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And Lose  
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The Hairy Bikers  
introduce their new  
Hairy Dieters book  
~~The Hairy Bikers  
Attempt To Lose 2  
Stone In 3 Months |  
How to Love Food  
and Lose Weight~~ The  
Hairy Bikers Best Of  
British S02E01 - Fowl  
~~The Hairy Bikers Put  
Their Flexibility To~~

# Get Free The Hairy Dieters

~~The Test | Hairy  
Dieters: How to Love  
Food And Lose  
Weight The Hairy  
Bikers' One Pot  
Chicken | This  
Morning The Hairy  
Bikers' Sausage  
Casserole | This  
Morning The Hairy  
Bikers ARE The Hairy  
Dieters The Hairy  
Bikers' Roast Chicken  
and Trimmings | This~~

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Morning Slimming  
World ~ Hairy Bikers  
Doner Kebab - with  
5% Beef HAIRY  
BIKERS VEGGIE  
BURGERS The Hairy  
Bikers Share Their  
Weight-Loss Secrets |  
This Morning The  
~~Hairy Bikers Find Out  
Their Daily Calorie  
Intake | How to Love  
Food and Lose  
Weight Nadiya~~

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~~Hussain's Easy  
Chicken Tikka Masala  
| This Morning Hairy  
Bikers Cook a Full  
English Pizza for  
Phillip /u0026  
Holly's Hangovers |  
This Morning~~

---

Gordon Ramsay  
Reveals the Reason  
Behind His Healthy  
Lifestyle | This  
Morning John  
Torode's Steak

# Get Free The Hairy Dieters

Masterclass | This

Morning Phil

Vickery's Chicken and

Bacon Hot Pot | This

Morning India

Willoughby Opens Up

About Her Gender

Reassignment

Surgery | Loose

Women Phil Vickery's

Shepherd's Pie | This

Morning Jamie

Oliver's Smoky

Chorizo Salmon | This



# Get Free The Hairy Dieters

How To Love

Vickery's Lamb Stew  
With Mint Dumplings  
| This Morning

---

Phil Vickery's Perfect  
Steak and Ale Pie |  
This Morning

The  
Hairy Bikers 3 Month  
Weight Loss Reveal |  
How to Love Food  
and Lose Weight

---

Lamb tagine /u0026  
couscous by the Hairy  
Bikers

---

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The Hairy Dieters:

Have your cake and  
eat it too!

~~The Hairy  
Bikers' Veggie Tacos |~~

~~This Morning Hairy~~

~~Bikers' Low Fat Fruit~~

~~Tea Loaf | Waitrose~~

The Hairy Bikers Talk

About Cooking Vegan

| Lorraine

---

'The Hairy Bikers'

Talk All About Their

New Recipe Book

'Make It Easy' VEDA

# Get Free The Hairy Dieters

Day 24 Hairy Dieters

Southern Style

Jambalaya Ava Go

Cooking with MariaD

The Hairy Dieters

How To

Hairy Dieters: How to

Love Food and Lose

Weight. Beachside

paella. by The Hairy

Bikers. Main course.

Low-fat beef and

potato pies. Egg,

bacon and asparagus

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How To Love  
Food And Lose  
Weight  
flan. Healthy sweet  
and sour chicken. Our  
special cassoulet.

Hairy Dieters: How to  
Love Food and Lose  
Weight 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

# Get Free The Hairy Dieters

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 Hairy Dieters:  
How to Love Food  
and Lose Weight ...

# Get Free The Hairy Dieters

Buy The Hairy  
Dieters: How to Love  
Food And Lose  
Weight UK ed. by  
Bikers, Hairy (ISBN:  
9780297870432)  
from Amazon's Book  
Store. Everyday low  
prices and free  
delivery on eligible  
orders.

The Hairy Dieters:  
How to Love Food

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# Get Free The Hairy Dieters

and Lose Weight...

Main content. Hairy  
Dieters: How to Love  
Food and Lose  
Weight

The Hairy  
Bikers radically  
change lifestyles but  
stay true to their love  
of great food, as they  
embark on a  
campaign to lose two-  
and...

BBC Two - Hairy

*Page 15/34*

# Get Free The Hairy Dieters

Dieters: How to Love  
Food and Lose  
Weight

Buy The Hairy Dieters  
(Hairy Bikers) - How  
to Love Food and  
Lose Weight - Dave  
Myers & Si King - As  
Seen on BBC2 [DVD]  
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& Blu-ray TV Store.  
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Hairy Dieters  
How To Love  
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Weight  
Hairy Bikers - How to  
Love Food and Lose ...  
Sunblush Tomato  
Risotto. Main. Red  
onion and beetroot  
tarte tatin. Starters &  
Snacks. Prawn,  
avocado and quinoa  
salad. Hairy Dieters.  
Black Forest Pudding.

