

hairy bikers dieters recipes

hairy bikers dieters recipes have become a popular choice for those looking to enjoy hearty, flavorful meals while maintaining a healthy lifestyle. The Hairy Bikers, renowned for their down-to-earth approach to cooking and passion for good food, have inspired many to adopt recipes that balance taste and nutrition. Whether you're trying to shed a few pounds, manage your calorie intake, or simply want to explore healthier versions of classic dishes, their recipes offer a fantastic starting point. In this article, we delve into the world of Hairy Bikers dieters recipes, exploring their philosophy, popular dishes, tips for cooking healthier, and how to adapt your favorite meals without sacrificing flavor.

Understanding the Hairy Bikers' Approach to Diet and Cooking

The Philosophy Behind Their Recipes

The Hairy Bikers, Dave Myers and Si King, emphasize honest, hearty, and satisfying meals made with fresh ingredients. Their approach to dieting is not about deprivation but about moderation and smarter choices. They believe that eating healthily doesn't mean giving up taste; instead, it's about finding clever ways to prepare familiar dishes with a healthier twist.

Balancing Indulgence with Nutrition

Many of their recipes focus on reducing calorie content without compromising on flavor or portion sizes. They often incorporate:

- Lean proteins such as chicken, turkey, and fish
- Plenty of vegetables and salads
- Whole grains instead of refined carbs
- Reduced amounts of sugar, salt, and saturated fats

This balanced approach makes their recipes appealing to a wide audience, including those on specific diets like low-carb, low-fat, or calorie-controlled regimes.

Popular Hairy Bikers Dieter Recipes

Here are some of the most beloved recipes adapted for dieters, showcasing how flavorful and satisfying healthy eating can be:

1. Slimming Chicken Curry

A classic comfort dish made with lean chicken breast, chopped tomatoes, and a blend of spices. Using low-fat yogurt instead of cream reduces calories and fat, while still delivering rich flavor.

2. Veggie-Stuffed Bell Peppers

Bright, colorful, and packed with nutrients, these peppers are filled with a mixture of quinoa, vegetables, and herbs. They're low in calories but high in fiber and vitamins.

3. Fish Pie with a Lightened-Up Mash

A healthier take on the traditional British fish pie, using a mix of white fish, prawns, and a creamy but low-fat sauce, topped with mashed cauliflower or sweet potato instead of traditional mashed potatoes.

4. Roast Vegetable & Hummus Wraps

Perfect for lunches, these wraps combine roasted vegetables with a spread of hummus, wrapped in wholegrain tortillas for added fiber.

5. Lean Beef and Vegetable Stir-Fry

A quick, nutritious meal featuring lean strips of beef stir-fried with colorful vegetables, flavored with soy and ginger, served over brown rice or cauliflower rice.

Tips for Making Hairy Bikers Recipes Diet-Friendly

Transforming traditional recipes into healthier versions involves some strategic modifications. Here are some practical tips:

Use Lean Proteins

Opt for chicken breast, turkey, fish, or plant-based proteins to reduce saturated fat intake. These options provide essential nutrients with fewer calories.

Increase Vegetables

Bulk up your meals with vegetables like spinach, courgettes, peppers, and broccoli. They add fiber, vitamins, and minerals, making dishes more filling and nutritious.

Choose Whole Grains

Replace white rice, pasta, and bread with wholegrain or high-fiber alternatives such as brown rice, whole wheat pasta, or quinoa.

Reduce Fats and Sugars

Cut back on butter, cream, and sugar. Use healthier fats like olive oil or avocado in moderation and experiment with natural sweeteners like honey or maple syrup.

Portion Control

Pay attention to serving sizes. The Hairy Bikers often emphasize the importance of moderation rather than eliminating favorite foods.

Cook Cleverly

Bake, grill, steam, or stir-fry instead of frying. Use herbs and spices to enhance flavor without adding extra calories.

