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compromise on
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your busy lifestyle,
this is the book for
you - and we have
three recipes to
give ...

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The Hairy Bikers,
self-proclaimed
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decided it was time

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to cut back on

some of the
calories and adopt
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sacrificing flavour.

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Egg, bacon and
asparagus flan. by
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Main course.

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to Love Food and
Lose Weight
recipes ...~~

Essentially using
the SW method you
can eat as much as
you like of certain
foods including
lean meats and
fresh fruit and veg,
while certain other
foods, e.g. bread,
attract 'syn' points

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of which Dieters have a modest daily allowance. Like SW though the Bikers eschew fat, albeit they suggest things like a hunk of wholmeal bread with soup...

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