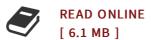




The Hairy Dieters: How to Love Food and Lose Weight

By Hairy Bikers

Orion Publishing Co, United Kingdom, 2012. Paperback. Book Condition: New. Trade Paperback.. 245 x 190 mm. Language: English . Brand New Book. 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.



Reviews

Very beneficial for all type of folks. It can be rally intriguing through studying time. You will like how the writer publish this ebook.

-- Nathan Cruickshank

Totally one of the better pdf I have at any time read through. It really is simplified but shocks within the 50 % from the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mariano Spinka