



Developed by Mike Dolce, a renowned fitness expert, the Dolce Diet is your key to achieving sustainable weight loss and muscle gain. With Mike's expert guidance, you'll unlock the secrets to a healthier, fitter you, and embark on a transformative journey towards your fitness goals.

Get ready to discover the path to a better you with this comprehensive program brought by Total Shape.



## **Week 1-4: Laying the Groundwork**

### **Week 1: Nutrition Fundamentals**

- **Understanding Macronutrients:** Learn about proteins, carbohydrates, and fats, and their roles in your diet. Focus on whole foods like lean meats, whole grains, and fresh vegetables.
- **Hydration:** Emphasize the importance of water in your diet. Aim for at least 8 glasses a day.

### **Week 2: Introduction to Exercise**

- **Basic Bodyweight Exercises:** Start with simple exercises like squats, push-ups, and planks. Aim for short sessions that you can gradually increase.
- **Consistency Over Intensity:** Focus on establishing a routine rather than intensity.

### **Week 3: Building Healthy Habits**

- **Meal Planning:** Start planning your meals. Include a variety of nutrients in your diet.
- **Increasing Exercise Duration:** Slowly increase the duration of your workouts while maintaining proper form.

### **Week 4: Evaluating Progress**

- **Self-Assessment:** Reflect on your progress, both in terms of diet and exercise.
- **Adjustments:** Make necessary adjustments to your diet and exercise plan based on your assessment.

## **Week 5-8: Stepping Up the Pace**

### **Week 5: Advanced Nutrition**

- Complex Carbohydrates and Lean Proteins: Introduce more complex carbs and varied protein sources into your diet.
- Understanding Micronutrients: Learn about the importance of vitamins and minerals.

## **Week 6: Intensifying Workouts**

- Introduction to Weights: If possible, start incorporating light weights into your routine.
- Cardiovascular Health: Include short sessions of cardiovascular exercises like jogging or cycling.

## **Week 7: Diet Refinement**

- Balancing Macronutrients: Focus on balancing your intake of proteins, carbs, and fats.
- Mindful Eating: Practice mindful eating to improve your relationship with food.

## **Week 8: Building Strength and Endurance**

- Progressive Overload: Gradually increase the intensity of your workouts.
- Endurance Training: Incorporate exercises that improve your endurance, like longer jogging sessions.

## **Week 9-12: Final Push and Preparing for the Future**

### **Week 9: Mastering Diet Techniques**

- Advanced Meal Planning: Plan your meals more intricately, focusing on nutrient timing around workouts.
- Hydration and Electrolytes: Understand the role of electrolytes and continue focusing on hydration.

## **Week 10: Peak Physical Training**

- High-Intensity Interval Training (HIIT): Introduce HIIT for improved fat burning and endurance.
- Strength Training: Focus on compound movements like deadlifts, bench presses, and squats.

## **Week 11: Lifestyle Integration**

- Sustainable Eating Habits: Ensure your diet is something you can maintain long-term.
- Balancing Exercise with Life: Find a workout routine that fits into your daily life.

## **Week 12: Looking Ahead**

- Long-Term Goals: Set goals beyond the 12-week program.
- Maintenance Plan: Develop a plan to maintain your achievements and continue progressing.

## **Conclusion: Embracing a New Lifestyle**

The Dolce Diet 12-Week Program empowers you with the skills needed to make lasting changes in your life. Beyond the immediate benefits of improved nutrition and fitness, this program instills habits that will serve you well for years to come. With the knowledge acquired, you'll be equipped to make informed choices about what you eat, how you exercise, and how you prioritize your well-being.

In the end, it's not just a 12-week transformation; it's the beginning of a lifelong journey towards a healthier, more fulfilling lifestyle, thanks to the guidance of Total Shape.