Recipes - Hairy Bikers  
*Page 17/34*

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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

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best. Si King and Dave Myers are the nation's favourite food heroes.

The Hairy Dieters Eat for Life: How to Love Food, Lose ...

Healthy food doesn't have to be boring, as The Hairy Bikers - now Hairy Dieters! - prove with these mouthwatering low-

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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 Hairy Dieters -  
Shop - Hairy Bikers

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Method Put the onion, carrots, celery and beef together in a large non-stick saucepan and dry-fry over a high heat for 2–3 minutes, until the beef is no longer pink. Keep stirring with a couple of...

Low-fat beef and  
potato pies recipe -  
BBC Food

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Main Hairy Dieters  
Asian. Hotdog Hotpot.  
Main Hairy Dieters.  
Green Lamb Curry.  
Hairy Dieters Curry.  
Apple and Cinnamon  
Strudel . Pudding &  
Desserts Hairy  
Dieters. Roast Cod  
with Lentils. Main

Home - Hairy Bikers  
The Hairy Bikers are  
now the Hairy Dieters

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How To Love  
Food And Lose  
Weight

having accepted that years of overindulgence has taken its toll. The boys have been determined, however, to enjoy great food while losing weight.

Hairy Dieters: How to Love Food and Lose Weight: Episode 4  
In 2012, the boys shed more than six

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stone between them on the TV show *The Hairy Dieters: How to Love Food and Lose Weight* and launched a publishing phenomenon. They have also published an acclaimed autobiography, *Blood, Sweat & Tyres*.

The Hairy Bikers Eat  
to Beat Type 2



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Diabetes: [How To Love](#)

[Amazon.co.uk](#) ...

[Food And Lose](#)  
[Weight](#)  
Method. Preheat the oven to 170 ° C/Fan 150 ° C/Gas 3½. Trim any hard fat off the beef and cut the meat into rough 4cm chunks. Season well with salt and freshly ground black pepper. Heat the oil in a large flameproof casserole dish. Add the steak

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and fry over a high heat until nicely browned all over, turning regularly.

Beef goulash -  
Recipes - Hairy Bikers  
The Hairy Dieters  
Reviews The Hairy  
Bikers, self-  
proclaimed food  
lovers, decided it was  
time to cut back on  
some of the calories

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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 \*

The Hairy Dieters By  
Hairy Bikers | Used |  
*Page 27/34*

# Get Free The Hairy Dieters

9780297869054 ...

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

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club, The Hairy  
Bikers' Diet Club, and  
published an  
acclaimed  
autobiography, Blood,  
Sweat & Tyres.

The Hairy Dieters:  
How to Love Food  
and Lose Weight by  
Si ...

In August 2012,  
Hairy Dieters: How to  
Love Food and Lose

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Weight showed how the Hairy Bikers' radically changed lifestyles, but stayed true to their love of great food, as they embarked on a campaign to lose two-and-a-half stones (15.8 kg (35 lb)) in three months, and comfortably passed their target weights.

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Hairy Bikers - Love

Wikipedia

Food And Lose  
Weight  
Having spent the past  
20-plus years

traversing the globe,  
across swathes of the  
Far East, through the  
diner-chequered  
lands of the American  
Deep South, and to  
the fishing villages  
that circle the ...

# Get Free The Hairy Dieters

The Hairy Dieters The  
Hairy Dieters: Fast  
Food Good Eating The  
Hairy Dieters Eat for  
Life The Hairy Dieters  
Make It Easy The  
Hairy Dieters Go  
Veggie The Hairy  
Dieters: Good Eating  
The Hairy Dieters  
Make It Easy The  
Hairy Bikers Eat to  
Beat Type 2 Diabetes  
The Hairy Bikers' One



# Get Free The Hairy Dieters

How To Lose  
The Hairy Bikers' Big  
Food And Lose  
Weight  
Book of Baking The  
Hairy Bikers'

Cookbook The Hairy  
Bikers' Mediterranean  
Adventure (TV tie-in)

The Hairy Bikers  
Blood, Sweat and

Tyres The Hairy  
Bikers' Mediterranean  
Adventure The Hairy

Bikers' Chicken & Egg

The Hairy Bikers'

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British Classics The  
Hairy Bikers' Veggie  
Feasts The Hairy  
Bikers' Meat Feasts  
The Hairy Bikers'  
Veggie Feasts

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