Adapting Classic Hairy Bikers Dishes for Dieters

Many traditional recipes can be easily adapted to fit a diet plan. Here are some ideas:

1. **Macaroni and Cheese:** Use whole wheat pasta, add pureed vegetables to the cheese sauce, and opt for low-fat cheese options.
2. **Steak and Chips:** Swap traditional chips for roasted sweet potatoes or vegetable wedges, and choose lean cuts of steak.
3. **Full English Breakfast:** Include grilled tomatoes, mushrooms, poached eggs, and lean bacon or turkey sausages, reducing the overall fat content.
4. **Pie and Pastry Dishes:** Use filo pastry or cauliflower crusts, and fill with lean meats and vegetables.

Healthy Cooking Techniques Inspired by the Hairy Bikers

The Hairy Bikers are known for their straightforward and flavorful cooking methods. To keep recipes diet-friendly, consider:

- **Steaming:** Keeps nutrients intact and requires no added fats.
- **Grilling:** Adds smoky flavor without oil or butter.
- **Baking:** Suitable for casseroles, fish, and vegetables, reducing the need for frying.
- **Stir-Frying:** Use minimal oil and high heat to cook quickly and retain nutrients.

Sample Hairy Bikers Dieter Recipe: Healthy Chicken and Vegetable Stir-Fry

Here's a simple, nutritious recipe inspired by the Hairy Bikers' style:

Ingredients:

- 2 chicken breasts, sliced into strips
- 1 red bell pepper, sliced
- 1 courgette, sliced
- 1 carrot, julienned
- 2 garlic cloves, minced
- 1 tbsp soy sauce (low sodium)
- 1 tsp ginger, grated
- 1 tbsp olive oil
- Cooked brown rice or cauliflower rice

Instructions:

1. Heat the olive oil in a wok or large frying pan over high heat.
2. Add the chicken strips and cook until browned and cooked through. Remove and set aside.
3. In the same pan, add garlic and ginger; cook briefly until fragrant.
4. Add the vegetables and stir-fry for 4-5 minutes until tender but still crisp.
5. Return the chicken to the pan, pour in soy sauce, and toss to combine.
6. Serve hot over your choice of brown rice or cauliflower rice.

This dish is high in protein, packed with vegetables, and low in calories, making it perfect for a dieter.

Conclusion: Embracing Flavorful, Healthy Eating with the Hairy Bikers

The Hairy Bikers dieters recipes prove that eating healthily doesn't mean sacrificing flavor or enjoyment. Their approach of using fresh ingredients, clever cooking techniques, and portion control allows you to indulge in hearty, satisfying meals while managing your weight. By incorporating their tips and adapting traditional favorites, you can enjoy a diverse, nutritious diet that supports your health goals. Whether you're preparing a quick stir-fry, a comforting pie, or a vibrant vegetable salad, their recipes inspire confidence that healthy eating can be both delicious and fulfilling. Remember, the key is moderation, creativity, and a passion for good food—just as the Hairy Bikers have demonstrated throughout their culinary journey.

Frequently Asked Questions

What are some popular Hairy Bikers diet-friendly recipes?

The Hairy Bikers offer a variety of healthy recipes such as grilled chicken salads, vegetable stews, and low-calorie casseroles that are both flavorful and suitable for dieting.

Are Hairy Bikers' diet recipes suitable for low-carb diets?

Yes, many of the Hairy Bikers' diet recipes focus on low-carb ingredients like lean meats, vegetables, and healthy fats, making them suitable for low-carb or keto-friendly diets.

How can I modify Hairy Bikers recipes to make them more diet-friendly?

You can reduce added fats, use low-fat dairy options, increase vegetable content, and control portion sizes to adapt Hairy Bikers recipes for a healthier, diet-friendly version.

Are the Hairy Bikers' diet recipes easy to prepare for beginners?

Absolutely, many of their diet recipes are straightforward, with simple ingredients and step-by-step instructions, making them accessible for cooks of all levels.

Where can I find the latest Hairy Bikers diet recipes online?

You can find their latest diet-friendly recipes on their official website, their recent cookbooks, and trusted cooking platforms or social media pages dedicated to their work.

Additional Resources

Hairy Bikers Dieters Recipes: A Delicious Journey to Healthier Living

The Hairy Bikers, renowned for their hearty, comforting dishes and engaging personalities, have garnered a loyal following over the years. Their approach to dieting and healthy eating—embodying balance, flavor, and practicality—has resonated with many looking to shed pounds without sacrificing taste. In this comprehensive guide, we delve into the world of Hairy Bikers dieters recipes, exploring their philosophy, signature dishes, nutritional insights, and practical tips to incorporate their recipes into a sustainable weight loss journey.

