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Thu, 15 Sep 2016 23:58:00 GMT - Slow Carb Diet in The 4 hour body by Tim Ferriss might be worth a look too, both Dolce and Ferriss have been on the JRE and Ferriss came across as someone who knows way more about nutrition.

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Mon, 13 Aug 2018 06:43:00 GMT - I lost over 170lbs on The Dolce Diet. This is a new life that I've grown into with the help of Mike Dolce and his Dolce Diet program. This is a new life that I've grown into with the help of Mike Dolce and his Dolce Diet program.

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well. With a little bit of research and some discipline you can find better, life long options. With a little bit of research and some discipline you can find better, life long options.

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Sun, 12 Aug 2018 12:07:00 GMT - With their built-in online tools, the folks at The Dolce Diet are there to help you track your progress, with a balanced and effective approach to health and fitness. What You Can Expect Each Week on 3 Weeks to Shredded. Week 1: Noticeable Weight Loss. During this first week, you should see noticeable weight loss.

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The Dolce Diet: Does it Actually Work? - Jiu-Jitsu Times -

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There are two mistakes one can make along the road to truth...not going all the way, and not starting.