

Read PDF The
Hairy Dieters: How
To Love Food And
Lose Weight

The Hairy Dieters: How To Love Food And Lose Weight

*The Hairy Dieters:
Fast Food* Weidenfeld
& Nicolson

With their zest for

Page 1/140

Read PDF The
Hairy Dieters: How
To Love Food And
Lose Weight

both adventure and food and their laugh-out-loud capacity for fun, the Hairy Bikers make a very entertaining pair, travelling on their motorbikes to the ends of the earth in search of great meals to bring home to their friends. The journeys are exciting, the locations and

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To Love Food And
people are

*fascinating and the
food is delicious and
unpredictable - often
caught by the boys
and then prepared
and cooked by the
side of a river, on a
boat or on the beach.
Funny, endearing
and down-to-earth,
they will very easily
find a place in the
nation's hearts.*

Read PDF The
Hairy Dieters: How
To Love Food And
Lose Weight

With their irrepressible enthusiasm for great food, Si King and Dave Myers, AKA the Hairy Bikers, travel the length and breadth of Europe to discover the best baking recipes from the Continent. From Norway to Southern Spain, the boys eat their way across ten

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Lose Weight

countries, making friends and swapping recipes along the way. They discover the ultimate Black Forest Gateau in Germany, the most incredible pastries in Southern France and cook cakes that will tickle the tastebuds of all home bakers. This is a welcome return of the Hairy

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To Love Food And
Bakers. These
Loss Weight

*recipes will delight
and will bring a
freshness to all home
baking.*

**THE NO.1 SUNDAY
TIMES**

BESTSELLER. *The
bestselling, big-
hearted and down-to-
earth chefs, The
Hairy Bikers, return
with 80 of their very
best Dieter recipes.*

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To Love Food And
Lose Weight

Contains previously published recipes - brought together in a collection that's designed to help tackle type 2 diabetes for the first time. In this smaller-format black-and-white paperback, first of a new healthy eating series, the Hairy Bikers prove that you can still eat

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Hairy Dieters: How
To Love Food And
Lose Weight

*your favourite foods
while staying healthy
and losing weight.*

*With their delicious,
low-cal versions of
traditional classics
and family*

*favourites, the Bikers
take the deprivation
out of restrictive
diets and are here to
help you shift the
pounds. This book is
full of information to*

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To Love Food And
Lose Weight

digest and dieting hits to enjoy. The Bikers also share their own personal stories of their battles against type 2 diabetes, and hope to inspire readers as they start their own weight loss journey. Whether you've been struggling with type 2 diabetes for years or have recently

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Hairy Dieters: How
To Love Food And

*been diagnosed,
there's no better
time to take action
and make a change.*

*'The Hairy Bikers
continue their
mission to bring
sunshine and variety
to the notion of 'diet'.
People need to eat
food. People with
type 2 diabetes also
need to eat food. In
this book Si and*

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Lose Weight

Dave apply their magic to square health needs with varied, enjoyable eating. If you are looking for new and interesting ways to eat, then this book is for you.' Professor Roy Taylor, bestselling author of *Life Without Diabetes.*

Mums Still Know

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To Love Food And
Best

*The Hairy Bikers' Big
Book of Baking
Fabulous Festive
Recipes to Feed Your
Family and Friends
Blood, Sweat and
Tyres*

*The Ultimate Pie
Bible from the Kings
of Pies*

*The Hairy Bikers'
Cookbook*

This TV tie-in
Page 12/140

Read PDF The
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To Love Food And
Lose Weight
cookbook to THE
HAIRY BIKERS'

ASIAN

ADVENTURE BBC
series, airing in
2014, follows the
boys' dream trip -
a journey through
Asia to discover
the secrets of
some of the
world's most

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Lose Weight

inspiring cuisines.
The boys travelled
to Hong Kong,
Japan, Thailand
and Korea,
sampling and
preparing every
kind of food they
could lay their
hands on - from
great home
cooking to

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Lose Weight

sensational street
snacks. Along the
way they've
learned loads
about their
favourite food, as
well as honing
their Asian
cooking skills, and
now they've
brought home the
very best recipes

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To Love Food And
Lose Weight

for us all to try. Si and Dave are truly passionate about these amazing recipes. These dishes are their favourites; they are speedy, easy to make and packed with flavour. What's more, many are

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Lose Weight

nice and healthy
too, so won't bust
the diet! So, it's
time to rock your
wok and join the
boys on their
culinary Asian
adventure...

