

# The Hairy Dieters Good Eating Hairy Bikers

**Mary Berry's Christmas Collection** Mary Berry 2023-11-09 Note: This is a reissue edition of Mary Berry's Christmas Collection originally published in 2013 by Headline. The cover and a handful of the internal images have been updated. Mary's foolproof recipes remain the same. Mary Berry's Christmas Collection combines time-honoured festive favourites with a variety of new and exciting dishes to spice up the season. By taking the traditional Christmas fare and giving it a twist, Mary adds sparkle to every celebration. Simple yet reliable recipes and Mary's handy hints will take the pressure off entertaining, whether it's for the big day itself, a Boxing Day crowd or an intimate New Year family gathering. With an invaluable Christmas Day countdown, sample menus, shopping lists and ever-popular tips on preparing ahead and freezing, this is the must-have companion to the festive season. Chapters include: \* Canapés \* First Courses \* Fish and Vegetarian \* Christmas Roasts \* Vegetables and Sides \* Traditional Christmas Puddings \* Festive Desserts \* Buffets and Boxing Day

**The Hairy Bikers One Pot Wonders** Hairy Bikers 2020-01-14 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!

**The Hairy Bikers' Cookbook** Dave Myers 2006 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.

**The Diet Myth** Tim Spector 2015-09-08 "A concise, entertaining book that demystifies the benefits of balanced microbes through healthier eating" by a physician and professor of epidemiology. (Kirkus Reviews)

**The Hairy Dieters: Good Eating** Hairy Bikers 2014-10-09 '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.

*The Manhattan Diet* Eileen Daspin 2012-12-20 How do Manhattan women remain so stunningly svelte, despite the fact that New York has more top restaurants than any other city on the planet, not to mention a bagel bar or pizzeria on nearly every corner? They eat out often, indulge in all types

of cuisine and even sneak in junk food, but manage to stay trim and toned nonetheless. So what's their secret? Now you can learn to eat, lose weight and live your life the way chic New Yorkers do - and enjoy the same fabulous results. Manhattan insider Eileen Daspin reveals what real New York women - including celebrities like Sarah Jessica Parker, Anna Wintour and Tina Fey - really think about dieting and how they shop for food, cook, order in restaurants, eat, cheat, and splurge. Discover their eating secrets and waist-trimming tips, plus a detailed weight-loss program and 28-day eating plan that will fit easily into your personal lifestyle. Along with wisdom from leading nutritionists, tips from celebrity trainers and recipes by New York's most celebrated chefs, *The Manhattan Diet* gives you everything you need for a slim and stylish life - wherever you live.

***The Hairy Bikers' Ultimate Comfort Food*** Hairy Bikers 2023-10-26 Si King and Dave Myers, AKA the Hairy Bikers, are known and loved for their hearty dishes, big flavours, and simple food. Now the nation's favourite cooking duo are back to bring you the ultimate collection of comforting recipes - perfect for those cosy times spent with friends and family. Inspired by the dishes that Si and Dave loved to eat growing up and that they cook with their families now, this is comfort food at its best. Recipes that are guaranteed to deliver on flavour, even when you're short on time, all made with readily available and affordable ingredients. Real, everyday food to enjoy and share. From easy suppers such as risotto carbonara and sausage & cabbage casserole that can be rustled up with minimal fuss, to slow-cooked weekend feasts such as duck confit shepherd's pie and aubergine parmigiana, plus tempting snacks, soups, stews and puddings, you'll find versatile, delicious and comforting food for every day and every occasion. Chapters include: - Soups & stews: Beef & barley stew, Clam chowder - Snacks & light comforts: Tomato monkey bread, Teriyaki chicken salad - Easy comforts: Chicken stroganoff, Beef & baked bean hotpot - Spicy comforts: Curried beef pasties, Chipotle prawn tacos - Weekend comforts: Rigatoni pie, Spinach & four-cheese lasagne - Teatime: Stem ginger & lemon drizzle cake, Chicken & spinach empanadas - Puddings: Pear & banana crumble, Knickerbocker glory

***The Hairy Bikers Eat to Beat Type 2 Diabetes*** Hairy Bikers 2020-06-11 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*.

***The Hairy Bikers' Perfect Pies*** Hairy Bikers 2011-10-13 'There's nothing quite so comforting as a really well-made pie. From classic favourites to new combinations, the BBC's Hairy Bikers have got it covered' BBC GOOD FOOD 'There are more than 140 drool-inducing recipes bubbling out of this book like steaming filling escaping through a gap in the pastry...easy to follow and delicious' COUNTRYFILE 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.

