

## REAL MEAL REVOLUTION



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Real Meal Revolution combines award winning recipes and meal plans, awesome tracking and planning tech tools, customised support offerings, expert advice and the Keto / Low-Carb philosophy to bring you a mobile friendly, fun, engaging and easy to follow online weight loss and healthy eating program.

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The Real Meal Revolution offers a return to the way human beings are supposed to eat: a low-carbohydrate, high-fat and no-sugar diet. The work of a scientist, a nutritionist and a phenomenal chef, it turns their extensive research and experience into a definitive eating guide and cookbook, packed with simple, delicious and beautifully photographed recipes, that will radically transform your health.

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And that's not all, Jonno Proudfoot's latest cookbook Real Meal Revolution Low Carb Cooking has 4 more exciting okra recipes, along with 295 other low carb, sugar free, gluten free recipes. It launched yesterday.

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### **Real Meal Revolution real meals Twitter**

The latest Tweets from Real Meal Revolution (@real\_meals). The Official Home of the Banting Diet and Raising Superheroes. Reversing the obesity epidemic, one meal at a time. The World The Official Home of the Banting Diet and Raising Superheroes.

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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.

<http://ebookslibrary.club/Recipes-Real-Meal-Revolution.pdf>

### **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>

### **The Real Meal Revolution Home Facebook**

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.

<http://ebookslibrary.club/The-Real-Meal-Revolution--Video--The-Argus-Report.pdf>

### **The Real Meal Revolution YouTube**

Join the Real Meal Revolution as we discuss LCHF, look at tips and tricks and teach you how to cook!

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