Who doesn't love
a curry? Whether
it's a take-away
korma at your

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Lose Weight

kitchen table or a
lamb biryani at
your local Indian
restaurant, a curry
is everyone's
favourite Friday
night supper. But
curry is so much
more. A proper
curry can be an
exquisitely
fragrant dish, with

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To Love Food And
Lose Weight

delicate flavours
that surprise and
titillate your taste
buds, and the
Hairy Bikers,
bestselling
authors and BBC
presenters, are
here to show you
how to make the
most delicious,
authentic curries

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Lose Weight

you've ever tasted
in your own

kitchen. In this
book, Si and Dave
have put together
loads of brand-
new recipes from
around the world -
from simple
dishes for a quick
midweek taste
treat to fantastic

Read PDF The
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Lose Weight

feasts for a
weekend

celebration. Their
recipes are the
real deal, using
great techniques
and secrets
they've discovered
on their travels in
Asia as well as
years of cooking
curries

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themselves. You'll find all the recipes and tips you need to make some mouth-watering meals, with everything from starters to pickles and chutneys. This is the one-stop shop for the best curries you've ever

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Lose Weight

tasted - fresh, full
of flavour and
fantastic. These
are curries for the
21st century.

There's something
about the smell of
meat cooking that
signals a feast - it's
savoury,
comforting and
tempting. A steak

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Lose Weight

on the grill, a roast
in the oven, a
casserole
bubbling: they
make your mouth
water. Si King and
Dave Myers, aka
the Hairy Bikers,
have always been
passionate about
meat, and this
bible is an

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Lose Weight

unadulterated
celebration of the
fine produce we
have available
today. MEAT
FEASTS includes
all their favourite
recipes and some
new surprises.

There are family
classics, spicy
treats, perfect pies

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To Love Food And
Lose Weight
and delicious
zingy salads. Si
and Dave love
their veggies too,
and MEAT FEASTS
features some of
the very best veg
recipes to
showcase a
Sunday joint or
make a little meat
of a very long way.

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To Love Food And
Lose Weight

A meaty modern
classic, MEAT

FEASTS is your
one-stop meat
cookbook!

The bestselling,
big-hearted and
down-to-earth
chefs, The Hairy
Bikers, return with
80 delicious
vegetarian recipes

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To Love Food And
Lose Weight

to make losing
weight and eating
less meat even
easier. In their
multi-million
selling HAIRY
DIETERS series,
the Hairy Bikers
proved that you
can eat your
favourite foods
and still lose

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Lose Weight

weight. Jam-packed full of delicious, low-cal versions of traditional classics and family favourites, they have taken the deprivation out of dieting and helped millions shift the pounds.

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To Love Food And
Lose Weight

Following on from
THE HAIRY

DIETERS, THE

HAIRY DIETERS

EAT FOR LIFE, THE

HAIRY DIETERS

GOOD EATING and

THE HAIRY

DIETERS: FAST

FOOD, THE HAIRY

DIETERS GO

VEGGIE, shows

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To Love Food And
Lose Weight

that going
vegetarian can be
just as easy as
going low-cal.
Whether you want
to cut out meat
entirely, cut down,
or just incorporate
some more meat-
free dishes into
your diet, the
book is full of

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To Love Food And
Lose Weight

simple and easy-
to-follow recipes
for tasty veggie
meals and snacks,
from Lancashire
Hot Pot to Veggie
Sausages. Si King
and Dave Myers,
aka the Hairy
Bikers, have been
entertaining and
feeding Britain

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To Love Food And
Lose Weight

with their unique blend of delicious recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold over 3 million copies in the UK, and their fifth

Read PDF The Hairy Dieters: How To Love Food And Lose Weight

book is set to make healthy eating even easier. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved

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Lose Weight

about food.

Over 100 delicious
vegetarian and
vegan recipes, full
of flavour and
meat free!

