oil / 1 fresh apple or pear / 1 cup Green Tea / 32 oz. purified water

**POST WORKOUT:** 30g whey protein / 1 apple / ½ cup dried cranberries

**MEAL 4:** 4 oz. grilled chicken breast / 2 large handfuls fresh spinach / ½ fresh tomato / 2 dill pickle slices / 1 Tbsp. Flax Oil / 1 Tbsp. Extra Virgin Olive Oil / 1 cup mixed berries / 1 cup Green Tea / 32 oz. purified water

**POST WORKOUT:** 30g whey protein / 1 cup apple sauce / ½ cup oatmeal



*"My weight might seem high but I feel great and see my body changing every day. This amount of food keeps me satisfied and energized."*

*The hard part is on the way!"*



Rampage takes the stage at UFC 114 weigh-ins after a 45-pound weight cut. He weighed in at 205 lbs. as a result of The Dolce Diet.

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### -Feeding the Furnace-

**May 17 - 23, 2007**

**191.3 lbs**

This is the exact meal plan I followed two weeks before my weigh-in at 170 pounds. I have underlined any changes from the previous week for your reference.

**MEAL 1:** 4 egg whites / 1 large handful fresh spinach / ½ fresh tomato / ¼ fresh onion / 1 Tbsp. Flax Oil / 1 Tbsp. Smart Balance Buttery Spread with Flax Added / 2 slices Louis & Rich Turkey Bacon / 8 oz. Tropicana Orange Juice with Calcium and Vitamin D added / 1 fresh apple or pear / 1 cup Green Tea / 32 oz. purified water

**MEAL 2:** 4 oz. grilled chicken breast / 2 large handfuls fresh spinach / ½ fresh tomato / 2 dill pickle slices / 1 Tbsp. Flax Oil / 1 Tbsp. Extra Virgin Olive Oil / 1 fresh apple or pear / 1 cup Green Tea / 32 oz. purified water

**POST WORKOUT:** 20g whey protein / 1 fresh apple / ½ cup dried cranberries

**MEAL 4:** 4 oz. grilled chicken breast / 2 large handfuls fresh spinach / ½ fresh tomato / 2 dill pickle slices / 1 Tbsp. Flax Oil / 1 Tbsp. Extra Virgin Olive Oil / 1 cup mixed berries / 1 cup Green Tea / 32 oz. purified water

**POST WORKOUT:** 20g whey protein / 1 cup apple sauce / ½ cup oatmeal





*"This week, I am slowly lowering my calories and trying to keep my food intake as low as possible, while still getting all the nutrients I need to keep me training hard."*

*This is where the hunger bug starts talking to me."*



Mike Dolce trains U.S. Army soldiers of the 2<sup>nd</sup> Squadron, 2<sup>nd</sup> Cavalry Regiment Stryker Team in Fort Lewis, WA.

# **THE D O L C E DIET**

## **3-WEEKS TO SHREDDED**

**-Almost There-**

**May 24 - 27, 2007**

**186.2 lbs**

This is the exact meal plan I followed the first half of my weigh-in week. I have underlined any changes from the previous week for your reference.

**MEAL 1:**    3 egg whites / 1 large handful fresh spinach / ¼ fresh tomato / ¼ fresh onion / 1 Tbsp. Flax Oil / 1 Tbsp. Smart Balance Buttery Spread w Flax Added / 4 To-Furkey / 6 oz. Tropicana Orange Juice with Calcium and Vitamin D added / 1 fresh apple or pear / 1 cup Green Tea / 32 oz. purified water

**MEAL 2:**    3 egg whites / 2 large handfuls fresh spinach / ¼ fresh tomato / 1 dill pickle slices / 1 Tbsp. Flax Oil / 1 Tbsp. Extra Virgin Olive Oil / 1 fresh apple or pear / 1 cup Green Tea / 32 oz. purified water

