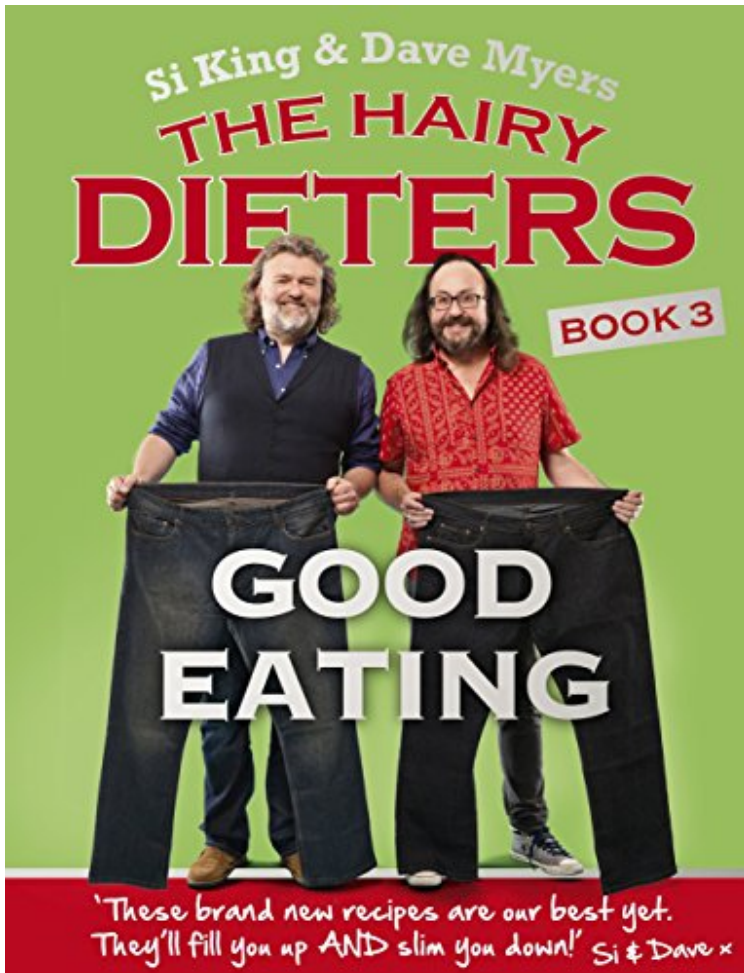


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The Hairy Dieters: Good Eating (Hairy Bikers) (English Edition)



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Description :

Prsentation de l'diteurFollowing 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 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 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 all that is good-hearted and loved about food.Revue de presseThe Hairy Bikers are back with a fresh set of dishes that are full of flavour but low in calories. (Daily Mail)Our fave duo are back with more delicious lo-cal dishes. (Best)The Bikers are back with a new book of recipes that don't taste like diet food. (Woman)Make delicious, healthy dishes with Si and Dave. (Bella)How to fill up and slim down with a little help from 'The Hairy Dieters: Good Eating'. (OK!)The Hairies have

done it again. Their third diet book does just the same as its predecessors, providing down-to-earth slimming advice and recipes so tasty you'll forget you're eating healthily. Dieting or not, this is a staple cookbook to have on the shelf. (Gwendolyn Smith Heat) Book three of the Hairy Dieters range of books is just as good as the previous two. This likeable duo have once again come up trumps with 80 recipes that simply don't taste like they are from a 'dieting' cookbook. A must-have book now that the post-Christmas diets begin. (Choice) Our fave duo are back with more delicious lo-cal dishes (Best) The Bikers are back with a new book of recipes that don't taste like diet food (Woman) Make delicious, healthy dishes with Si and Dave (Bella) How to fill up and slim down with a little help from 'The Hairy Dieters: Good Eating' (OK!) Presentation de l'diteur 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 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 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 all that is good-hearted and loved about food.