Economy

Gastronomy

The Hairy Dieters'

Simple Healthy

Food

The Hairy Bikers'

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To Love Food And
Lose Weight

Chicken & Egg
80 Tasty Recipes
to Lose Weight
and Stay Healthy
The Hairy Dieters
Make It Easy

***This is the
definitive Pie Bible
from the Kings of
Pie, The Hairy
Bikers. In their
culinary***

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To Love Food And
Lose Weight

***homecoming, Si
and Dave celebrate
a dish close to
their hearts. This
beautifully
illustrated
cookbook brings
together the Great
British classic in
150 brand-new
recipes. Featuring
an extraordinary
range of pies -***

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Lose Weight

***from the sweet and
savoury, deep and
small, and to the
pies that are
puddings - The
Hairy Bikers will
inspire you to cook
and share the
mighty dish with
the ones you love.
With top tips on
pastry, the failsafe
methods, the***

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Lose Weight

***secrets and the
cheats, the boys
will teach you how
to choose the right
type of pastry and
filling for any
occasion. Learn
the rules of pastry
making and how to
add the right
pickles, relishes
and sauces to
make your pie an***

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unforgettable dish.

*And of course,
how to make the
most of those little
left over bits and
turn them into
delicious cheese
straws, jam tarts
and turnovers.
This is a heart-
warming, delicious
and nostalgic
recipe book that*

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Lose Weight

*can be enjoyed by
families, friends
and fans of the
nation's favourite
dish.*

**BAKE EVERY DAY
THE BIKERS' WAY**

*For the Hairy
Bikers, nothing
says love and
home like the
smell of a cake in
the oven, a*

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To Love Food And
Lose Weight

***homemade loaf or
a freshly baked
pie. Here, in this
ultimate collection
of bakes from the
nation's favourite
cooking duo, you
will find everything
from home-made
beef slices to
cheese, onion &
potato pie, lime &
coconut drizzle***

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To Love Food And
cake to
billionaires'

*shortbread, the
ultimate Victoria
sponge to an epic
cheese & chorizo
share & tear bread.
There are the
classic bakes the
Bikers have loved
since childhood,
plus mouth-
watering new*

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Lose Weight

***creations to
discover, and as
always each recipe
is packed with
flavour and triple-
tested. Si and
Dave know that
baking is all about
getting the basics
right, so along
with their favourite
recipes, they will
also be sharing***

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Lose Weight

***plenty of tips and
tricks to build your
baking confidence
and expertise. This
really is a baking
bible and the only
one you need on
your shelf. So
what are you
waiting for? Let's
get baking the
Hairy Bikers' way!
Make this year's***

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Lose Weight

***Christmas dinner
your most relaxed
ever with Hairy
Bikers Si King and
Dave Myers. With
their enthusiasm
for great food and
all things festive,
Si and Dave have
created the
definitive
Christmas
cookbook. They***

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Lose Weight

combine foolproof versions of the nation's favourite Christmas dishes with new and inventive festive recipes.

The Hairy Bikers are on their bikes again, searching out the very best recipes from around the world.

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Lose Weight

***This time, they're
discovering the
most delicious
food from our
favourite
Mediterranean
countries.***

***Including recipes
from the prime
time BBC Two
cookery series,
THE HAIRY
BIKERS'***

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Lose Weight

**MEDITERRANEAN
ADVENTURE**

*celebrates the
culinary delights
of France, Spain
and Italy. With
more of us
understanding the
health benefits of a
Med diet, these
hearty and healthy
dishes are a taste
of the very best*

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holiday memories.

*Fresh, classic,
easy and seasonal,
enjoy your
favourite Med
recipes with the
nation's favourite
cooking duo!*

*Hairy Bikers' 12
Days of Christmas
The Hairy Bikers'
Everyday Winners
The Hairy Bikers'*

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To Love Food And
**Mediterranean
Adventure**

**The Hairy Bikers
Blood, Sweat and
Tyres**

**The Hairy Bikers'
Veggie Feasts**

Eat, cook and enjoy
the best of our
counties' traditional
food with the Hairy
Bikers Great Food

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To Love Food And
Tour of Britain ...