**POST WORKOUT:**    15g whey protein / 1 fresh apple / ½ cup dried cranberries

**MEAL 4:**    4 oz. steamed salmon / 2 large handfuls fresh spinach / ½ fresh tomato / 2 dill pickle slices / 1 Tbsp. Flax Oil / 1 Tbsp. Extra Virgin Olive Oil / 1 cup mixed berries / 1 cup Green Tea / 32 oz. purified water

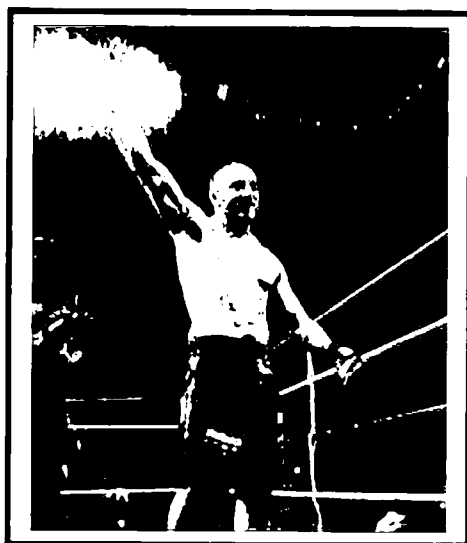
**POST WORKOUT:**    15g whey protein / 1 cup apple sauce / 0 cup oatmeal



**"Again, I have further reduced calories and am now operating at a calorie deficit. Not the healthiest situation, but I am being monitored by my doctor and feel good.**

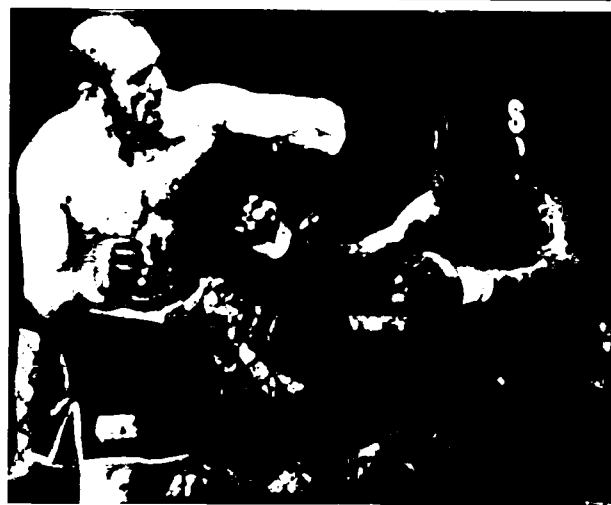
**I sodium-load the first half of this week. Here, I add extra sodium to my diet, above my normal intake. This urges my body to store extra water.**

**Don't worry, it makes sense on the next page."**



**Above: A 170 pound Mike raises his hand in victory after delivering a first-round 19 second KO during his 2007 IFL debut in Atlanta, GA.**

**Right: Competing at 185 lbs Mike knocks out his opponent to secure his spot in the fighter house on "The Ultimate Fighter" Season 7.**



# **THE D O L C E DIET**

## **3-WEEKS TO SHREDDED**

### **-The Payoff-**

**May 28 - 30, 2007**

**183.4 lbs**

This is the exact meal plan I followed to finish this week.

**MEAL 1:** 3 egg whites / 1 large handful fresh spinach / 0 fresh tomato / 0 fresh onion / 1 Tbsp. Flax Oil / 0 Tbsp. Smart Balance Buttery Spread w Flax Added / 0 To-Furkey / 6 oz. Tropicana Orange Juice with Calcium and Vitamin D added / 1 fresh apple or pear / 1 cup Green Tea / 32 oz. purified water

**MEAL 2:** 3 egg whites / 2 large handfuls fresh spinach / 0 fresh tomato / 0 dill pickle slices / 1 Tbsp. Flax Oil / 1 Tbsp. Extra Virgin Olive Oil / 1 fresh apple or pear / 1 cup Green Tea / 32 oz. purified water

**POST WORKOUT:** 0g whey protein / 1 fresh apple / ½ cup dried cranberries

**MEAL 4:** 0 oz. steamed salmon / 2 large handfuls fresh spinach / 0 fresh tomato / 0 dill pickle slices / 1 Tbsp. Flax Oil / 1 Tbsp. Extra Virgin Olive Oil / 1 cup mixed berries / 1 cup Green Tea / 32 oz. purified water

**POST WORKOUT:** 0g whey protein / 1 cup apple sauce / 0 cup oatmeal



"Here, I am basically running on pure motivation. The foods I am eating are keeping my blood sugar stable and getting me through training but not too much else.