Once Upon a Chef: Weeknight/Weekend Jennifer Segal 2021-09-14 NEW YORK TIMES BESTSELLER

• 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. “Jennifer’s recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of *The Skinnytaste Cookbook*

Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn’s recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

The Hairy Dieters’ Eat Well Every Day Hairy Bikers 2023-04-27 Number-one bestselling authors Si King and Dave Myers are back with an irresistible collection of recipes designed to help you live your best life. From delicious breakfasts to boost your immunity to healthy lunches that will improve your energy levels, dinners that are guaranteed to help you pack in five-a-day to the ultimate brain foods, these recipes have all been developed and selected to fulfil specific health needs. With chapters including ... · Feed Your Immunity · Eating For Energy · 5 A Day · Fibre Feasts · Brain Foods · Look After Your Heart · Sleep Suppers There are plenty of no-fuss, tasty recipes, like Spiced Sweet Potato Tea Bread, Shepherd's Pie with Cauliflower Mash, Pot-Roast Chicken with Barley, Mackerel Fishcakes and Blueberry Mini Loaf Cakes. Plus, full nutritional and calorie information for each dish. With each recipe packed with the Hairy Bikers' trademark big flavours, affordable and easy-to-find ingredients and creative ideas, *Eat Well Every Day* is full of delicious food that will help control your weight, improve your health and make you feel great.

*Art is Dead* Thomas Ridgewell 2019-09-24 In 2008, Thomas "TomSka" Ridgewell uploaded a short animated film to YouTube; he called it asdfmovie. It has since been viewed more than 50 million times and has spawned eight sequels and many, many dedicated fans. Now, for the first time, the weird and wonderful world of asdf has exploded onto the page in *ART IS DEAD*, a book conceived and written by Tom and illustrated by Matt Ley. Featuring much-loved characters from the films, as well as brand-new, never-before-seen comics and bonus material - including the asdf origin story and Tom's own sketches - *ART IS DEAD* is a comic book like no other. Expect trains, potatoes, suicidal muffins and jokes about "death, destruction and things talking that don't normally talk", all wrapped up in book so awkwardly shaped it will make your shelves look weird. (Sorry about that.)

*Clean Living Cookbook* Luke Hines 2014-01-28 Eating healthy has never been so delicious. No matter how much exercise you work into your daily routine, you can't be in optimal condition if you're not eating right. With this in mind, Luke and Scott have created a collection of recipes that are easy to make, delicious to eat and, best of all, great for your overall wellbeing. The paleo diet - also known as the 'caveman diet' - is based around the belief that you should only eat what you can catch, pick from a bush or forage for. So cut out all those hard-to-digest grains and unnecessary sugars, and fill up on these delicious, nutrient-dense meals for breakfast, lunch and dinner. The Clean Living Series *Clean Living Clean Living Cookbook Clean Living Quick & Easy Clean Living Fast Food Clean Living Paleo Basics Clean Living Eat Clean All Year*

**The Hairy Dieters Eat for Life** Hairy Bikers 2013-08-15 Following on from their No. 1 bestselling diet book, *THE HAIRY DIETERS*, 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 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 best. 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 Dieters: Fast Food* Hairy Bikers 2016-05-19 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.

**20 Years Younger** Bob Greene 2011-04-26 It's time to turn back the clock! In 20 Years Younger, Bob Greene offers readers a practical, science-based plan for looking and feeling their best as they age. The cutting-edge program details easy and effective steps we can all take to rebuild the foundation of youth and enjoy better health, improved energy, and a positive outlook on life. The four cornerstones of the program are: an exercise regimen for fighting muscle and bone loss, a longevity-focused diet, sleep rejuvenation, and wrinkle-fighting skin care. Woven throughout the text is practical advice on changing appearances, controlling stress, staying mentally sharp, navigating medical tests, and much more. Readers will walk away with a greater understanding of how the body ages and what they can do to feel-and look-20 years younger.