The Sunday Times
Bestseller A wonder
of a recipe collection
celebrating the simple
joys of one pot
cooking Life is
complicated enough
so why not let Si King
and Dave Myers, AKA
the Hairy Bikers,
make it just that bit
easier? Whether it's
inspiration for supper

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after a hard day's work or a slow roast feast for a weekend gathering, One Pot Wonders has it all. From rich and warming tray bakes to light but satisfying salads, these triple-tested recipes deliver on flavour and cut out the fuss. This is Si and Dave's most wonderful collection

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yet, with chapters on
breakfasts and
brunches, soups and
salads, satisfying
stews, quick one pot
carbs, tarts and tray
bakes, stovetop
suppers, pies and pot
roasts, and puds and
cakes - this collection
is a belter! Enjoy
savoury classics like
Sausage and Bean
tray bake and

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To Love Food And
Lose Weight

Showstopper Quiche,
or the sweet delights
of Rhubarb and
Orange Crumble and
Boozy Syllabub Trifle,
there's so much here
to tickle the taste
buds and get your
cooking mojo back
into the kitchen. So
dial back the effort
and turn up the
flavour with the boys'
One Pot Wonders!

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The Hairy Bikers are back, bringing you more fabulous recipes and advice on how to lose weight, keep it off and keep enjoying food.

Learn how to eat better and spend less with deliciously easy recipes 'Delicious, thrifty, inspiring' GUARDIAN Featuring over 100 mouth-

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To Love Food And
Lose Weight

watering recipes and practical tips, Economy Gastronomy will help you to cook simple, better food, and along the way save you a lot of money _____ With this essential cookery companion, you will learn how to . . . - Get two, or even three, meals out of one basic ingredient -

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Turn leftovers into new and exciting dishes - Stock your cupboards so there's always a meal in the house - Shop seasonally, freeze and store food - Plan your meals and shrink your food bills With breakfasts, lunch, dinner, snack and treat ideas, you'll be making luxurious

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meals without spending a fortune or discarding surplus food in no time.

Recipes include: - Caramelised onion and Cheshire cheese tart - Onion bhajis, tarka dahl and almond rice - Spinach, ham and ricotta gnocchi - Chinese-style crispy duck Filled with money-saving hacks

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and no-nonsense
recipes, Economy
Gastronomy will teach
you how to use and
spend less, without
scrimping on flavour.
80 delicious & filling
recipes to get your
health back on track

The Hairy Bikers'
Food Tour of Britain
The Hairy Bikers'
Meat Feasts

The Hairy Bikers'

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Bakation

The Hairy Bikers'

Mediterranean

Adventure (TV tie-in)

Over 100 Amazing

Recipes from the

Kitchens of Asia to

Cook at Home

A sensational savoury

celebration of our

favourite bird with

show-stopping puds,

desserts and cakes

made with the humble

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Lose Weight

**egg! Full to the brim
with new ideas, family
favourites and modern
classics, this is the
ultimate collection of
fantastic chicken and
egg recipes . . . Si King
and Dave Myers love
chicken. They also love
eggs. In this, their
biggest and best
cookbook yet, the
Hairy Bikers celebrate
these most humble yet**

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Lose Weight

**versatile of
ingredients. What
comes first? It's up to
you. There are chicken
soups and salads, eggy
specials, an ultimate
roasts section, smoky
grills and hearty pies,
everyday pasta and
rice suppers,
sensational spiced
dishes and lots of ideas
for making a little
chicken go a long way.**

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Lose Weight

And to finish, there are irresistible puddings and cakes to peck at! Travelling the world to discover the very best chicken and egg recipes, Si and Dave have done it again. Chicken and Egg is a magnificent celebration of good food.

**Si King and Dave
Myers, AKA the Hairy**

Page 64/140

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To Love Food And
Lose Weight

Bikers have travelled an interesting road. Born in the north of England, both had their childhood challenges. Si was bullied as the fat kid in class while Dave was a childhood carer for his mother. But through the challenges of their early years came a love of really good food. And it was

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Lose Weight

**food that brought Si
and Dave together
when they met on the
set of a Catherine
Cookson drama. From
deserts to desserts,
potholes to pot roasts,
the nation's favourite
cooking duo take you
on the ride of their
lives!**