Understanding the Hairy Bikers' Approach to Dieting

Philosophy of Balance and Moderation

The Hairy Bikers emphasize that healthy eating doesn't mean deprivation. Instead, they advocate for:

- Moderation over restriction
- Using fresh, wholesome ingredients
- Incorporating favorite flavors in smarter ways
- Maintaining a realistic, enjoyable approach to food

Their recipes are designed to be satisfying and flavorful while being mindful of calorie content and nutritional value.

Focus on Homemade, Nutrient-Rich Meals

One of the core principles is preparing meals from scratch, which allows better control over ingredients, portion sizes, and cooking methods. Their recipes often feature:

- Lean proteins (chicken, fish, turkey)
- Plenty of vegetables
- Whole grains
- Limited added sugars and unhealthy fats

Adapting Traditional Comfort Food

Rather than eliminating comfort food altogether, the Hairy Bikers reinvent classics with healthier twists:

- Lighter versions of stews, pies, and pasta dishes
- Use of low-fat dairy and cooking sprays
- Batch cooking for portion control

This approach helps dieters stay committed without feeling deprived.

Popular Hairy Bikers Dieters Recipes

The following are some standout recipes that encapsulate the Hairy Bikers' philosophy, perfect for those on a weight loss journey.

1. Chicken and Vegetable Stir-Fry

Overview: A quick, nutritious dish packed with lean protein and vibrant vegetables.

Ingredients:

- Skinless chicken breast
- Broccoli, bell peppers, carrots, snap peas
- Low-sodium soy sauce
- Garlic and ginger
- Olive oil or cooking spray

Preparation tips:

- Use minimal oil for stir-frying
- Serve with a small portion of brown rice or cauliflower rice for added fiber

Nutritional benefits:

- High in protein
- Rich in fiber and vitamins
- Low in saturated fat and calories

2. Lentil and Vegetable Soup

Overview: A hearty, filling soup that's low in calories but high in nutrients.

Ingredients:

- Red lentils
- Onion, celery, carrots, tomatoes
- Vegetable broth
- Spices like cumin, turmeric, pepper

Preparation tips:

- Use homemade or low-sodium broth
- Add spinach or kale for extra greens

Nutritional benefits:

- Great source of plant-based protein and fiber
- Supports digestion and satiety
- Low in fat and calories

3. Baked Salmon with Lemon and Herbs

Overview: A simple yet flavorful way to include healthy omega-3 fatty acids in your diet.

Ingredients:

- Salmon fillets
- Lemon slices
- Fresh dill or parsley
- Olive oil spray

Preparation tips:

- Bake rather than fry
- Serve with steamed vegetables and a small portion of whole grains

Nutritional benefits:

- Rich in omega-3s
- High-quality protein
- Supports heart health

4. Turkey and Veggie Patties

Overview: A lean alternative to beef burgers, packed with flavor and nutrients.

Ingredients:

- Lean ground turkey
- Finely chopped vegetables (zucchini, carrots, onions)
- Herbs and spices
- Egg and breadcrumbs (whole grain if possible)

Preparation tips:

- Shape into patties and bake or grill
- Use whole grain buns or lettuce wraps

Nutritional benefits:

- Lower in saturated fat
- Adds extra vegetables to your diet
- Keeps you full longer due to protein and fiber content

Incorporating Hairy Bikers Recipes into Your Diet

Meal Planning and Preparation

To maximize weight loss and maintain variety, consider the following:

- Batch cooking: Prepare large portions of soups, stews, or casseroles and portion them into containers.
- Meal rotation: Incorporate a variety of recipes to prevent boredom.
- Smart substitutions: Use lower-calorie ingredients or cooking methods (e.g., steaming instead of frying).

