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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.

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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: Good Eating - Hairy Bikers Dave Myers Si**

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.

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