**The Hairy Bikers are
on their bikes again,
searching out the very**

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Lose Weight

**best recipes from
around the world. This
time, they're
discovering the most
delicious food from
our favourite
Mediterranean
countries. Including
recipes from their
prime time BBC Two
cookery show, THE
HAIRY BIKERS'
MEDITERRANEAN
ADVENTURE**

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Lose Weight

**celebrates the culinary
delights of France,**

**Spain and Italy. With
more of us**

**understanding the
health benefits of a**

**Med diet, these hearty
and healthy dishes are
a taste of the very best
holiday memories.**

**Fresh, classic, easy and
seasonal, enjoy our
favourite Med recipes
with the nation's**

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Lose Weight
favourite cooking duo!
'Fabulous' DAILY

MAIL In this brand-
new collection of the
finest classic recipes,
Si King and Dave
Myers, AKA the Hairy
Bikers, celebrate the
riches and delights of
great home cooking.
Always triple-tested,
always full of flavour,
Si and Dave's recipes
are everything we love

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about great food.

From savoury classics
such as the perfect
prawn cocktail, homely
homity pie, rich
Lancashire hotpot and
herb-stuffed shoulder
of lamb, to sweet
crowd-pleasing puds
like jam roly poly and
deep-filled lemon
meringue pie, there
are recipe favourites
on every page. With

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**chapters on soups and
salads, family suppers,
classic comfort food,
Sunday dinners, BBQ
and picnics, tea time
and puddings - this
collection caters for
all. It also has a
fantastic Christmas
section on classic
festive feasts with all-
new Biker twists. So,
be inspired to cook the
very best of the Bikers**

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**in this new collection
of their favourite
recipes and ever-
popular modern
British classics.**

Eat for Life

**How to Love Food and
Lose Weight**

**Hairy Bikers 12 Days
of Christmas Signed**

**The Hairy Bikers Eat
to Beat Type 2**

Diabetes

With Over 120

Page 72/140

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Lose Weight
**Delicious Recipes - A
Meaty Modern Classic**

**The Hairy Bikers'
British Classics**

***'The Hairy Bikers are
back with a fresh set
of dishes that are
full of flavour but
low in calories.'***

***DAILY MAIL 'Make
delicious, healthy
dishes with Si and
Dave.'*** ***BELLA 'A
must-have book'***

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CHOICE Following on from their multi-million selling diet books, ***THE HAIRY DIETERS*** and ***THE HAIRY DIETERS: EAT FOR LIFE***, the ***Hairy Bikers*** share more delicious low-calorie recipes and easy-to-follow advice. ***Si King and Dave Myers, aka the Hairy Bikers, have***

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Lose Weight

***been entertaining
and feeding Britain
with their unique
blend of tasty
recipes, cheeky
humour and
motorbike
enthusiasm for
years now. The
Hairy Dieters books
have sold nearly 2
million copies in the
UK and their third
diet book provides***

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To Love Food And
even more low-cal
Lose Weight

family favourites. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

Following on from their No. 1

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Lose Weight

**bestselling diet
book, THE HAIRY
DIETERS, the Hairy
Bikers share more
delicious low-calorie
recipes and easy-to-
follow advice. Si
King and Dave
Myers, aka the Hairy
Bikers, have been
entertaining and
feeding Britain with
their unique blend of
tasty recipes,**

Read PDF The
Hairy Dieters: How
To Love Food And
*cheeky humour and
motorbike*

*enthusiasm for
years now. THE
HAIRY DIETERS has
sold over 1.2 million
copies in the UK and
this, their second
diet book, delivers
even more low-cal
family favourites.
Packed with 80
delicious low-calorie
recipes, tips, and*

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techniques to learn, this collection of diet recipes is the Hairy Bikers at their best. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

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Loss Weight

**THE FANTASTIC
NEW SUNDAY**

TIMES

**BESTSELLER. Big
flavours. Good
ingredients.**

**Uncomplicated food.
That's what Si King
and Dave Myers,
AKA the Hairy
Bikers, are known
and loved for. Now
the kings of comfort,
and nation's**

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Lose Weight

favourite cooking duo, bring you everyday cooking at its best. For this book, Si and Dave have conducted a survey to ask you, their fans, what you all love to eat at home. You answered in your thousands, sharing so many great ideas for go-to dinners,

