



The Hairy Dieters: How to Love Food and Lose Weight Book 1

Hairy Bikers , Dave Myers , Si King

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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.

The Hairy Dieters: How to Love Food and Lose Weight Book 1 Details

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From Reader Review The Hairy Dieters: How to Love Food and Lose Weight Book 1 for online ebook

Yvonne Lockett says

I've tried a few recipes but my favourite is the Chicken Korma. I did swap the double cream for fromage fraise tho. It looked just like the picture and tasted gawjus

Emma says

The first recipe I have tried from this book is the Fresh Fruit Compote with Home-Made Granola (pg.23). I have substituted frozen berries for the fresh berries as I couldn't get these in the shops at a reasonable price in January. I have cooked the fruit for an extra 5 minutes as it's frozen, but it still tastes delicious. I've never tried making home made granola before but it came out really well and tasty. I would probably just make it with sultanas next time rather than mixed dried fruit, but that's only because I don't really like mixed peel. Overall a cracking recipe - would make again!

I then tried the Golden Vegetable Soup (pg.34). This smells delicious as it cooks. Butternut Squash is a pain to peel, but it is worth the effort!

The Chicken and Mushroom Risotto (pg.145) is absolutely delicious. It takes a bit of patience to get going and a couple of more expensive ingredients but such a nice dinner and tastes just like the full fat version!

Pg.65 - Easy Crispy Chicken. Putting this together is seriously quick and easy, wish I had thought about using the toaster to make breadcrumbs before. Incredibly simple as recipes go.

Fragrant Pork and Prawn Noodle Broth (p.127) smells really good when it's cooking but is incredibly spicy. My blender died half way through so that was a little tricky, but it's all good. Would probably use less chilli next time (or take the seeds out as they recommend).

Southern Style Jambalaya (p.147) this is delicious but needs to be eaten hot. It makes up a lot of food so it feels really filling. Have frozen the left overs and will have to see how those come out.

Chili Salad Bowls (p.106) these are a bit tricky to make but really pleased I have learnt how to make my own healthy tortilla bowls after loving the taco salads in the states. I've made this without the cheese, the lime, the salsa and the creme fraiche and added extra salad to make it super tasty and had two for dinner as they are low in calories and have been to the gym.

Paprika Chicken (pg.91) - trying this recipe for the first time tonight, it's relatively simple but does take quite a long time to make. This is not a whip it up on a work night type of recipe. I love the smell of paprika and it's great on a chilly winter night, makes it feel really homey. I'd probably have it with the mash as it's winter and I like the stodgy after a long cold day, but I think the rice would work just as well in the summer for a bit of a lighter dish.

Simple Tuna and Sweetcorn Pasta Salad (pg.174) - I've adapted this recipe slightly for my meal - I've added some olives to the salad and left out the spring onions as I couldn't get any in the supermarket. I've also substituted the dressing for a chilli salad dressing that I had in the cupboard...I've still thinned this out with the water but it does mean the salad isn't quite the 183 calories stated...

Chili Con Carne (pg. 151) - this is relatively easy. I didnt like that there wasnt any veg in there, so I adapted the recipe slightly by chucking in 1 pepper, 2 carrots, a courgette and a handful of sliced mushrooms - this meant I could have it on its own without rice and I felt full. Its a bit spicier than the normal chili I make but I could adjust that...

Home Made Butternut Squash Tortellini (pg.138) - a bit fiddly to make but delicious. Don't be fooled into thinking you need more than the portion size, its very rich and heavier than your normal pasta

Minestrone Soup (pg.33) - a tasty and light alternative to more of a wintery soup.

Cora Tea Party Princess says

A fantastic cookbook filled with easy to follow, delicious recipes - and surprisingly generous portions.

There are also tips and tricks and ideas to expand on the recipes included in the book.

Holly says

I actually got this book because my dad is a fan of the Hairy Bikers and is wanting to lose weight, but I found myself reading the whole thing and really enjoying it - as well as saving lots of recipes for later.

I've so far made four of the recipes and all of them came out brilliantly. Paprika chicken (lovely with brown rice), Old fashioned chicken and vegetable stew (great with new potatoes), Our special cassoulet (I used chilli sausages and they turned out great), and Italian meatballs with chunky tomato sauce. I made them all in one day and have frozen them in individual portions that I can eat during the week after a long day. It's made for a great system, and they freeze well!

Lots of other variation in recipes with the Hairy Bikers style, such as fakeaways and healthier versions of stews and pies. The personality of Si and Dave shines through in the book. Would definitely recommend this book to anyone trying to eat more healthily.

Coyney says

Couple of recipes I want to try

Michelle McManus says

Really tasty everyday recipes

Really tasty everyday recipes they are easy to name and easier to enjoy! Go hairy dieters! . . .

Justyna says

Nie oszukujmy si?. Si i Dave Ameryki nie odkrywaj?. Nie dowiedzia?am si? z tej ksi??ki niczego, czego nie wiedzia?am wcze?niej. Ale to nic, bo te wszystkie oczywisto?ci, to naprawd? jeden z najlepszych kroków do stracenia na wadze (je?li po??czy si? diet? z ?wiczeniami!).

Po pierwszym przejrzeniu uzna?am, ?e jest to ksi??ka dla ludzi oty?ych, zmagaj?cych si? z ogromna nadwag?. Nic bardziej mylnego. Ale na pewno mo?e by? bardzo pomocna dla osób, które nigdy na diecie nie by?y, lub wcze?niejsze w ogóle im nie wychodzi?y (poddajesz si? po dwóch dniach, bo nie mo?esz wytrzymać z g?odu? Przeczytaj t? ksi??k? :))

Poza fajnymi trikami i wskazówkami w ksi??ce jest ca?a masa fantastycznych przepisów. Niektóre jak dla mnie s? za ci??kie, czy zbyt kaloryczne, bo ch?opaki jednak mieli wcze?niej spor? nadwag?, ale poza tym pozostaje masa rzeczy, które na pewno wypróbuj?!