I have eliminated all sodium and have started drinking as much water as I can handle.

I stop drinking water about two hours before I go to bed on the night before weigh-ins."



In the gym, dead lifting 300 lbs. for 30 reps.

# THE DOLCE DIET

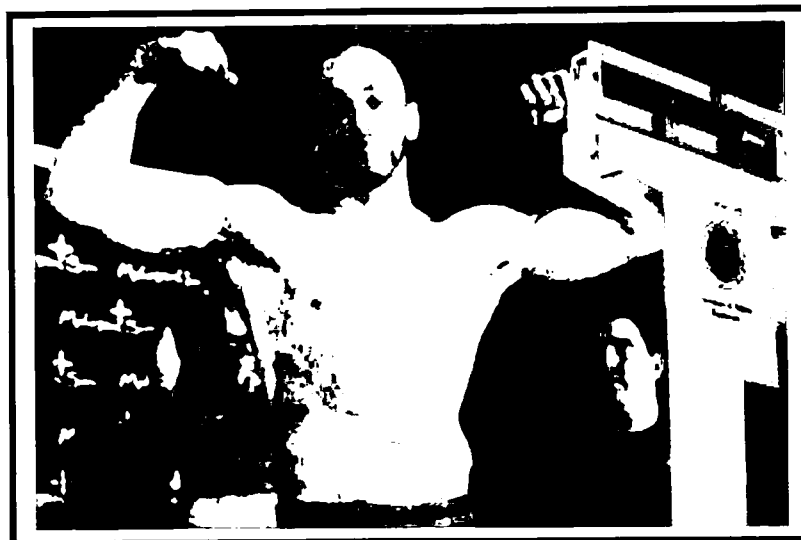
## 3-WEEKS TO SHREDDED



220 lbs. – although I started  
my weight cut at 212.8 lbs.



185 lbs.



170 lbs.

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### **-Getting Started-**

What are goals?

We hear about setting goals all the time. Most of us understand that a goal is simply an expected outcome on a specific date.

Goals can be set in generalities also.

As an example of a general goal, "I want to wear my bathing suit this summer and not feel my fat jiggle when I sit down."

A specific goal could be, "I will be a size 36 waist by July 4<sup>th</sup>."

What are your goals generally and specifically?

Write them here:

I will \_\_\_\_\_

I will \_\_\_\_\_

Now you are on the hook. Every day you will open to this page and remember this day. Today is the day you changed the entire course of your life.

You have set a goal.

# **THE D O L C E DIET**

## **3-WEEKS TO SHREDDED**

### **-Let's Get Going-**

I say "Let's get going," because you and I are starting a journey together.

I ask you, "What are your goals? And how are you going to get there?"

**"To get to where we're going, we have to know where we're starting and what it is that's standing between us and our destination."**

Go into your kitchen and open your cabinets and pantry. Take everything out and put it on the table.

Next, open your refrigerator and do the same, placing its contents on the kitchen table.

Close the doors, come back to the table and take a good look. This is what your organs, your bones, your muscles, your dreams and your realities are all made of.

We absorb everything we put into our bodies regardless of its ability to make us healthy or sick, strong or weak.



# THE DOLCE DIET

## 3-WEEKS TO SHREDDED

**We are what we eat** in a very literal sense. Everything we ingest, changes us. Look around your table. Do you notice a general theme? Here is where we start.

*"Life yields easily to  
intelligence and effort; or  
to what proportion could be  
mustered of both."*

-F. Scott Fitzgerald



Mike coaches for several reasons, the most important being to elicit positive change.