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Lose Weight

***puddings and
bakes. Inspired by
these, the Bikers
have created 100
new tripled-tested
recipes for easy and
delicious ways to
elevate these
everyday family
favourites into taste
sensations. From
hearty roasts to
mouth-watering
curries, speedy stir-***

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fries to easy-to-cook pastas and pies, and irresistible puds and bakes, EVERYDAY WINNERS is packed full of ideas to make every meal memorable. Enjoy mega-satisfying recipes include Chicken Kiev Pasta Bake, Tex Mex Beef Chilli, Sausage Risotto and Lamb

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Kofta Vindaloo, or tempting puds like Pineapple & Rum Sticky Toffee Pudding and Cherry & Dark Chocolate Cheesecake. With each dish bursting with the Hairy Bikers' trademark big flavours, these are just some of the many tasty delights in this cracking new

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cookbook. It's time to mix things up in the kitchen, so get stuck in and add a little Bikers' magic to your cooking - whatever day it is! The nations favourite food heroes, aka the Hairy Dieters, are back to show you that losing weight and staying healthy

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***doesn't mean losing
out on taste and
enjoyment. With
more than 75 great
new recipes, Si and
Dave prove that
healthy food can be
delicious food and
also easy,
accessible and
affordable. With the
abundance of health
and nutrition
information being***

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published, it can be hard to keep up with what's good for you and what's not; what the latest advice is on low-fat products; or what you need to know about gut health or high fibre diets. As consumers, we are constantly bombarded by conflicting

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**messages about
what to eat and**

**when - and
unsurprisingly this
can become
overwhelming.**

**Lose weight and
keep it off the easy
way**

**How to Love Food,
Lose Weight and
Keep it Off for Good!
The Hairy Bikers'
One Pot Wonders**

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Lose Weight

***The Hairy Bikers'
Asian Adventure***

***The Hairy Dieters:
Good Eating***

***The Hairy Bikers
Ride Again***

Dave and Si are
back carving up
the roads of the
world on their
motorbikes in
search of
adventurous food
and foodie

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Their first book
was a top-five
bestseller and
book two
delivers more of
the same: more
laid-back,
interesting
food, more
travel tales and
fascinating
stories, more
humour and lots

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more fun. Their infectious enthusiasm and natural charm makes them a joy to watch and their delicious, relaxed food is a pleasure to cook and eat. The Hairy Bikers are hungry for more . . . 'The Hairy Bikers'

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Cookbook is not
so much a breath
of fresh air as
who left the
bleeding door
open . . . ?'

Guardian

The Hairy
Bikers, Si King
& Dave Myers,
just can not get
enough of
Britain.s mums
and their

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delicious
cooking. So they
have toured the
country again to
discover brand
new recipes and
create their own
fresh takes on
cooking
classics.

THE IRRESISTIBLE
NEW SUNDAY TIMES
BESTSELLER. At
last, vegetarian

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and vegan food
Bikers' style!

In this brand-
new collection
of down-to-earth
yet satisfying
meat-free
dishes, Si and
Dave have
gathered
together their
most hearty and
warming comfort
food . . .

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that just happen
to be

vegetarian!

Triple tested,

with maximum

taste and

minimum fuss,

these recipes

are simply epic.

Si and Dave have

been on a

mission. They've

travelled the

world to

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discover the
very best meat-
free recipes
that shake off
the dull and add
the delicious.
There's no meaty
sacrifice here,
just fantastic
food. From the
ultimate veggie
curries to the
perfect crowd-
pleasing tray

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bakes,

satisfying

soups, pastas

and pies to a

veggie twist on

burgers,

barbecues and a

banging

breakfast

brunch, The

Hairy Bikers'

Veggie Feasts is

bursting with

meat-free

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delights you'll
turn to time and
time again, all
made with
ingredients that
can be bought
easily and won't
cost the earth.
With savoury
favourites like
Chilli Bean Bake
and Indian
Shepherd's Pie,
snacks including

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Pickled Onion
Bhajis and
Cheese and
Marmite Scones,
and sweet treats
like Jammy
Dodgers and the
ultimate
Chocolate
Brownies, this
new cookbook
will be your
meat-free bible.
Si and Dave have

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made it even easier – and more delicious – to eat meat free. These recipes are a real turnip for the books ... so get cooking and enjoy.