*The Hairy Bikers' Everyday Winners* Hairy Bikers 2021-10-14 THE FANTASTIC NEW SUNDAY TIMES BESTSELLER. 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 Dieters Make It Easy** Hairy Bikers 2018-05-17 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 Dieters' Simple Healthy Food* Hairy Bikers 2022-05-12 The nation's favourite food heroes, aka the Hairy Dieters, are back to show you that losing weight and staying healthy doesn't mean losing out on taste and enjoyment. With more than 80 great new recipes, Si and Dave prove that healthy food can be delicious food - and also easy, accessible and affordable. With the abundance of health and nutrition information being published, it can be hard to keep up with what's good for you and what's not; what the latest advice is on low-fat products; or what you need to know about gut health or high fibre diets. As consumers, we are constantly bombarded by conflicting messages about what to eat and when - and unsurprisingly this can become overwhelming. Ten years on from the release of their first, multi-million copy selling diet book, THE HAIRY DIETERS, Si and Dave are aware of how confusing this can be. THE HAIRY DIETERS: SIMPLE HEALTHY FOOD is here to provide clear, simple nutritional ground rules - based on the advice of medical experts, including Professor Roy Taylor, and professional athletes - and delicious low-cal recipes to help you eat well, lose weight and stay healthy for the long term. This book is brimming with good-hearted healthy food, including tasty ways to start the day, light takes on lunch, speedy snacks, satisfying dinners and brilliant batch-cook basics. All made with easy-to-find ingredients and packed with the Hairy Bikers' trademark knockout flavours, so you won't feel like you're missing out when you cook from this book - these are healthy meals that the whole family will love.

**The Hairy Bikers Eat to Beat Type 2 Diabetes** Hairy Bikers 2020-06-09 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. Si King and Dave Myers, aka the Hairy Bikers, have been looking after their weight and health for nearly ten years, but before they started writing the Hairy Dieter cookbooks they were both overweight and heading for health problems. They had high blood pressure and high cholesterol, and Dave was on the borderline for type 2 diabetes. But with the help of a carefully crafted, low-cal yet delicious diet, they turned things around. In this exciting new series, the Hairy Bikers prove that you can still eat your favourite foods while staying healthy and losing weight. Aiming to take the deprivation out of restrictive diets, Si and Dave have gathered 80 of their favourite recipes to help you shift some pounds and get your health back on track. Packed with hearty meals that are full of flavour but low on calories, with this book the Bikers take the deprivation out of restrictive diets and make eating well easier and more satisfying than ever before. 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 than now. With a foreword by Professor Roy Taylor, bestselling author of Life Without Diabetes, this book is packed with easy-to-understand advice and simple and tasty recipes.

*The Hairy Dieters* Hairy Bikers 2012-08-02 'Si & Dave's recipes are SO much more delicious than the average diet dishes, it's no wonder they lost nearly 6st between them!' WOMAN 'Delicious recipes that are for "real people, not skinny minnies" - including hearty family meals and baked treats' EASY FOOD 'Showcases the many mouthwatering, healthy recipes that have helped them drop the pounds' DAILY EXPRESS 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. This book includes: Breakfast & Brunch One-Pan Dishes Grills & Roasts Pies Stews Vegetables & Salads Fakeaways Pasta & Rice Puddings & Cakes Lunch Boxes & Snacks Menus for your first week

**Good Eating** Hairy Bikers 2014-10-09 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.

*The Hairy Bikers' Food Tour of Britain* Dave Myers 2009-09-07 Eat, cook and enjoy the best of our counties' traditional food with the Hairy Bikers Great Food Tour of Britain... With their irrepressible enthusiasm for great food, Si King and Dave Myers AKA the Hairy Bikers travel the length and breadth of Britain to discover our finest traditional foods. Touring the counties of Britain on their trusty triumphs, Si and Dave celebrate local recipes and chefs from the villages and towns they explore. Creating delicious meals from local produce they inspire with their bubbling enthusiasm. Find out where the best sausages are made, why Ludlow has become the foody Mecca of the Shires and discover the century-old recipe for gingerbread with a hint of rum and port. Si and Dave are self-confessed life-long foodies. They celebrate each ingredient and create delicious dishes while providing some laughs along the way. THE HAIRY BIKERS' FOOD TOUR OF BRITAIN puts the passion back into cooking and inspires readers to eat the best of British.

**The Hairy Bikers' Chicken & Egg** Hairy Bikers 2016-09-08 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 Hairy Dieters Make It Easy** Hairy Bikers 2018-05-17 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 Dieters** Si King 2014 The Hairy Bikers are back, bringing you more fabulous recipes and advice on how to lose weight, keep it off and keep enjoying food.

**The Hairy Bikers' Meat Feasts** Hairy Bikers 2016-10-18 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!

**Pinch of Nom** Kate Allinson 2020-04-28 The must-have cookbook from the UK's most popular food blog, Americanized for a US audience! For breakfast, lunch, dinner, and desserts, Kate Allinson and Kay Featherstone's pinchofnom.com has helped millions of people cook delicious food and lose weight. With over 100 incredible recipes, the Pinch of Nom cookbook can help beginner and experienced home-cooks alike enjoy exciting, flavorful, and satisfying meals. From Chicken Fajita Pie and Vegetable Tagine to Cheesecake Stuffed Strawberries and Tiramisu, this food is so good you'll never guess the calorie count. Each recipe is labeled with icons to guide you toward the ones to eat tonight—whether you're looking for a vegetarian dish, hoping to create a takeout meal, want to feed a family of four or more, or have limited time to shop, prep, and cook. Pinch of Nom is the go-to home cookbook for mouthwatering meals that work for readers on diet plans like Weight Watchers, counting carbs and calories, or following any other goal-oriented eating program.

