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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 The Radical Sustainable

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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bol com The Real Meal Revolution ebook Professor Tim

The Real Meal Revolution beschrijft op een leuke manier hoe je met zo min mogelijk koolhydraten en suikers, en veel vetten en groente gezond kan eten. Ook staat het boordevol handige tips en lekkere recepten om het nieuwe eetpatroon meteen te proberen.

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Welcome to Real Meal Revolution's YouTube Chanel! Here we keep you updated with the latest news and products all whilst teaching you how to cook, delicious, real food!

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Over the past few months, Hello Doctor has been following Tim Noakes and the Real Meal Revolution closely. So closely in fact, that our very own CEO, Andy Milne, has been on the specialised eating plan for over 2 months now with interesting results.

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