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Food Hairy
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The Hairy Dieters: Fast Food (Hairy Bikers)
Hairy Bikers' Best Low Calorie Meals From The Kitchen | Compilation

The Hairy Bikers ARE
The Hairy Dieters
VEDA Day 25 Hairy
Dieters Italian Meatballs
and Sauce Low Calorie
My Way Of Dieting
& Healthy Eating -
Hairy Dieters &
Slimming World

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~~Slimming World~~
~~Hairy Bikers Doner~~
~~Kebab with 5% Beef~~

The Hairy Dieters: Have
your cake and eat it too!

The Hairy Bikers Find
Out Their Daily Calorie

Intake | How to Love

Food and Lose Weight

The Hairy Bikers

Attempt To Lose 2

Stone In 3 Months |

How to Love Food and

Lose Weight The Hairy

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~~Bikers on Their Weight
Loss Secrets | Lorraine
Hairy Dieters Si King
flour Homemade fresh
pasta with Mercato
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S02E01 - Fowl Hairy
Biker's Ultimate One-
Pot Chilli Con Carne |
This Morning ~~The Hairy
Bikers' Sausage
Casserole | This~~

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~~Morning Food~~ ~~The Hairy~~
~~Bikers' Roast Chicken~~
~~and Trimmings | This~~
~~Morning Gordon~~
~~Ramsay Reveals the~~
~~Reason Behind His~~
~~Healthy Lifestyle | This~~
~~Morning~~ Easy Family
Lasagne | Jamie Oliver
Hairy Bikers'
Kitchenware - Pie
Maker ~~Dieting Myths~~
~~This Morning~~ Innuendo
~~Bingo with The Hairy~~

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~~Bikers~~ The Hairy Bikers
introduce their new
Hairy Dieters book The
Hairy Bikers 3 Month
Weight Loss Reveal |
How to Love Food and
Lose Weight ~~The Hairy~~
~~Bikers Share Their~~
~~Weight Loss Secrets |~~
~~This Morning~~ Body
Composition of BBC2
\"Hairy Dieters\"
measured by the Bod
Pod at Newcastle

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The Hairy Bikers Tackle

Weight Loss With

Cycling | How to Love

Food and Lose Weight

Hairy Dieters hit the

road! ~~The Hairy Dieters~~

~~Fast Food~~

Hairy Dieters Asian.

Berry & orange muffins.

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Hairy Dieters Cakes &
Biscuits. Mexican corn
on the cob. Starters &
Snacks. Cauliflower
fried rice. Main Hairy
Dieters. Quick Crème
Brûlée. Pudding &
Desserts Hairy Dieters.
Lemon & asparagus
pasta. Main Hairy
Dieters. No-cook fruity
bars. Starters & Snacks
Hairy Dieters. Chicken
with basil and lime

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sauce. Main Hairy
Dieters

~~Recipes The Hairy
Dieters: Fast Food
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THE HAIRY

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DIETERS: FAST Hairy
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 by Hairy Bikers |~~

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~~Waterstones~~

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.

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~~The Hairy Dieters: Fast Food: 30 Minute Recipes to Fill ...~~

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

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snacks, including Spicy
Sweetcorn Fritters and
Pasta with Chilli
Prawns, Chicken
Tagine. If you're
looking for healthy
recipes that don't
compromise on flavour
and are easy to factor
into your busy lifestyle,
this is the book for you –
and we have three
recipes to give ...

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~~Recipes from The Hairy
Dieters' Fast Food
Kitchen Tales ...~~

The Hairy Bikers, self-proclaimed food lovers, decided it was time to cut back on some of the calories and adopt a healthier lifestyle, without sacrificing flavour. This book is packed with delicious recipes that are for "real people, not skinny

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minnies" - including hearty family meals and baked treats (EASY FOOD)

~~The Hairy Dieters~~

~~Shop Hairy Bikers~~

The Hairy Dieters: Fast Food (Hairy Bikers)

Hairy Bikers. 4.6 out of 5 stars 869. Paperback.

£11.36. The Hairy

Dieters: How to Love

Food and Lose Weight

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Hairy Bikers. 4.7 out of 5 stars 4,808.

Paperback. £9.99.

Temporarily out of stock. The Hairy Dieters Go Veggie (Hairy Bikers) Hairy Bikers. 4.4 out of 5 stars 1,207.

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

The Hairy Dieters Go Veggie; The Hairy

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Bikers' 12 Days of Hairy
Christmas; 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 for
Life; The Hairy Bikers'
Great Curries; The
Hairy Dieters ...

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~~Recipes - Hairy Bikers~~

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

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

Essentially using the
SW method you can eat
as much as you like of
certain foods including

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lean meats and fresh fruit and veg, while certain other foods, e.g. bread, attract 'syn' points of which you have a modest daily allowance. Like SW though the Bikers eschew fat, albeit they suggest things like a hunk of wholmeal bread with soup...

~~The Hairy Dieters: How to Love Food and Lose~~

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~~Weight...~~ Food Hairy

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.

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(Hairy Bikers)

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reviews: The Hairy
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Following on from their
multi-million selling
diet books, THE
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THE HAIRY DIETERS
EAT FOR LIFE and
THE HAIRY
DIETERS: GOOD
EATING, the Hairy

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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 ...

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