Dodatkowym plusem jest to, ?e w?a?ciwie wszystkie produkty s? bez problemu dost?pne w Polsce, a jest to cz?sty problem z angielskimi czy ameryka?skimi ksi??kami kucharskimi, czasem nie wiem nawet gdzie zacz?? si? rozgl?da? za jak?? rzecz?.

Fajna ksi??ka, dieta te? mo?e by? fajna. I przyjemna. Bez dwóch listków sa?aty i plasterka chudego bia?ego sera :)

Christine Harris says

A cookery book with a difference thoroughly entertaining

Nicola says

Loads of fantastic recipes!

Veronika says

tl;dr - Quite decent recipes, very basic, but scientifically solid weight loss advice.

I have picked up this book because I love food, and would like to lose weight, and have read it in a day. While I haven't tried any of the recipes yet (obviously), I trust the hairy dudes to do their usual thing and I believe that the recipes will be delicious as always.

The book's principle is a very good one - it recommends restricting calories somewhat, and eating sensibly with more fiber and protein, and less carbohydrates. It is not a fad diet cookbook, and while it doesn't promise magical results, I can see how it will absolutely work for people who are, at the point of reading it, eating really badly and too much, and drink excessively - the book recommends cutting out alcohol, or restricting it to weekends, not eating giant piles of food, and reducing the amount of carb-heavy sides for dinners.

For someone like me who already drinks 1-2 glasses of wine a week at most, eats a lot of salads and vegetables, and does not load up on carbs, most of the advice is redundant, if a good reminder that yes, I should be doing all these things. However, I still think it is a decent book, and for those who guzzle beer with

each meal and eat a pizza plate of fries with gravy for lunch, following it will certainly make a good change. I will definitely try some of the curry and stew recipes (they look and sound delicious),, but I cannot say this book was any sort of revelation.

I do recommend it for anyone who plans to start eating sensibly and wants to do it while cooking at home.

Lisa says

First off, there are some great recipes in here! The calorie count per portion for each recipe in the book is an obvious plus in a diet book, however, these counts are for just the main of a dish and don't include the side dishes that would complete the meal. We all love a curry, right!? But it's a little disappointing when you have to add extra calorie allowances for the rice too! I mean who eats curry without rice (or potatoes) as an accompaniment? If it was me writing a book like this I would give a recipe for a curry, suggest you serve it with rice, and then give the calorie count that INCLUDES the rice! C'mon, surely that's logical!?

Secondly, the preface in this book calls it a 'ground breaking diet book'... I disagree completely, there is NOTHING ground breaking in this book. It's all common-sense, stuff we know we should do but don't. Use less fat and sugar, eat smaller portions, don't skip breakfast, exercise, eat more veggies and fruit and stop filling up on big carb portions, and drink less booze.

Losing weight is easy really... eat less, move more!!! Well, I say easy, we ALL know that's what we SHOULD do but, like so many people, I gained the weight because I'm lazy and LOVE food (and wine).

As just a recipe book I might be inclined to give this 4-stars, as a diet book only 2-stars (and that's being generous), so I settled on the middle ground and went for 3-stars.

Michael Gardner says

One of the best cookbooks I've ever used for those times when your clothes decide to spontaneously shrink. Unlike other fad dieting books, the bikers have looked straight to the heart of reason why dieting makes people miserable: if you need to lose weight, there's nothing worse than feeling hungry and not enjoying what you eat.

Their recipe is simple: create a variety of recipes that fill you up and taste good without being loaded with calories. Si and Dave aren't chefs. They're enthusiastic foodies. What you get is home comfort classics that are simple to make. I particularly like the lasagne recipe that replaces the pasta with sheets of leek. It tastes bloody wonderful even though I can't quite get it to stay in a slice. It doesn't last long enough for that to matter anyway.

Libbeth says

The recipes I have made from this book turned out just like the photographs and tasted yummy. You have to bear in mind that some of the recipes are not a complete meal and so you would have to count in extra calories for rice and such.

Katy says

Recipes really tasty so far and an easy read. Good sensible dieting tips but will just use for the excellent low-fat recipes.

Orinoco Womble (tidy bag and all) says

First cookbook I ever bought online. We watched the series and my OH said, "Right, get online and order it." And I was glad I did. After it came, I cooked my way through it.

This book is for people like me: hardline foodies who love to cook--and love to eat. People who need a little push, a few tips and tricks, to do what we need to do--eat well and sensibly at the same time. I've prepared a good 90% of the recipes (skipped the dessert section) and they are all keepers. I didn't try the desserts because I'm not a big dessert eater. Desserts are not my problem; my problem is main dishes. That's why I love this book so much. As Si King says in the TV series, they give you a proper plate of food, even respecting portion sizes. You won't feel deprived if you prepare one of these recipes.

Many times, doctors prescribe diets that are more like punishment--no seasoning at all. Well newsflash--herbs and spices don't add calories!! You can have delicious meals without guilt if you know how to go about it.

Some may say these are "standard" tips but some of us just needed to hear it in simple language: that a nonstick pan is (or should be) what it says--you don't need more than a brush of oil. That baking is leaner than panfrying, without having to sacrifice taste. That home-made versions of processed or takeaway foods taste better and can be calorie-controlled without sacrificing the good stuff.

I was prescribed to eat a lot of fish, which I didn't care for, until I learned a few tips from our lads. And the best recommendation is, a year on, they have kept the weight off.

Can't wait for the second book in the series to come out! If you love tasty, filling, satisfying food, you will use this book even if you don't "need" to.
