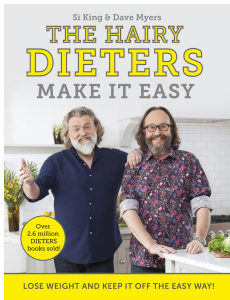


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THE HAIRY DIETERS MAKE IT EASY EBOOKS 2019



Author: Hairy Bikers

Release Date: Lanzamiento previsto: @@expectedReleaseDate@@

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 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... 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!

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