



The Dolce Diet: 3 Weeks to Shredded

By Mike Dolce

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The Dolce Diet: 3 Weeks to Shredded By Mike Dolce

This manual details Mike Dolce's weight cut from 212 to 170 lbs. Contains the exact meal plan he used For men & women Athlete & non-athlete Easy to follow

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The Dolce Diet: 3 Weeks to Shredded By Mike Dolce Bibliography

- Sales Rank: #3280682 in Books
- Published on: 2011
- Binding: Paperback



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