



# The Dolce Diet: College Diet Guide

*Mike Dolce, Brandy Roon*

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## **The Dolce Diet: College Diet Guide** Mike Dolce, Brandy Roon

Coach Mike Dolce is known worldwide for transforming his athletes into the planet's most impressive physical specimens. How does he do it? With not much more than you have right there in that tiny dorm room! His guerrilla style hotel-room cooking and jet-setting training regimens keep the planet's most elite athletes in peak condition all leading up to the biggest fight of their lives! Now Mike is here to coach YOU through the biggest fight of YOUR life! COLLEGE! The Dolce Diet: College Diet Guide spills his best kept secrets! This book includes dorm-friendly, inexpensive recipes, grocery and equipment guides, and space-conscious workouts! Mike teaches you how to make brain and body energizing foods in any college living situation, with or without a kitchen! The Dolce Diet: College Diet Guide will also teach you how to avoid the oh-so-common pitfalls of unhealthy campus living, from the snail-trail slime of the cafeteria's Alfredo sauce to your 2a.m. vending machine snack attack! Don't worry! Mike's got you covered! Now get to class!

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