Following on from their multi-million selling diet books, THE

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HAIRY DIETERS
and THE HAIRY
DIETERS: EAT FOR
LIFE, the Hairy
Bikers share
more delicious
low-calorie
recipes and easy-
to-follow
advice. Si King
and Dave Myers,
aka the Hairy
Bikers, have
been

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entertaining and feeding Britain with their unique blend of tasty recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold nearly 2 million copies in the UK and their third

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diet book provides even more low-cal family favourites. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent

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all that is good-
hearted and
loved about
food.

The Hairy
Bikers' Great
Curries

The Hairy
Bikers'
Brilliant Bakes
The Hairy
Bikers' Perfect
Pies

The Hairy
Page 104/140

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Dieters: Fast
Food Lose Weight

The
Autobiography
Good Eating
Si King and Dave
Myers, AKA the
Hairy Bikers have
travelled an
interesting road.
Born in the north
of England, both Si
and Dave had their

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childhood challenges. For Si, being bullied as the fat kid in class was part of his daily school routine. For Dave, his life changed when he became a childhood carer for his mother. But through the challenges of their

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early years came a love of really good food. And it was food that brought Si and Dave together. Their eyes met over a curry and a pint on the set of a Catherine Cookson drama, and they knew they would be firm

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and fast friends for
life. From deserts
to desserts,
potholes to pot
roasts, the nation's
favourite cooking
duo reveals what's
made their
friendship such a
special and lasting
one. They've eaten
their way around
the world a good

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few times, but
have never lost
sight of what
matters: great
friends, great
family and great
food. In this
heartwarming
memoir of
friendship and
hilarious
misadventure, Si
and Dave take you

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Lose Weight
on the ride of their
lives!

This TV tie-in
cookbook to THE
HAIRY BIKERS'
ASIAN
ADVENTURE BBC
series, which aired
in 2014, follows
the boys' dream
trip - a journey
through Asia to
discover the

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secrets of some of
the world's most
inspiring cuisines.
The boys travelled
to Hong Kong,
Japan, Thailand
and Korea,
sampling and
preparing every
kind of food they
could lay their
hands on - from
great home

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cooking to
sensational street
snacks. Along the
way they've
learned loads
about their
favourite food, as
well as honing
their Asian
cooking skills, and
now they've
brought home the
very best recipes

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for us all to try. Si and Dave are truly passionate about these amazing recipes. These dishes are their favourites; they are speedy, easy to make and packed with flavour. What's more, many are nice and healthy

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too, so won't bust
the diet! So, it's
time to rock your
wok and join the
boys on their
culinary Asian
adventure...

'There's nothing
quite so
comforting as a
really well-made
pie. From classic
favourites to new

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combinations, the
BBC's Hairy Bikers
have got it
covered' BBC
GOOD FOOD

'There are more
than 140 drool-
inducing recipes
bubbling out of
this book like
steaming filling
escaping through
a gap in the

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pastry...easy to
follow and
delicious'

COUNTRYFILE

This is the
definitive Pie Bible
from the Kings of
Pie, The Hairy
Bikers. In their
culinary
homecoming, Si
and Dave celebrate
a dish close to

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their hearts. This
beautifully
illustrated
cookbook brings
together the Great
British classic in
150 brand-new
recipes. Featuring
an extraordinary
range of pies -
from the sweet and
savoury, deep and
small, and to the

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pies that are puddings - The Hairy Bikers will inspire you to cook and share the mighty dish with the ones you love. With top tips on pastry, the failsafe methods, the secrets and the cheats, the boys will teach you how

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to choose the right type of pastry and filling for any occasion. Learn the rules of pastry making and how to add the right pickles, relishes and sauces to make your pie an unforgettable dish. And of course, how to make the

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most of those little
left over bits and
turn them into
delicious cheese
straws, jam tarts
and turnovers.

This is a heart-
warming, delicious
and nostalgic
recipe book that
can be enjoyed by
families, friends
and fans of the

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nation's favourite
dish.

