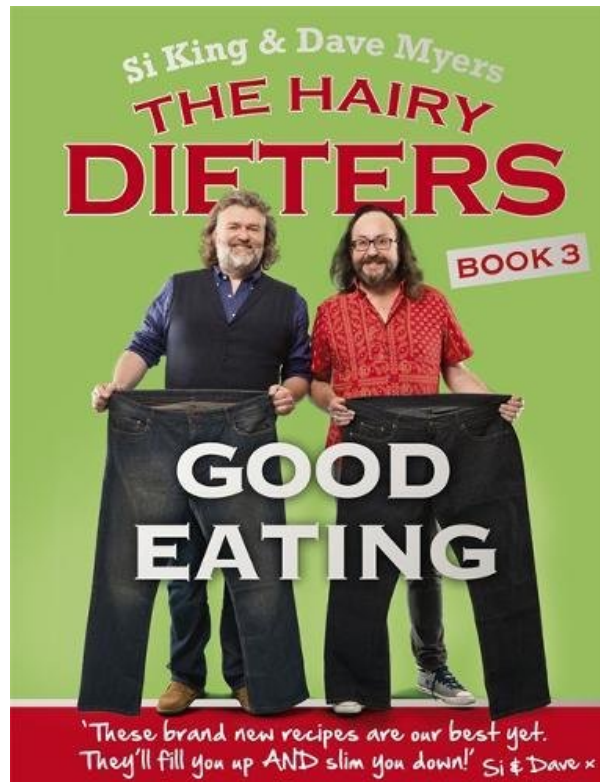
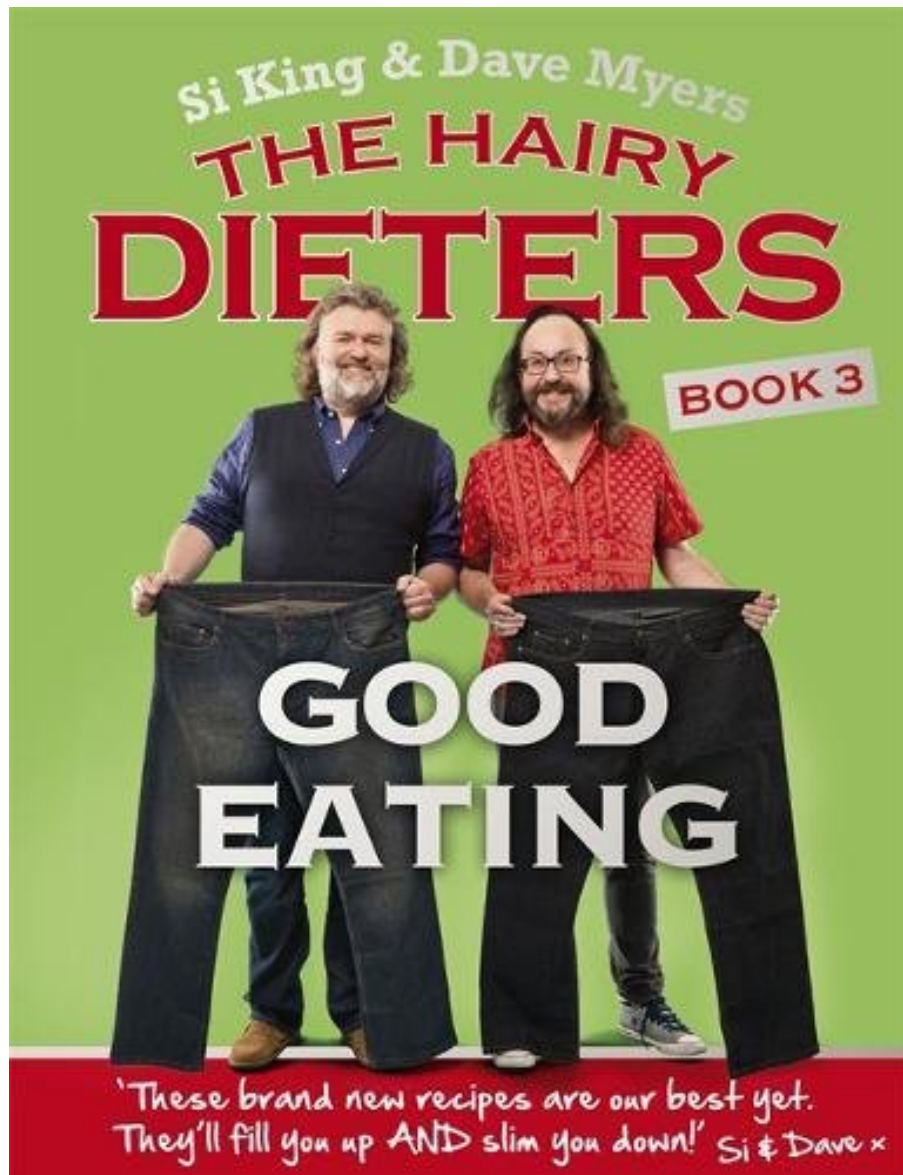


