

Download The Hairy Dieters How To Love Food And Lose Weight

David Myers (born 8 September 1957) and Simon "Si" King (born 20 October 1966) collectively known as the Hairy Bikers, are British television presenters who have fronted the series The Hairy Bikers' Cookbook, The Hairy Bikers Ride Again, The Hairy Bakers, The Hairy Bikers' Food Tour of Britain, The Hairy Bikers' Mums Know Best, Hairy Bikers ...The Hairy Bikers are David Myers and Simon King, two northern blokes with a passion for cooking and food. The pair began their TV careers working behind the scenes, Si as a first assistant ...This is exactly like your favourite sweet and sour from the local down the road, but with fewer calories. Proves that a diet doesn't have to be all about denial. We love this brilliant low-fat, one-pan, supper from The Hairy Dieters cookbook. A roasted cod recipe with parma ham and peppers - delicious!