Following on from
their multi-million
selling diet books,
THE HAIRY
DIETERS, THE
HAIRY DIETERS
EAT FOR LIFE and
THE HAIRY
DIETERS: GOOD
EATING, the Hairy
Bikers are back

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with more
delicious low-cal
recipes, that can
all be made under
30 minutes. THE
HAIRY DIETERS:
FAST FOOD is jam-
packed with tasty
recipes for
breakfast and
brunch, soups,
salads, mains and
snacks, including

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Spicy Sweetcorn
Fritters, Pasta with
Chilli Prawns,
Chicken Tagine
and Instant Sorbet
with Frozen
Berries. Si King
and Dave Myers,
aka the Hairy
Bikers, have been
entertaining and
feeding Britain
with their unique

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blend of delicious recipes, cheeky humour and motorbike enthusiasm for years now. The Hairy Dieters books have sold over 2 million copies in the UK, and their fourth book is set to make healthy

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eating even easier. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

100 simple and delicious recipes

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to fire up your
favourites!

The Hairy Bikers'
12 Days of
Christmas

The Hairy Bikers'
Best-loved
Recipes

Eat well for less
The Hairy Dieters
Eat for Life

150 easy and tasty
recipes to cook at

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home
Losing weight is hard enough, so Si and Dave have written a fantastic collection of low cal recipes that make it easier than ever to stick to and enjoy a healthier diet. With the Hairy Dieters' trademark of knock-out flavours and hearty ingredients,

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these recipes will become your kitchen regulars. They are all easy on time, washing up, shopping and your waistline! Get ready to make it easy with Si and Dave's... 15

Minute fillers - super quick recipes

Assembly jobs - no cooking Half a Dozen winners - recipes with

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six ingredients One
Pot Wonders - forget
the fuss and save on
washing-up Batch
cooking - getting
ahead, cooking in
bulk, freezing, saving
money, having quick
fixes ready to go when
you're hungry Easy
Peasy Puds - guilt-free
sweetness and
satisfaction It's time to

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lose weight, the easy way. It's worked for MILLIONS of readers, and it can work for you!

The nation's favourite food heroes, aka the Hairy Dieters, are back to show you that losing weight and staying healthy doesn't mean losing out on taste and enjoyment.

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With more than 80 great new recipes, Si and Dave prove that healthy food can be delicious food - and also easy, accessible and affordable. With the abundance of health and nutrition information being published, it can be hard to keep up with what's good for you

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and what's not; what the latest advice is on low-fat products; or what you need to know about gut health or high fibre diets. As consumers, we are constantly bombarded by conflicting messages about what to eat and when - and unsurprisingly this can become

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overwhelming. Ten years on from the release of their first, multi-million copy selling diet book, THE HAIRY DIETERS, Si and Dave are aware of how confusing this can be. THE HAIRY DIETERS: SIMPLE HEALTHY FOOD is here to provide clear, simple nutritional

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ground rules - based on the advice of medical experts, including Professor Roy Taylor, and professional athletes - and delicious low-cal recipes to help you eat well, lose weight and stay healthy for the long term. This book is brimming with good-hearted healthy food,

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including tasty ways to start the day, light takes on lunch, speedy snacks, satisfying dinners and brilliant batch-cook basics. All made with easy-to-find ingredients and packed with the Hairy Bikers' trademark knockout flavours, so you won't feel like you're missing out

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when you cook from
this book - these are
healthy meals that the
whole family will
love.

The Hairy Bikers have
lost almost 6 stone
between them and you
can lose weight too...

Si King and Dave
Myers are self-
confessed food lovers.
Food isn't just fuel to

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them, it's their life.

But, like many of us, they've found that the weight has crept on over the years. So they've made a big decision to act before it's too late and lose some pounds. In this groundbreaking diet book, Si and Dave have come up with tasty recipes that are

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low in calories and big on flavour. This is real food for real people, not skinny minnies. There are ideas for family meals, hearty lunches and dinners, even a few knock-out bakes and snacking options. The Hairy Bikers will always love their food - pies and curries won't be

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off the menu for long!

- but using these recipes, and following their clever tips and heartfelt advice, you can bake your cake, eat it, and lose the pounds.

The Hairy Bikers
Over 100 delicious new favourites, from terrific tray bakes to roasting tin treats!

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The Hairy Dieters
The Hairy Dieters Go

Veggie

Over 100 recipes
celebrating timeless
cooking and the
nation's favourite
dishes