# **THE D O L C E DIET**

## **3-WEEKS TO SHREDDED**

### **-What are you?-**

Do you feel fresh and vibrant or old and tired? How about right now at this very moment? Close your eyes and hold a firm picture of how you look in your mind, and turn back to your table.

Locate any products that you feel *may* be holding you back from reaching your goals? And be generous with your accusations. You're right.

Do you see any cookies, cakes, tarts, treats, chocolate, candy, pretzels, popcorn, chips, bread, creams, jellies, ice cream, crackers, butter, margarine, cooking oils or anything else that would fit nicely into this group?

If so, **THROW IT OUT, RIGHT NOW!** That's right! Put it all in the garbage where it belongs. We're going to rebuild your life together and never look back!

### **Good work!**

The elimination of poisons from your body is the first step. Simply getting rid these toxins will result in clearer thinking, increased energy and improved body mass ratings.

# THE DOLCE DIET

## 3-WEEKS TO SHREDDED

In step two, we begin to rebuild your body from the inside out. THE DOLCE DIET is founded upon the most scientific principles of elite sport in harmony with the tenants of vibrant health and dynamic longevity. THE DOLCE DIET doesn't just teach you how to live; we teach you how to **THRIVE!**

Step three will be focused on exercise and lifestyle management, which I consider to be the most important factor in determining success. This will cover the successful implementation of your new eating, exercising, recuperation, working and social "lifestyles" into one seamless, fulfilling life.



Mike in  
2006  
weighing  
202 lbs.

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### -Survey What's Left-

With the *garbage* out of the way, let's identify the products that *may improve* your chances of reaching your goals. What do you think?

Fresh foods like, vegetables, fruits, legumes, nuts, seeds, eggs, fish and poultry should all be at the top of that list, though, we all respond differently to specific items and should choose accordingly. Other products like whole grains, cereal, pasta and breads or dairy, plain yogurt, cheese or milk, should also be on that list.

As a rule, we should always consume the freshest, most natural and least treated items available to us.

**"If it wasn't available 200 years ago, you shouldn't be eating it today."**

Typically, the more a food product is handled, the lower its nutrient value will be. Knowing that, we can determine that the closer a food product is to its natural form and habitat, the greater the nutritional value.

These common-sense tips will prove invaluable as you begin to determine your own nutritional style. My personal diet consists of about 80% organic ingredients. But as a rule, I will only eat fresh, 100 percent organic fruits and vegetables. I always buy local and prefer the least invasive forms of preparation and heating.

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

Now, put everything back where it belongs. Have you noticed that your cabinets are looking a bit bare? So will your waist-line!

Be sure to keep your cooking products well organized for easy access. This will save valuable time and money while making your day run much smoother, leaving more time for you!



Mike Dolce  
leading his  
popular  
Women's  
F.I.T. Camp  
in Las Vegas.

# **THE D O L C E DIET**

## **3-WEEKS TO SHREDDED**

### **-Let's Go Shopping-**

This is a handy guide to healthy shopping. Many people eat poorly simply because they shop poorly. Supermarkets are set up like casinos. It is a maze of marketing and strategy, so when you walk into any store, always have a plan.

As soon as you enter most markets, you will see the produce section, which houses the fruits vegetables. Always start your shopping trips here and follow the wall as you pick up items **ONLY FROM YOUR LIST**. I have made one for you to use as a reference. Feel free to use it as it is as close to universal as you will find.

