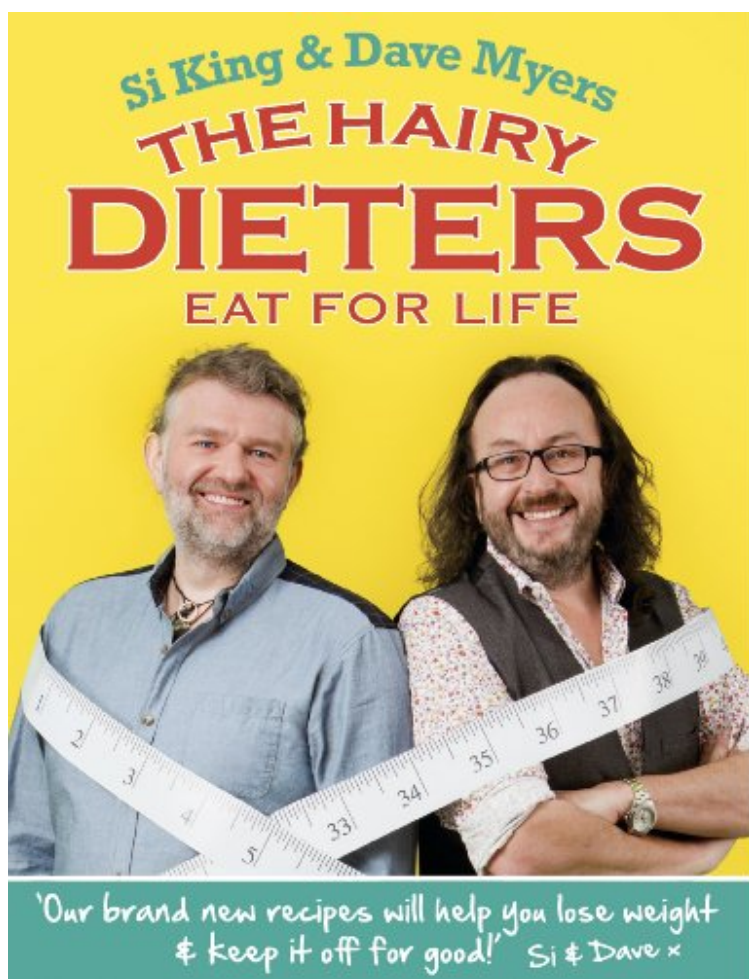


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# The Hairy Dieters Eat for Life: How to Love Food, Lose Weight and Keep it Off for Good! (Hairy Bikers) (English Edition)



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## Description :

Prsentation de l'diteurFollowing on from their No. 1 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, 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 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.Revue de presseWhen our favourite Hairy chefs released their first diet book last August, it was so successful that they're back this year

with more fantastic recipes for food lovers wanting to lose weight! Cooking without calories but not compromising on taste is their motto, and they certainly deliver in this new book, full of delicious dishes and techniques to learn. (GOOD TO KNOW RECIPES)The original Hairy Dieters was a massive - if slightly unexpected - success... This new volume picks up where the first book finishes and is crammed with delicious, nutritious recipes, well photographed in colour. It also contains some simple words of wisdom about how to eat to lose weight and then keep the weight off (EASTERN DAILY PRESS)brilliant book (THE SUN)If you're a fan of Strictly, you'll see the impressive results of Hairy Biker Dave Myers's weight loss regime. The follow-up to the popular first book, The Hairy Dieters, is The Hairy Dieters Eat for Life.

The recipes are clever, you don't even realise that they're low-calorie (although the calorific value of a portion is listed on each recipe) and it means you can carry on enjoying your food while hopefully losing the pounds. (CHOICE)Having dropped pounds and risen to the top of the bestsellers list with their first diet cookbook, the duo deliver a second collection of low-fat recipes. There are lots of healthy makeovers, including Cornish pasties, pot pies and fishcakes. (Sally Hughes BBC GOOD FOOD)Si King and Dave Myers, also known as the Hairy Bikers, have been entertaining and feeding Britain for years with their blend of tasty recipes, cheeky humour and motorbike enthusiasm... Packed with 80 low-calorie recipes, tips and techniques, this collection of diet recipes is the Hairy Bikers at their best (NORTHERN ECHO)Now here's a nice little book that ticks all the boxes for a cookery book with the added bonus that the recipes aren't laden with calories... The recipes are easy to follow and a breeze to cook and with illustrations to give you something to aim for on the presentation front (THE FARMER)People can't seem to get enough of these recipes (BELFAST TELEGRAPH)Prsentation de l'diteurFollowing on from their No. 1 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, 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 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.