THE HAIRY DIETERS: GOOD EATING BY HAIRY BIKERS, DAVE MYERS, SI KING



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Review

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THE HAIRY DIETERS: GOOD EATING BY HAIRY BIKERS, DAVE MYERS, SI KING PDF

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.

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Review

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Simple, Delicious, Non-Diety Weight Loss

By JonathanRO

After buying the first book in this series, reading through it and trying just one or two recipes I immediately bought this and Book 2. These aren't 'diet' books. They don't tell you to stop eating an entire food group to loose weight. This isn't a detox book. This isn't some fad diet. If you follow the recipes and advice in these books you will lose weight and keep it off. What this book and the others offer is a way to change the way you eat so you lose weight without sacrificing eating well. The advice isn't fussy, it's no nonsense common sense. They do encourage you to count calories, which isn't a bad thing so long as you don't obsess over it. They encourage portion control which is something easily done but often forgotten or ignored. The recipes are delicious everyday foods which you wouldn't think you can eat during a diet, I'm talking about pies, curries, pastas, even cakes. All the recipes use lower fat alternatives to regular ingredients i.e. sunflower oil instead of olive oil, and they reduce the amount of the ingredients needed for each recipe. I like that they don't use lots of 'low-fat' ingredients like low-fat yogurt or low-fat cream cheese as these usually have as much fat in them as regular ingredients but in different forms i.e. sugar.

If you want to eat well and still lose weight then this is the book for you. Even if you're not looking to lose weight I still recommend you buy this book. It's a solid, no nonsense recipe book chock full of delicious recipes. The only thing you need to bring is will power...and ingredients (obviously).

0 of 0 people found the following review helpful.

Good book - not great but there are a great range of options

By Jennifer Lally

The recipes in here are interesting and the qualities etc all seem to work well, based on the couple of items that I have made. There is quite a bit of extraneous information in the book which I did not find useful, though I can see that there are some folks who would really love this aspect of the book.

I don't think that you will find anything unexpected here - the recipes are what you would expect for low calorie options and they are honest about what you will need to do to keep weight off which is refreshing

2 of 2 people found the following review helpful.

As brilliant if not better than the first two Hairy Dieters books, some great new inspiration with calorie information

By Chris M

We have been waiting for this third Hairy 'Dieters' book for some time; we own the first two and this third one does not disappoint. We were looking for fresh ideas and inspiration for healthy meals.

I have posted a full list of recipes at the end of this review as I often find that helps me decide if I want to cook from a book or not.

Below is a quick summary of why I think this book is a fantastic third follow up book from Si and Dave; I have also posted a more in-depth review after these bullet points for those that want a bit more detail.

So... to start with a summary of the things that generally make this book great

- Every single recipe listed in the book has a great image to accompany it!
- All methods are clear yet with a chatty tone, giving hints and tips throughout
- All recipes have a quick reference regarding calories, prep time, cooking time and serving
- Every recipe also has a nice intro, giving hints or tips, or even explaining what the dish is
- The recipes are all things I want to make or have made before... I like this because it means if I can now do pancakes for example, but use Dave and Si's recipe if my wife is watching the calories so her intake is accurate!

If looking for any huge negatives on the book then you better look elsewhere, if you like the look of the recipes I would wholeheartedly recommend you buy it.

For those of you out there still curious about the book and wanting a bit more detail... read on :)

Firstly the book feels good quality, I love the practical layout and images in the book (I have uploaded a couple of images on this product page to give a better idea of what I'm talking about.

The book is split into 11 sections (10 of which are for recipes):

The Hairy Dieters
Breakfast and Brunch
Family Favourites
Friday Night Suppers
Weekend Feasts
Comfort Classics
Veggie Wonders
Sunshine Food
Sandwiches, Dips and Snacks
Sweet Treats
Hairy Bikers' Diet Club

The introductory 'hairy dieters' section is well worth a read as this section is really just Dave and Si asking Nutrition Expert (Professor Ashley Adamson no less!), some questions that have puzzled them such as 'are sugar substitutes safe? Which are the best ones?'... or 'sometimes I don't feel like eating breakfast but should I have some anyway', the questions at the beginning do make interesting reading and I like to think I know a little bit about food and nutrition but found this section very informative.

