

The Dolce Diet: 12 Weeks to Shredded

The Dolce Diet is a 12-week program that promises to help you lose weight and get shredded. It was created by Mike Dolce, a former MMA fighter and nutritionist. The diet is based on the principles of intermittent fasting and macronutrient cycling.



The Dolce Diet: 3 Weeks to Shredded by Brandy Roon

★★★★☆ 4.1 out of 5

Language	: English
File size	: 4773 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 182 pages
Lending	: Enabled



How the Dolce Diet Works

The Dolce Diet is divided into three phases:

1. **Phase 1: The Shred Phase** (weeks 1-4)

During this phase, you will eat a high-protein, low-carbohydrate diet. You will also follow an intermittent fasting schedule, eating only during an 8-hour window each day.

2. **Phase 2: The Build Phase** (weeks 5-8)

During this phase, you will gradually increase your carbohydrate intake and reduce your protein intake. You will also continue to follow an intermittent fasting schedule.

3. **Phase 3: The Maintain Phase** (weeks 9-12)

During this phase, you will eat a balanced diet that includes all food groups. You will also continue to follow an intermittent fasting schedule.

The Dolce Diet also includes a supplement regimen that is designed to help you lose weight and build muscle. The supplements include a protein powder, a creatine supplement, and a fat burner.

Does the Dolce Diet Work?

There is some evidence to suggest that the Dolce Diet can help you lose weight and build muscle. A study published in the Journal of the International Society of Sports Nutrition found that participants who followed the Dolce Diet for 12 weeks lost an average of 12 pounds of body fat and gained 4 pounds of muscle.

However, it is important to note that the Dolce Diet is a very restrictive diet. It can be difficult to stick to the diet for 12 weeks, and it may not be suitable for everyone. If you are considering trying the Dolce Diet, it is important to talk to your doctor first.

Pros and Cons of the Dolce Diet

Pros:

- Can help you lose weight and build muscle

- Easy to follow
- Includes a supplement regimen

Cons:

- Very restrictive
- Can be difficult to stick to
- May not be suitable for everyone

Is the Dolce Diet Right for You?

The Dolce Diet is a very restrictive diet that can be difficult to stick to. If you are considering trying the Dolce Diet, it is important to talk to your doctor first. The diet may not be suitable for everyone, and it is important to make sure that it is right for you before you start.



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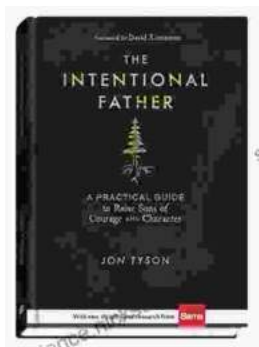
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