



The Real Meal Revolution

**PROF TIM NOAKES · SALLY-ANN CREED
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Part myth-busting scientific thriller, part mouth-watering cookbook, the goal of 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.

About the Authors



A scientist, a nutritionist, and two chef-athletes – the crack squad behind The Real Meal Revolution have walked or in some cases run the hard yards through the gauntlets of nutritional science and self-experimentation. The revelatory stance and the mouth-watering recipes in this book is the result of their experience combined with overwhelming scientific evidence.

Sales Points

- More energy
- Less (or no) cravings
- No hunger
- Weight loss
- Much better health in every aspect
- Better blood glucose and insulin readings
- Enhanced athletic performance
- Increased mental focus
- Better sleeping habits

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