#### **TYPE**

#### **Daily Serving = Weekly need**

##### **Fruit**

Frozen berries	>1 cup per day = 10 cups
Apples	5 per week = as needed
Organic apple sauce	½ cup per day = as needed
Bananas	2 per week
Cranberries	1 palm-full per day = 8oz
Grapes	2 pounds per week
Oranges	5 per week = as needed

##### **VEGETABLES**

Tomatoes	½ per day = 4
Spinach	2 handfuls per day = 24 oz
Red peppers	½ per day = 4
Green peppers	½ per day = 4
Onion	½ per day = 4
Asparagus	3 servings = 3 cups
Green beans	3 servings = 3 cups
Brussels sprouts	3 servings = 3 cups
Broccoli	3 servings = 3 cups
Sprouts	a few pinches in a salad = handful

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### GRAINS

Oatmeal	½ cup per day = 8 servings
Shredded mini-wheat's	½ cup per day = 8 servings
Whole grain wraps	1 per day = 5 servings
Whole grain breads (non-enriched)	1 slice per day = 7 servings

### NUTS

Walnuts	1 palm-full per day = 8oz
Almonds	1 palm-full per day = 8oz
Organic peanut butter	2 tbsp per day = as needed

### LEGUME

Kidney beans	½ can serving = 1 can
Pinto beans	½ can serving = 1 can
Red beans	½ can serving = 1 can

### DAIRY

Organic reduced fat milk	as needed
Feta cheese,	2 oz serving = 8 oz per week
Havarti cheese	2 oz serving = 8 oz per week

### ANIMAL PROTEIN

Eggs	3 per day = 2 dozen
Turkey bacon	2 – 4 slices per week = as needed
Wild salmon	3 servings = 12 oz
Organic white meat	3 servings = 12 oz

### WEDNESDAY DINNER

Whole grain pasta	¼ pound dry = as needed
Organic tomato sauce	1 can = as needed

\*These items should always be on hand; purified water, green tea, fresh basil, oregano, garlic, thyme, paprika, sea salt, pepper, extra virgin olive oil, rosemary, cinnamon.

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### **-Get on Board!-**

If you live with friends or family members, please pay close attention to the following advice. Call a house meeting. It won't take more than 20 seconds or so. Gather all of your housemates together and tell them that you have set a very important goal for yourself.

You can tell them what your goal is or you can simply say that you've set a personal goal, and you need their help. They don't have to eat what you do, but they can't share what they are eating with you.

Ask them personally to understand and be supportive of your hard work and please keep all difficult nutritional situations away from you for the next few weeks.

Look them in the eyes and be sincere.

Real friends will be elated and some may even join in as your actions will serve to motivate many, but do not push your lifestyle on anyone.

No matter how well intended, many will resent empathy. Simply go about your day and live by example. Those who will...WILL.

*"Good habits result from  
resisting temptation."*

*-Ancient Proverb*



# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### -The Diet-

This diet is so simple in its working form, yet so effective in its results. As with life, the only limiting factor of this program is your ability to follow through. In most cases, you will be eating four to eight times per day. On the average day, you will be eating six times.

You will plan, purchase and prepare every single item that you consume. There will be no problem, as you will know today exactly what you will be eating over the next 21 days. Commit to this.

Plan to eat efficiently. Too often, we eat what we are served or simply whatever we feel like without regard to nutrient and calorie ratios.

Many popular products currently available for our consumption contain far too many useless calories.

I want you to leave every meal satisfied and energized.

You should start getting hungry 15 to 45 minutes before each meal.

For example, if you are eating at 8am, 11am, 2pm, 5pm, 8pm and 11pm and start getting hungry at 1:15pm, we would increase your daily calories in increments of 100 every three days until your hunger response is under 30 minutes. We do this by slightly increasing the portions of your regular meals eaten prior to your periods of "metabolic deficit." Your body is saying it needs more fuel. But we make changes very selectively because our bodies are very specific and will **never** ask us for three scoops when it only needs a teaspoon.

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### -The Diet- (con't)

In this same example, if you are not hungry by 1:45pm, we would spread out your meals by eliminating one of your snacks. We would then add the nutritional benefits of that snack back into your remaining meals.

As an example, you will eat at 8am, 11:30am, 3pm, 6:30pm and 10pm. If you are still having appetite issues at this point, we would then consider minor, daily caloric reduction in three day multiples of 50 per day until you regained your appetite. We would not eat less than five times per day in this case.

He who postpones the hour of  
living rightly is like the  
rustic who waits for the river  
to run out before he crosses.

