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The Hairy Dieters
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Fast Food

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.

**The Hairy Dieters:
Fast Food: The Hairy**

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Bikers ...

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recipes for breakfast
and brunch, soups,
salads, mains and
snacks, 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

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recipes, that can all be made under 30 minutes.

The Hairy Dieters: Fast Food by Hairy Bikers

THE HAIRY DIETERS:
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Tagine and Instant
Sorbet with Frozen
Berries.

The Hairy Dieters: Fast Food - Kindle edition by Bikers ...

The Hairy Bikers'
Chicken & Egg. The
Hairy Dieters: Fast
Food. The Hairy Bikers'
Meat Feasts. The Hairy
Dieters: Good Eating.
The Hairy Bikers' Asian
Adventure. The Hairy
Bikers' Perfect Pies.
The Hairy Dieters Eat

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for Life. The Hairy
Bikers' Great Curries.
The Hairy Dieters.

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Hairy Bikers have
really pulled a fast one,
cooking up delicious
30-minute recipes that
are healthy, low-cal
and really satisfying'

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Pasta with Chilli
Prawns, Chicken
Tagine and Instant
Sorbet with Frozen
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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

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Recipes - Hairy Bikers

The Hairy Dieters: Fast Food by Si King and Dave Myers is published by

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Weidenfeld & Nicolson
on 19 May, £14.99. To
pre-order a copy for
£11.99, call 0844 571
0640 or visit
mailbookshop.co.uk. P
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The Hairy Bikers' healthy meals in half an hour ...

Continued Healthy Fast
Food Meal No. 6:

Chargrilled Chicken
Cool Wrap (Chick-fil-A)
I think this is the best-
looking, best tasting,

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most satisfying fast food chicken wrap on the market.

10 Best Fast Food Meals **10 Best Fast Food Meals**

Egg, bacon and asparagus flan. by The Hairy Bikers. Main course.

Hairy Dieters: How to Love Food and Lose Weight recipes

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The Hairy Bikers are

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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 Frittersa and Pasta with Chilli Prawns, Chicken Tagine.

Recipes from The
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**Hairy Dieters' Fast
Food - Kitchen Tales**

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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-a-half stones
...

**Hairy Dieters: How
to Love Food and**

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The Hairy Dieters: Fast Food by Si King and Dave Myers is published by Weidenfeld & Nicolson on 19 May, £14.99. To pre-order a copy for £11.99, call 0844 571 0640 or visit mailbookshop.co.uk. P ...

**The Hairy Bikers'
30-minute miracles:
Spicy sweetcorn
soup...**

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with their unique blend of delicious recipes, cheeky humour and motorbike enthusiasm for years now.

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