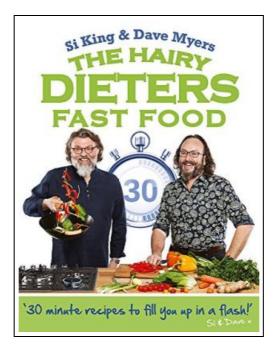
# The Hairy Dieters: Fast Food (Paperback)



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# Reviews

A top quality ebook and also the font employed was interesting to read. This is for those who statte there was not a worth studying. Your life span will probably be enhance when you total looking at this ebook.

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# THE HAIRY DIETERS: FAST FOOD (PAPERBACK)



Orion Publishing Co, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand New Book. 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.



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