**Minimalist Baker's Everyday Cooking** Dana Shultz 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

**The Bump to Baby Diet** Janette Brand Miller 2012 The Low GI team of experts are back with advice on how to optimise your diet - pre-conception, during pregnancy and once your baby has been born to ensure a healthy baby and a healthy mum. Studies have shown that being overweight when pregnant can increase your risk of gestational diabetes and can also lead to health problems for your child, including childhood obesity and type 2 diabetes. Part One explains the importance of eating a healthy low-GI diet before you conceive; Part Two discusses what to be aware of once you're eating for two, how to ensure your weight gain is healthy, the importance of blood sugars in pregnancy and why gestational diabetes is a big deal; Part Three highlights the importance of breastfeeding and introducing solids; Part Four shows you how to put everything into practice with the eight guiding principles of the low-GI diet for pregnancy, including exercise tips, and will help you select the best foods to eat, and the ones to avoid. Part Five complements these sections with 50 quick and easy recipes, making this book the ideal resource for anyone who wants to enjoy the benefits of a low-GI lifestyle.

**The Hairy Bikers' Great Curries** Hairy Bikers 2013 The Hairy Bikers celebrate the nation's favourite dish - the curry.

**The Happiest People on Earth** Demos Shakarian 2006 The amazing life of the Armenian dairyman who founded the Full Gospel Business Men's Fellowship International, a unique ministry to men and women in the business world. It is a story to make you laugh, to make you cry and to build faith. Today, with several thousand chapters around the world, the Fellowship reaches more than a billion people a year with the life-changing message of Christ's love. This book brings the story of its founder and those around him into vivid colour and will inspire all those who read it.

**The Hairy Bikers Blood, Sweat and Tyres** Hairy Bikers 2015-11-05 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!

*The Hairy Dieters: Fast Food* The Hairy Bikers 2017-09-05 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' Veggie Feasts** Hairy Bikers 2020-10-29 *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. *THE HAIRY BIKERS' NEW BOOK - THE HAIRY BIKERS' BRILLIANT BAKES - IS OUT NOW!*

*The Paleo Diet Cookbook* Joy Skipper 2014 The Paleo diet is the latest and greatest eating innovation, helping people everywhere slim down and live healthier lives. Free yourself forever from faddy food replacements and low calorie alternatives, and simply observe one golden rule: stick to the foods the human body has evolved to eat. Follow the example of your caveman ancestors and fuel your body with a diet of meat (organic and grass-fed where possible), fish, vegetables, fruit and roots. This book is your simple and accessible guide to eating simple, delicious food within the Paleo guidelines, with a huge range of ideas for breakfasts, lunches and dinners.

**The Hairy Bikers' 12 Days of Christmas** Hairy Bikers 2016-09 Make this year's Christmas dinner your greatest and most relaxed ever with Hairy Bikers Si King and Dave Myers. With their irrepressible enthusiasm for great food and all things festive, Si and Dave have put together the definitive Christmas cookbook. Combining fool-proof versions of the nation's favourite Christmas dishes with new and inventive festive recipes they love to cook for their friends and families, the Hairy Bikers will ensure you serve up cracking meals with ease throughout the holiday season. As well as covering what to cook on the big day itself, the Hairy Bikers also give you tasty dishes for Christmas Eve, delicious cocktails to tame your in-laws, ingenious recipes for all those leftovers and fancy snacks to nibble on in front of the telly. They even show you how to make your own Christmas crackers - and help keep the kids distracted. This is the perfect companion to your festive celebrations.

**The Hairy Dieters Go Veggie** Hairy Bikers 2017-05-18 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.

*The Hairy Dieters* Dave Myers 2014-12-26 'Si & Dave's recipes are SO much more delicious than the average diet dishes, it's no wonder they lost nearly 6st between them!' WOMAN 'Delicious recipes that are for "real people, not skinny minnies" - including hearty family meals and baked treats' EASY FOOD 'Showcases the many mouthwatering, healthy recipes that have helped them drop the pounds' DAILY EXPRESS 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. With over 1.3 million copies and counting, Si and Dave have come up with tasty recipes that are low in calories and big on flavour in this groundbreaking diet book. This is real food for real people, not skinny minnies.

*The Hairy Bikers' Mediterranean Adventure (TV tie-in)* Hairy Bikers 2017-11-02 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!

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