

## Healthy Eating: Clean Eating Diet, Paleo Diet Cookbook And Sugar Detox Box Set - Over 100 Of The Most Delicious And Healthy Recipes For You And Your Family (Healthy Eating, Weight Loss)



**HEALTHY EATING:** The Clean Eating Diet, Paleo Diet For Beginners and Sugar Detox box set Are you ready to learn over 100 delicious and healthy recipes? Free with Kindle Unlimited **FREE BONUS INCLUDED** at the end of the book Book 1: The Clean Eating Diet: Over 30 Delicious and Healthy Clean Eating Recipes To Lose Weight, and Increase Energy Forever! After reading this book, you will come out more determined and empowered than ever to take on the challenge of weight loss and encourage your personal metamorphosis from being a person who does not think that healthy food can be awesome into someone who is ready to embrace the healthful benefits that clean eating can offer. Reading the book will surely enable you, whether or not you have struggled with your weight, to understand that changing the types of food that you eat will not only help you lose weight, but will also completely change your mind on the concept of living a healthier lifestyle. Book 2: Paleo For Beginners: 60 Irresistible Paleo Recipes for Weight loss and Optimal Health You Wish You Knew Inside Paleo For Beginners you will find direction in how to lead a healthier lifestyle by first trying the healthy paleo diet plan offered within these pages. It is a simple and healthy diet to start. It will guide you on how to choose healthier choices in foods that are going to help you to achieve weight loss and become fitter than you ever dreamed possible! The Paleo Diet is not new it is what the caveman were eating. Their deaths were not caused by things that we die from today such as cancer and heart attacks. Cavemen deaths were not caused by an unhealthy diet or lack of exercise unlike today. The foods they ate were all organic there was no manmade or synthetic food products like we have today. The Paleo diet is based around simple foods, you need to stay away from grains, processed foods, and

sugar. Book 3: Sugar Detox: Beat Sugar Cravings and Overcome Sugar Addiction to Lose Weight and Increase Energy in 21 Days! If you are truly committed to making changes in your lifestyle that will help you to fight your awful sugar addiction then this book is going to offer you the support you will need to be successful. You have a much better chance if you have a game plan of how and what you are going to need to do to get the results that you are looking for. In order for you to get motivated enough to conquer your sugar addiction you really need to know what bad sugars have on your body. Knowing what health risks you are taking when you are ingesting far too much sugar in your diet is going to help you to get motivated to want to live a healthier lifestyle. Going on this sugar detox diet is going to benefit you on many different levels. You are going to lose weight and naturally you will feel better about yourself, have more confidence than you have had in a long time! Making changes in life is never easy, but when you are making a change for the better that is going to improve your health and well-being this is a welcome change! FREE BONUS included! As my way of saying thank you for downloading and reading this book, I've included a special gift for you at the end of this ebook. Are you ready to get started? Scroll to the top of the page and select the buy now button. Available on PC, Mac, smart phone, tablet or Kindle device. 2015 All Rights Reserved.

## Hansen Family Farm Japanese Black Trifele

We are happy to provide quality fresh fruits, vegetables, Grass-fed and Finished Beef, Naturally & Humanely raised Pork, Pastured Chickens, and Cage Free Eggs to Clackamas County sustainably on our small acreage.

We strive to provide vegetables that grow well in our climate ensuring the best tasting local food available. We prefer to grow old-fashioned and rare varieties of vegetables believing that they are the best to offer but do also grow a very select, few varieties of hybrids, but they are counted on one hand! Much of what we grow, we save the seed of every year and re-offer it to members of the Seed Savers Exchange.

We thank all of you, the "locavores", food enthusiasts, market goers, and home chefs for making our goal of fresh, local, fruits and veggies sustainably a reality.

Latest News....

Phil and Christie Hansen

2015 is off to a great start! We are looking forward to what this year has to offer!

All our efforts are gearing up to get the growing season started...from ordering/starting/transplanting seeds, planning rotation crops for the fields, cleaning the greenhouses and field equipment, and clearing the fields! There is not a dull day here on the farm!

Planning for garden start varieties is in full swing also. This year we will be offering many of our favorite heirlooms, open-pollinated, and hybrid varieties that we have grown for the past 10+ years as well as many new-to-us varieties. We are diligent to not purchase, offer or grow GMO seeds or food.

Our mix of garden starts includes many different varieties of tomatoes, cucumbers, peppers, ground cherries, pumpkins, melons, flowers and other great things for your garden! Most, if not all, varieties are tried and true for our Pacific Northwest valley climate. Check out the Garden Start page for a printable list of varieties available. Or go directly to a specific list at our Tomato, Pepper, and Other garden start pages.

We grew over 100 heirloom/open-pollinated Pepper varieties and 125+ varieties of heirloom/open-pollinated Tomatoes in 2014! Not counting the numerous other garden necessities like heirloom flowers, cucumbers, summer and winter squash, herbs, and melons amongst other rare and hard to find vegetables! In 2015 we will continue with the tradition we've started and will be planting and growing almost all the varieties that have been started so that even if you don't buy a plant you have a chance to taste a range of different flavors!

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