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Written, with thanks by Jonno Proudfoot

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In this book, Tim unleashes the science

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behind the research and studies he has been conducting since the inception of this 'bee in his bonnet'. Jonno Proudfoot (Author) JONNO PROUDFOOT (the Chef) trained and worked in a five-times Top Ten-rated restaurant early in his career, later moving through a variety of food and wine establishments before finding his passion in Paleo and LCHF cookery.

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take control of not just your weight, but your overall health, too - through what you eat.

The Real Meal Revolution : Professor Tim Noakes ...

He has run more than 70 marathons and ultramarathons, and is the author of several books on exercise and diet. He is

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known for his work in sports science and for his support of a low-carbohydrate, high-fat (LCHF) diet, as set out in his books *The Real Meal Revolution* and *Lore of Nutrition: Challenging Conventional Dietary Beliefs*

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The Real Meal Revolution Online Program uses the Banting Diet to make low-carb simple, effective and delicious with the best meal plans and recipes around. The Program Momentum Multiply

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This is a summary of my review of the book “The Real Meal Revolution” by Tim Noakes et al Use the links below to go to the detailed reviews This book is a marketing tool, it is not a book with any other credibility. I was expecting something a lot different from a “man of science”.

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In this book, Tim unleashes the science behind the research and studies he has been conducting since the inception of

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this 'bee in his bonnet'. JONNO PROUDFOOT is the CEO of Real Meal Revolution and bestselling author of The Real Meal Revolution, Super Food for Superchildren and The Real Meal Revolution 2.0, total sales of which exceed 400,000 copies.

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The Real Meal Revolution. 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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