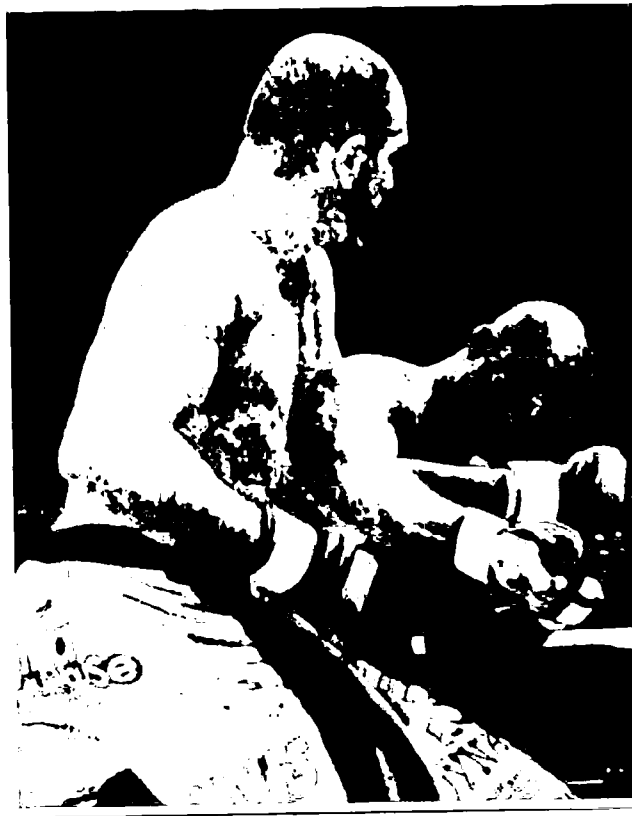
-Horace

Water must be consumed at all times. I find it best to purchase my water in cases of 16 oz. servings. This, I can easily plan, purchase and prepare.

I always have "pounds" of water everywhere I go. My kitchen, my office, my cars, my gym bags, my backpack, my locker and in my hand! As long as you are urinating properly, it is extremely hard to drink too much water.

When I begin my four-week weight cuts, I will kick up my personal water intake to 20 pounds per day. Now, I typically train three times per day and utilize the hot tub and sauna to recuperate, but my point is to drink much more water than you currently are.

Water will cleanse your entire body from the inside out. It will provide satiation to your hunger, improve cardio-respiratory function and facilitate a healthy skeletal system. Plus, it's inexpensive and convenient!



Mike KO's  
Nuri Shakir  
during  
a WCF  
event in  
March 2009.

# **THE D O L C E DIET**

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## **3-WEEKS TO SHREDDED**

### **-Breakfast-**

Certainly the most important meal of the day is breakfast. If we could only eat a well balanced breakfast, as opposed to a well balanced dinner each day, the breakfast eaters would be much healthier, capable individuals.

It surprises me when a modern adult admits to regularly missing breakfast because of time constraints! How can anyone not have time for breakfast? Breakfast is the first meal of the day, hence the first thing you do in a day. You may have places to be after breakfast, but most don't have anywhere to be before breakfast.

Have they tried going to bed 20 minutes earlier each night and waking up 20 minutes earlier each morning? Heck, make it 30 minutes or an hour. Wouldn't the extra quiet time be well worth it?

Most of the world is a big fan of eggs. I am, too. I love omelets, scrambles and wraps. Especially when married to a host of nutritious, fresh vegetables, olives, beans and cheeses.

Fresh fruit is awesome also! Vibrant colors and anything in season will always fill my morning table.

Most people tend to start their day with coffees, teas and juices before addressing the most basic human need: WATER.

If you are thirsty, you are dehydrated. We'll cover this more in another chapter but the first thing you should do each and every morning is begin sipping on room temperature, filtered water. This will clean your digestive tract, begin revitalizing your cells and turn on your metabolism.

Next, prepare your ingredients, turn on the tea pot and take a minute to enjoy the beginning of a wonderful day!