We have only tried one recipe so far (as the book was only released today) which is Smashed Up Chicken. We choose this because we love it from Dave and Si's first Dieters book, and just as they promise in the recipe intro, it 'still tastes the business', my wife actually prefers it with more veg, but as a carb fan I have to say I liked both equally – the first recipe contains more pasta.

As we cook and try more recipes I will update this review accordingly.

As stated in my quick list of likes; every recipe lists the calories per portion, how many the recipe serves,

prep time and cooking time split, I really like this handy 'at a glance' information as I often find when recipe planning for this week it helps to know which recipes will be achievable mid week when we get home from work.

My only quibble, is that I would like more nutritional information, such as carbs, fat content etc like Jamie Oliver's more recent books. But this criticism is clutching at straws and it really is another fantastic book. If you like the first two do not hesitate to buy this one (if you like the look of the recipe titles below that is!), it's well illustrated, well thought out and practical for anyone like us that likes to cook from scratch but also know the calories they are taking in.

Breakfast and Brunch

American Style Fluffy Pancakes

Buckwheat Pancakes

Vegetable Frittata

Baked Eggs

Smoothies (Green Smoothie, Banana Strawberry and Blueberry Smoothie, Kiwi Nectarine and Grape Smoothie)

Ham, Corn and Chilli Muffins

Smoked Haddock Omelette

Family Favourites

Home Made Baked Beans

Bubble And Squeak

Pasta Puttanesca

Baked Fish with Red Peppers and Tomatoes

Home made fish fingers

Prawn and Turkey Balls

Transylvanian Meatballs with Garlic Sauce

Smashed Up Chicken

Turkey chilli with cauliflower rice

Chicken with Citrus Rub and Braised Lentils

Friday Night Suppers

Prawn Stir Fry with Courgette Noodles

Samosas

Lamb Dhansak

Vegetable Curry

Pizzas with 3 toppings

Swedish Meatballs

Lemon Chicken

Caribbean Chicken Curry

Fusion Tandoori Chicken

Chicken Stir Fry

Beef and Coconut Curry

Weekend Feasts

Piri Piri Prawns
Scallops with Coral Sauce and Cauliflower Puree
Lettuce or Chicory Cups with Smoked Duck and Orange
Coq au Vin
Tuscan Devil's Chicken
Chicken Chasseur
Pot Roast Pork with Cider and Apples
Roast Turkey Crown with Sweet Potato, Mushroom and Chestnut Stuffing and Gravy
Steak Pizzaiola
Steak and Kidney Pie
Chilli Steak Salad

Comfort Classics

Tomato Soup
Scotch Broth
Broad Bean Pilaf
Creamy Chicken and Tarragon Pots with Rosemary Potato Wedges
Pasta with Clams and Bacon
Pasta with Summer Vegetables and Parma Ham
Spaghetti with Prawns and Courgettes
Irish Stew
Minced Beef Plate Pie

Veggie Wonders

Aubergine Bake
Tabbouleh
Fattoush
Quinoa Salad
Root Vegetable Boulangere
Red Cabbage with Apple and Chestnuts
Spring Greens with Harissa and Garlic
Greek Style Roast Vegetables
Roasted Carrot, Pepper and Chickpea Salad

Sunshine Food

Bean and Vegetable Soup
Spicy Moroccan Soup
Mackerel Fillets with Gremolata
Chicken Cacciatore
Lamb Burgers with Tzatziki
Pork Souvlaki with Light Salsa Verde
Pork Saltimbocca

Sandwiches, Dips and Snacks

Potato Bread

Mixed Grain Bread for Open Sandwiches
Smoked Trout Dip or Filling
Tuna and Caper Dip or Filling
Carrot, Red Pepper and Butterbean Dip
Pad Thai Omelette
Crispy Cauliflower Nuggets

Sweet Treats

Summer Pudding
Rhubarb and Orange Meringue
Ginger Biscuits
Banana and Pineapple Cake
Plum and Maple Syrup Steamed Puddings
Wine, Elderflower and Raspberry Jellies
Baked Peaches
Ice Lollies (Pina Colada Ice Lollies, Blueberry Banana and Yoghurt Ice Lollies, Strawberry and Orange Ice Lollies)

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