

The Hairy Dieters How To Love Food And Lose Weight

THE IRRESISTIBLE NEW SUNDAY TIMES BESTSELLER. At last, vegetarian 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 ... 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 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 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 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 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 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 HAIRY DIETERS*, *THE HAIRY DIETERS EAT FOR LIFE* and *THE HAIRY DIETERS: GOOD EATING*, the Hairy Bikers are back 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 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 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 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.

THE HAIRY BIKERS: MUMS KNOW BEST is the BBC's biggest food event for years. Si and Dave undertake a nationwide search for Britain's lost recipes - those forgotten gems or secret scribbles handed down through the generations - for a landmark TV series. The Bikers send out a call-to-arms for mums, daughters and their grandmothers to unlock their private recipe archives and share with, and learn from, other mums of all races and backgrounds. This is a heart-warming and down-to-earth recipe book that takes place against beautiful British backdrops throughout the summer. Here yummy mummies, Northern matriarchs, West Indian foster mums and ladies of the manor all come together with recipes to share, tips to swap and techniques to learn, in a book that contains 112 different recipes.

A sensational savoury celebration of our favourite bird with show-stopping puddings, desserts and cakes made with the humble 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 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. 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.

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. 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 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 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 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 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*.

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

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

The Hairy Bikers, Si King & Dave Myers, just can not get enough of Britain's mums and their delicious cooking. So they have toured the country again to discover brand new recipes and create their own fresh takes on cooking classics.

The long-awaited baking bible from the Hairy Bikers AKA Si King and Dave Myers. 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 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 Bakers. These recipes will delight and will bring a freshness to all home baking.

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

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.

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 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 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 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!

Dave and Si are back carving up the roads of the world on their motorbikes in search of adventurous food and foodie adventures. 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 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' Cookbook is not so much a breath of fresh air as who left the bleeding door open . . .?' Guardian

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

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 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 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 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 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 nation's favourite dish.

Who doesn't love a curry? Whether it's a take-away korma at your 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 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 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 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 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 tasted - fresh, full of flavour and fantastic. These are curries for the 21st century.

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 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, puddings and bakes. Inspired by these, the Bikers have created 100 new triple-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-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 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 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 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' 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 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.

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

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The Hairy Bikers are on their bikes again, searching out the very 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 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 favourite cooking duo!

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

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 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 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 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 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 on the ride of their lives!

Diet Fiction is the story of humans' battle with excess weight - from ancient times, when the problem was first observed, through today. Right now, about two billion people or 30% of the world's population, are overweight or obese. For many of them, "the yoyo effect" has become a way of life. Their weight goes up and down, and then back up again. Each time they lose weight, they end up regaining the weight they lost and then some. While it is sometimes hard to understand, hundreds of millions of people have actually dieted themselves to fatness. Some people say the reason for our epidemic of overweight people is genetics, but it is impossible for genetics to explain such a rapid increase in the prevalence of overweight and obese people. Something else is clearly going on. What is it? There is no end to the number of theories put forth. One of the reasons is that there is so much money to be made in offering a solution for those who are suffering from "the yoyo effect." Dr. Pam Popper, Ph.D., N.D. and filmmaker Michal Siewierski (Food Choices, Diet Fiction), join forces to create a book that empowers the reader with factual, unbiased, science based information that can help people regain control over their weight and their health, by making simple dietary and lifestyle changes.

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The biggest non-fiction book of spring 2011 from Hairy Bikers Si & Dave, No.1 bestselling authors and stars of BBC'S MUMS KNOWS BEST. When Hairy Bikers, Si and Dave, toured the country in search of ordinary Mums and their families' favourite recipes, they had no idea they would unearth such a wealth of talent, tradition and nostalgia. So began their search for the dishes we love best. This beautiful cookbook brings together over 100 of the nation's favourite recipes from the second series of BBC2's MUMS KNOW BEST. It includes Si and Dave's personal family recipes as well as their favourite recipes that they discover through the mums they meet and the recipe fairs they hold. Episodes include Comforting Food, High Tea, School Dinners and Al Fresco. An irresistible collection of recipes that will inspire you to keep cooking with love for the people that matter to you most.

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With their zest for 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 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.

There's something about the smell of meat cooking that signals a feast - it's savoury, comforting and tempting. A steak 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 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 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. A meaty modern classic, MEAT FEASTS is your one-stop meat cookbook!

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