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### -Lunch-

In this day and age, it is very common for us to consider LUNCH the meal we eat between the hours of 11am and 2pm. I will go along with that, but I do not consider lunch a meal dictated by the nearest fast food restaurant to your office building. Lunch is simply called lunch for the sake of your lunch break.

On THE DOLCE DIET, lunch will be a very clean, nutritious, simple preparation that you make at home and bring with you. It will be very tasty and perfectly proportioned to your needs.

Now, it is possible that you can purchase an excellent replica of any number of my meal suggestions in a select few specialty shops, but as a rule, bring your own lunch anyway. Otherwise, you may be forced into a tempting situation.

*Diet cures more than the lancet.*

-Ancient Hindustani Proverb

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### -Snacks-

Snacks are fun! Snacks should always taste good! Snacks have to be nutritious, but must be planned. Otherwise, you're grabbing whatever is around, "just to hold me over until I get home", or just as bad, you go too long before providing nourishing fuel for yourself, causing a cascade of cellular distress and disease.

And, all of this because you didn't take an extra 32 seconds this morning to throw a handful of raw almonds and dried cranberries into a Ziploc bag.

We eat snacks as blood sugar stabilizers between our more nutrient-packed meals. Snacks stabilize our metabolism and provide clean energy to our working body. At times, students of mine have tried to skip their snacks, thinking the calorie reduction will speed up weight loss, but in fact found the opposite to be true. The more often we stoke our metabolism, the hotter it will burn.

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

### -Dinner-

Dinner serves a similar purpose to lunch and is typically eaten at home with loved ones. Considering you will be breaking bread at this time with those you care most about, don't you want to influence them to be as healthy and fit as possible?

**"It drives me crazy  
that most families are  
too 'busy' to eat  
well."**

Ronald McDonald and Carl's Jr. have taken over the dinner tables of hard-working, well-intentioned families, and we are dying as a result.

Stop this now! Dinner should be the same size and variety as your lunch. My dinner is very much the same as my lunch, with some creative twists that my palate will enjoy.

Open a cookbook or turn on the computer and type "salad recipe" into your favorite search engine and get cooking. This meal will give you the nutrients you need to rebuild your strength from a long day and revitalize your energy for the day ahead.

*"As I see it, every day you do  
one of two things: build health  
or produce disease in yourself."  
-Adelle Davis*



# **THE D O L C E DIET**

## **3-WEEKS TO SHREDDED**

### **-Free Meals-**

Some call them cheat meals, but there is no cheating involved. Two meals per week, I eat what I want. Remember, these are not DAYS – just meals.

These meals are spaced out on a Wednesday night on which I like to have some pasta. Then I save a “free meal” for a weekend dinner or breakfast, which I make a social meal with friends or family.

This allows me to be a regular guy once in a while and indulge in some treat that I have worked all week to enjoy.

The odd thing is that my “free meals” now look very similar to my regular meals except for a few minor differences.

I like to eat omelets and do so almost every day, but on Sunday I will add a few slices of turkey bacon and a couple whole grain pancakes with organic maple syrup. Maybe even a mocha latte if the mood strikes, but that's about it.

**“Truth be told, nothing tastes  
as good as lean feels!”**

There are physiological responses here also that mandate some form of dietary alteration, which are further discussed in the book, but for now, take two “free meals” and enjoy.

# **THE D O L C E DIET**

## **3-WEEKS TO SHREDDED**

### **-3 Days of Eating-**

Write down everything you ate yesterday, today and tomorrow. Include the time of each meal and the exact name and quantity of each item. This will help you understand your habits and troubleshoot your current diet.

