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Raising Superheroes, the follow-up title to The Real Meal Revolution, is a "cereal food" cookbook that provides parents with scientifically supported nutrition advice and delicious recipes to raise the healthiest, brightest kids possible.

Banting Books - Lifestyle & Health | Real Meal Revolution

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Real Meal Revolution Raising Superheroes

The Real Meal Revolution 2.0 is for you. www.realmealrevolution.com. See also: About Jonno Proudfoot. JONNO PROUDFOOT is a food expert, entrepreneur and adventurer, and the driving force behind the Real Meal Revolution (RMR) brand. He conceptualised and co-authored the bestseller The Real Meal Revolution and Raising

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And that continues to be the goal of our eating revolution.â€• The stated aims of the â€œReal meal revolutionâ€• and â€œRaising Superheroesâ€• point to a broad public health approach. However, the guidelines and advice, as well as recipes provided do not take into consideration the public health problems and issues of SA, and specifically those related to infant and young child nutrition.

Raising Superheroes â€“ Book Review* | NutritionConfidence Blog

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Real Meal Revolution: Raising Superheroes by Tim Noakes

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