

Real Meal Revolution



Has good marketing of bad food left you powerless with excess weight and chronic ill health?

Join the Real Meal Revolution's Online Banting/Keto Course, a real food health intervention that will empower you to burn fat, rejuvenate your health and take back your power.

Using state-of-the-art technology, daily email instructions and weekly interactive online workshops, Real Meal Revolution will hold your hand through South Africa's most revolutionary weight loss and health transformation lifestyle program.

How does the Real Meal Revolution Online Banting/Keto Course work?

The diet is designed to switch your body in ketosis, a state in which your body burns your own body fat for fuel. The benefit of this state is that you lose weight really fast, with limited hunger, increased energy, and all while many of your other metabolic health markers improve.

And, even though exercise is good, weight loss on this plan does not require any exercise.

The Real Meal Revolution Online Course teaches you how to shop, prep and get started on the Banting/Keto diet, while teaching you the science and psychology behind successful weight loss and lifestyle transformations.

Buying the course also gets you a free three month trial to the RMR Web App, a resource of more than 600 keto/Banting recipes, meal plans, videos, weight and meal tracking tools and more.

Unlike any other online keto program, The Real Meal Revolution Online Course also offers weekly dietitian education sessions, coaching workshops and eating psychology workshops at no additional cost for all members. The entire Real Meal Revolution Program is delivered online, so you can join from anywhere in South Africa (and the world).

All Multiply members can save 20% on the course fee!

Starter

All Multiply members get a 20% discount on the three month Real Meal Revolution Online Course which normally costs R1 500. To continue on the programme after the three month course will cost R200 per month.

Provider

All Multiply members get a 20% discount on the three month Real Meal Revolution Online Course which normally costs R1 500. To continue on the programme after the three month course will cost R200 per month.

Level 1

Level 2

Level 3

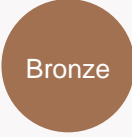
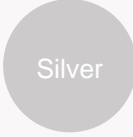



Fixed Discount

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Fixed Discount	20%	20%	20%	20%	20%

How do I get it?

How to get it:

[Click here to sign up to Real Meal Revolution right away.](#)
If you want to know more before signing up, [click here to download the information pack.](#)
Select the Multiply Member option and enter your ID or passport number.
Using the benefit:

The benefit is available to main members, partners and adult dependants on Multiply Premier, Multiply Provider and Multiply Starter.
Standard Real Meal Revolution Ts & Cs apply.
[Click here for Multiply Ts & Cs.](#)