This is what I ate yesterday:

**03/16/08**

7:15am: 24 oz. water, 1 cup green tea, 5 egg whites, ¼ red pepper, ¼ green pepper, ¼ onion, ¼ tomato, 1 handful spinach, 1 oz. feta cheese, 2 whole grain wraps, 1 tbsp. extra virgin olive oil

10:30am: 24 oz. water, 1 cup green tea, ¾ cup oatmeal, 1 ½ cup mixed berries, 1 pinch cinnamon

1:00pm: 24 oz. water, 1 cup green tea, 2 handful field greens, ¼ red pepper, ¼ green pepper, ¼ onion, ¼ tomato, ½ cup chopped broccoli, 3 oz. black olives, 2 tbsp. extra virgin olive oil, 2 tbsp. apple cider vinegar, ½ cup dried cranberries, 1 handful crushed almonds, 1 tbsp. sesame seeds

4:00pm: 24 oz. water, 1 cup green tea, 1 slice organic whole grain flax enriched toast, 2 tbsp. almond butter, ½ cup applesauce

7:00pm: 24 oz. water, 6 oz. dry organic whole grain spaghetti, ½ can organic tomato sauce, ½ chopped tomato, 1 garlic clove, ¼ red pepper, ¼ green pepper, ¼ onion, ½ eggplant, 1 handful field greens, 1 tbsp. extra virgin olive oil, oregano, basil

10:00pm: ½ cup dry Kashi Autumn Wheat cereal, 1 cup mixed berries, 1 cup of 2 percent or less milk

# THE DOLCE DIET

## 3-WEEKS TO SHREDDED

-3 Days of Eating-

Yesterday (Day 1) \_\_\_\_/\_\_\_\_/\_\_\_\_

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# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

-3 Days of Eating-

Today (Day 2) \_\_\_\_/\_\_\_\_/\_\_\_\_

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# THE DOLCE DIET

## 3-WEEKS TO SHREDDED

-3 Days of Eating-

Tomorrow (Day 3) \_\_\_\_/\_\_\_\_/\_\_\_\_

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# **THE D O L C E DIET**

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## **3-WEEKS TO SHREDDED**

### **-Exercise-**

This topic alone is worthy of thousands of books, and I could not do it justice in this small nutrition manual. Instead, I will offer you the following thoughts and defer to your own resourcefulness to get the job done.

Obviously, exercise is important. Everybody knows that. The question lies in the type, frequency, volume and intensity of exercise for you. Again, what are your goals?

One of my students is 83 years old and has all the typical health concerns. She exercises four days per week; water-aerobics, mall walking, horseshoes and chair Pilates.

Another of my students is 42 and wants to lose 100 pounds. He parks in the lot across the street from his office instead of at the front door. He also walks his dog around his neighborhood (2 miles) three times a week...for now.

Most of my athletes train up to 30 hours per week, and they always train hard. Nutrition is most important, but exercise is still in the same sentence.

Everyone should be doing some form of exercise, from evening walks to Plyometrics, three to 20 exercise sessions per week.

You must be following your personal exercise lifestyle program in order to fully achieve your health goals.

But, you already knew that. Now commit to it.

# **THE DOLCE DIET**

## **3-WEEKS TO SHREDDED**

### **-21 Days, 21 Goals-**

The next three weeks will focus on transitioning your current set of habits for another set of habits. Your progress will depend, largely on your ability to change, to be flexible, to be open-minded, and to let go and grab hold at exactly the same time.

During the next 21 days, you will set 21 small goals. Make them simple but meaningful.

Tonight, right now, you will record tomorrow's goal. You will achieve that one small goal tomorrow, and tomorrow night you will set the next day's goal.

Mine might look like this:

**6/1** Run 5 miles.

- This is a good, simple goal for me, because I typically run 4 miles each day. Adding one extra mile will not kill me, yet it will extend my ability.

**6/2** Eat breakfast with my wife.

- My wife and I have busy schedules and don't eat breakfast together enough. Tomorrow, I will wake up with her and cook us breakfast while she "does her thing."

**6/3** Be 10 minutes early to each practice and shadowbox.

- I have three practices tomorrow. An extra 30 minutes of shadowboxing is basically another workout in itself. And, at 10-minute increments, my day won't be affected.

# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

21 goals: Week 1

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# THE D O L C E DIET

## 3-WEEKS TO SHREDDED

21 goals: Week 2

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# THE DOLCE DIET

## 3-WEEKS TO SHREDDED

21 goals: Week 3

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## NOTES

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## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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