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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.

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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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