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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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At the Real Meal Revolution, we believe our minds are one of the most powerful tools we can use to achieve our goals. Weight loss is a goal, just like any other. In these workshops, Jonno explains that the reason and the way one sets a goal can be the difference between failing or achieving it.

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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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The Real Meal Revolution The Radical Sustainable Approach

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