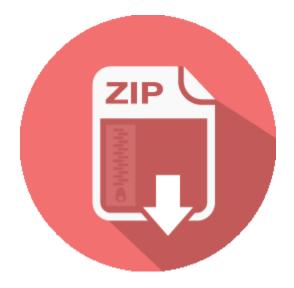
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#### The Real Meal Revolution by Tim Noakes

A scientist, a nutritionist, and two chef-athletes - the crack squad behind Real Meal revolution have walked or in some cases run the hard yards through the gauntlets of nutritional science and self-experimentation.

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#### **Recipes Real Meal Revolution**

For the latest Real Meal Revolution news, Banting recipes, informative articles and much more sent straight to your inbox, subscribe below! Welcome to the Real Meal Revolution! This site will introduce you to the low-carb

high-fat dietary concept of Banting (colloquially known as the Tim Noakes diet), and guide you through every facet of this life-changing health movement.

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#### The Real Meal Revolution Quivertree Publications

Part myth-busting scientific thriller, part mouthwatering cookbook, the goal of The Real Meal Revolution is to change your life by teaching you how to take charge of your weight and your health through the way you eat. http://ebookslibrary.club/The-Real-Meal-Revolution---Quivertree-Publications.pdf

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The Real Meal Revolution. 83,808 likes 174 talking about this. This is the Real Meal newsroom, for all your Banting news, updates, tips and recipes!

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# The Real Meal Revolution Video The Argus Report

Eating a low-fat diet that is high in carbohydrates will not prevent you from having a heart attack. In fact you are less likely to suffer from heart disease if you eat lots of fat provided it is the right type of fat.

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