Portion Control

Even healthy recipes can lead to weight gain if portions are too large. Practical tips include:

- Using smaller plates and bowls
- Measuring servings initially until you get a feel for appropriate sizes
- Being mindful of calorie-dense ingredients like oils, nuts, and cheese

Balancing Macros and Micronutrients

Ensure each meal includes:

- Lean protein for satiety
- Fiber-rich carbs for energy and digestion
- Healthy fats for overall health

In addition, aim for a colorful plate filled with vegetables and fruits to boost vitamins and antioxidants.

Adapting Recipes for Specific Dietary Needs

The versatility of Hairy Bikers recipes makes them adaptable to various dietary restrictions:

- Low-carb diets: Focus on non-starchy vegetables and lean proteins; omit or limit grains.
- Vegetarian or Vegan diets: Substitute animal proteins with legumes, tofu, or tempeh; use vegetable broth.
- Gluten-free options: Use gluten-free grains like rice, quinoa, or corn-based products.

By making these adjustments, you can enjoy their recipes while aligning with your personal health goals.

Nutrition Insights and Tips for Success

Understanding Calories and Nutritional Content

While the Hairy Bikers focus on flavor and satisfaction, being mindful of calorie intake remains essential in dieting:

- Track portion sizes
- Use nutritional labels or apps to estimate calorie content
- Prioritize nutrient-dense foods that provide essential vitamins and minerals

Hydration and Lifestyle

Healthy eating is complemented by lifestyle habits:

- Drink plenty of water throughout the day
- Incorporate regular physical activity
- Get adequate sleep to support metabolism and recovery

Staying Motivated

- Celebrate small victories
- Keep a food journal to monitor progress
- Join community groups or forums for support and recipe sharing

The Practicality and Enjoyment of Hairy Bikers Dieters Recipes

One of the most appealing aspects of Hairy Bikers recipes is their emphasis on enjoyment. They prove that healthy eating can be:

- Delicious and satisfying
- Easy to prepare with accessible ingredients
- Compatible with busy lifestyles

By embracing their recipes, dieters can develop sustainable habits that foster long-term health benefits without feeling deprived.

Conclusion: Embracing the Hairy Bikers' Healthy Cooking Philosophy

The Hairy Bikers' dieters recipes offer a compelling blend of flavor, nutrition, and practicality. Their approach demonstrates that you don't need to sacrifice pleasure for health. Instead, with a bit of planning and creativity, you can enjoy hearty, satisfying meals that support your weight loss goals.

Incorporate their recipes into your weekly meal plan, experiment with substitutions, and focus on balance and moderation. Remember, the journey to healthier living is about creating sustainable habits that bring joy and wellbeing. With the guidance of the Hairy Bikers' delicious recipes, you're well on your way to achieving your health aspirations while savoring every bite.

Hairy Bikers Dieters Recipes

hairy bikers dieters recipes: 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.

hairy bikers dieters recipes: 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!

hairy bikers dieters recipes: 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.

hairy bikers dieters recipes: 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.

hairy bikers dieters recipes: 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.

hairy bikers dieters recipes: 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.

hairy bikers dieters recipes: 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.

hairy bikers dieters recipes: The Hairy Dieters: Fast Food Hairy Bikers, 2016-05-19 'The Hairy Bikers have really pulled a fast one, cooking up delicious 30-minute recipes that are healthy, low-cal and really satisfying' PRIMA 'You will use it again and again and reap the benefits of a reduced waistline, too.' CHOICE 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.

hairy bikers dieters recipes: 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, share 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, 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' new book, OUR FAMILY FAVOURITES, is available NOW. Inspired by their journey together, Si King has completed this book as a tribute to his best friend and cooking partner Dave Myers, and a celebration of the food they loved to cook for themselves and their families. Treat your loved ones with this new collection, perfect for families of all shapes and sizes.

hairy bikers dieters recipes: 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 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

hairy bikers dieters 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

hairy bikers dieters recipes: The Hairy Dieters' Fast & Fresh Hairy Bikers, 2024-04-25 THE HAIRY DIETERS' FAST & FRESH is the brand-new collection of tasty, easy-to-prepare, low-calorie dishes from the nation's favourite cooking duo, The Hairy Bikers. Inspired by the ingredients of the

