



The Hairy Dieters: How to Love Food and Lose Weight

By Dave Myers, Si King, Hairy Bikers

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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 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 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 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.

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Editorial Review

Review

The Hairy Bikers, self-proclaimed food lovers, decided it was time to cut back on some of the calories and adopt a healthier lifestyle, without sacrificing flavour. This book is packed with delicious recipes that are for "real people, not skinny minnies" - including hearty family meals and baked treats EASY FOOD Bikers ought to be hirsute, cider-loving and tubby. But in their latest book of recipes Si King and Dave Myers have shed the pounds and immediately reaped the benefit in sales. The moral being that you don't have to lose flavour along with the hefty calorie content BELFAST TELEGRAPH The last people you thought you'd see hosting their own dieting show, but the Hairy Bikers did it in style and proved that losing weight doesn't have to involve lettuce leaves and rabbit food! One of our faves from the slimmed-down duo is the scrummy Spanish-style bake GOOD TO KNOW RECIPES Healthy food doesn't have to be boring, as The Hairy Bikers - now Hairy Dieters! - prove with these mouthwatering low-fat dishes WOMAN'S OWN Dave and Si have lost nearly six stone between them and they've devised lower-calorie versions of usually calorific favourites... keeping all the flavour in tact. Try it - you'll like it. REVEAL The food's good, the advice sensible RADIO TIMES showcases the many mouthwatering, healthy recipes that have helped them drop the pounds... low-calorie delights as a bechamel-free lasagne that uses leeks instead of excess pasta and tandoori chicken with fat-free yoghurt DAILY EXPRESS low-calorie but equally tasty versions of some of their favourite recipes DAILY MAIL Hearty dishes that won't pile on the pounds BBC GOOD FOOD Si & Dave's recipes are SO much more delicious than the average diet dishes, it's no wonder they lost nearly 6st between them! WOMAN The Hairy Bikers, self-proclaimed food lovers, decided it was time to cut back on some of the calories and adopt a healthier lifestyle, without sacrificing flavour. This book is packed with delicious recipes that are for "real people, not skinny minnies" - including hearty family meals and baked treats EASY FOOD Bikers ought to be hirsute, cider-loving and tubby. But in their latest book of recipes Si King and Dave Myers have shed the pounds and immediately reaped the benefit in sales. The moral being that you don't have to lose flavour along with the hefty calorie content BELFAST TELEGRAPH The last people you thought you'd see hosting their own dieting show, but the Hairy Bikers did it in style and proved that losing weight doesn't have to involve lettuce leaves and rabbit food! One of our faves from the slimmed-down duo is the scrummy Spanish-style bake GOOD TO KNOW RECIPES Healthy food doesn't have to be boring, as The Hairy Bikers - now Hairy Dieters! - prove with these mouthwatering low-fat dishes WOMAN'S OWN Dave and Si have lost nearly six stone between them and they've devised lower-calorie versions of usually calorific favourites... keeping all the flavour in tact. Try it - you'll like it. REVEAL The food's good, the advice sensible RADIO TIMES showcases the many mouthwatering, healthy recipes that have helped them drop the pounds... low-calorie delights as a bechamel-free lasagne that uses leeks instead of excess pasta and tandoori chicken with fat-free yoghurt DAILY EXPRESS low-calorie but equally tasty versions of some of their favourite recipes DAILY MAIL Hearty dishes that won't pile on the pounds BBC GOOD FOOD Si & Dave's recipes are SO much more delicious than the average diet dishes, it's no wonder they lost nearly 6st between them! WOMAN

About the Author

With their unique blend of tasty recipes, cheeky humour and irresistible enthusiasm, the Hairy Bikers have become Britain's favourite food heroes. Born and bred in Barrow-in-Furness, Dave Myers' versatile skills have taken him to some unusual places. He worked in a steelworks as a student, to finance his studies in Fine Arts, and later joined the BBC as a make-up artist, specialising in prosthetics. Si King hails from North East England and is a big, blond bearded biker with an infectious laugh. He worked for many years as an Assistant Director and Locations Manager for film and television, including the Harry Potter films. Si and

Dave met on the set of a TV drama in 1995 and have been cooking and riding together ever since. They have now written over 20 cookbooks, including Chicken & Egg, Mums Know Best, Bakeation, Meat Feasts and 12 Days of Christmas. In 2012, the boys shed more than six stone between them on The Hairy Dieters: How to Love Food and Lose Weight. They have also created a range of low-fat sauces (available in Asda and Ocado), launched an online subscription-based weight-loss club, The Hairy Bikers' Diet Club, and published an acclaimed autobiography, Blood, Sweat & Tyres. www.hairybikers.com
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