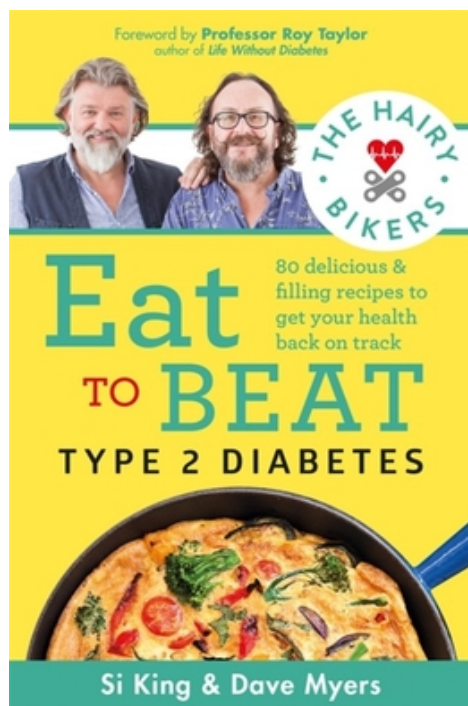


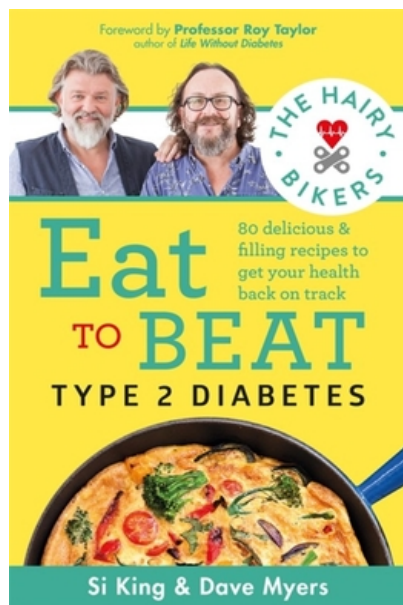
Scarica libri The Hairy Bikers Eat to Beat Type 2 Diabetes: 80 delicious & filling recipes to get your health back on track

By Hairy Bikers



THE NO.1 SUNDAY TIMES BESTSELLER. The bestselling, big-hearted and down-to-earth chefs, The Hairy Bikers, return with 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, first of a new healthy eating series, 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

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