Mediterranean, Si King and Dave Myers have developed over 80 delicious and nutritious recipes to help you move away from processed foods and ready meals to make the most of the fresh ingredients available throughout the year. With dishes including red pepper salad with feta, black bean soup, pulled chicken tacos, spinach & halloumi curry, beef ragù with mushrooms, chocolate & rye cookies and blueberry cheesecake, whether you're looking for quick midweek meals, recipes with minimal prep or sweet treats, Si and Dave have it covered. Triple-tested, calorie-counted and packed full of flavour, FAST & FRESH is sure to become your go-to for healthy inspiration every day. The Hairy Bikers were no. 1 bestsellers in the UK, Sunday Times, w/c 29 April 2024.

hairy bikers dieters recipes: The Hairy Bikers: Our Family Favourites Hairy Bikers, 2024-10-24 Treat your loved ones with this brand-new collection of Hairy Bikers' recipes, perfect for families of all shapes and sizes. Inspired by their journey together, Si King has completed this book as a tribute to his best friend and cooking partner Dave Myers, and a celebration of the food they loved to cook for themselves and their families. The Hairy Bikers are known as the Kings of Comfort, adored for their hearty food, big flavours and simple recipes. With this book, Si King delivers all that and more - bringing joy to the kitchen as he looks back and shares this ultimate collection of their most treasured dishes along with heartfelt stories and reflections on their adventures together. Filled with mouth-watering ideas to take you from breakfast to dinner on weekdays, weekends and special occasions, chapters include: · Best brunches · Finger food and things on toast · Hearty soups and salads · On the table... fast · Relax, it's the weekend · Let's celebrate · Time for something sweet · On the side With over 100 easy and rewarding recipes to choose from, dishes like Cowboy Breakfast, Curried Welsh Rarebit, Bacon, Sausage & Egg Pie, Coronation Chicken Pancakes, Ginger Beer-Glazed Ham and Rum Babas with Grilled Pineapple will soon be your family favourites too. Featuring the Hairy Bikers' trademark flavours and comfort, Our Family Favourites is a deeply personal tribute packed with food you'll want to cook and share with your own loved ones again and again.

hairy bikers dieters recipes: Autism and Enablement Matt Bushell, Sandra Gasson, Ute Vann, 2017-11-21 This practical guide to the enablement approach shows how to help adults with autism achieve greater independence and become more self-sufficient. The approach draws on occupational therapy and can be adapted for range of abilities, ideal for improving wellbeing and helping adults to better manage their day-to-day lives.

hairy bikers dieters recipes: The Hairy Bikers' One Pot Wonders Hairy Bikers, 2019-10-31 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 traybakes 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 - it really is a belter! Enjoy savoury classics like Sausage & Bean Traybake and Showstopper Quiche, or the sweet delights of Rhubarb & Orange Crumble and Boozy Syllabub Trifle, there's so much here to tickle the tastebuds and get your cooking mojo back into the kitchen. So dial back the effort and turn up the flavour with The Hairy Bikers' One Pot Wonders!

hairy bikers dieters recipes: The Hairy Bikers' Meat Feasts Hairy Bikers, 2015-08-27 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!

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hairy bikers dieters recipes: *The Hairy Dieters' Fast & Fresh* The Hairy Bikers, 2024-08-06 The Hairy Dieters' Fast & Fresh is the brand-new collection of tasty, easy-to-prepare, low-calorie dishes from the nation's favourite cooking duo, The Hairy Bikers. Inspired by the ingredients of the Mediterranean, Si King and Dave Myers have developed over 80 delicious and nutritious recipes to help you move away from processed foods and ready meals to make the most of the fresh ingredients available throughout the year. With dishes including red pepper salad with feta, black bean soup, pulled chicken tacos, spinach & halloumi curry, beef ragù with mushrooms, chocolate & rye cookies and blueberry cheesecake, whether you're looking for quick midweek meals, recipes with minimal prep or sweet treats, Si and Dave have it covered. Triple-tested, calorie-counted and packed full of flavour, FAST & FRESH is sure to become your go-to for healthy inspiration every day.

hairy bikers dieters recipes: *The Hairy Bikers' Veggie Feasts* Hairy Bikers, 2020-10-29 THE IRRESISTIBLE 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.

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