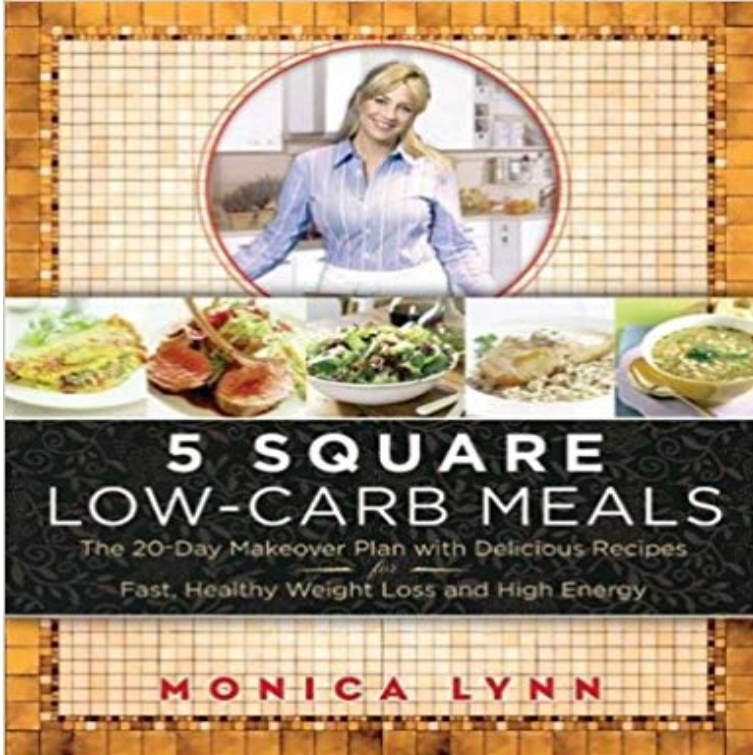


5 Square Low-Carb Meals : The 20-Day Makeover Plan with Delicious Recipes for Fast, Healthy Weight Loss and High Energy



Eat more, eat clean for fast, healthy weight loss and high energy! Have you been looking for a healthy way to eat, without all the hassle of counting calories, calculating percentages, cutting out the foods you love, or regaining the weight? If so, Monica Lynn, founder and CEO of 5 squares#153;, offers the perfect plan to change how you eat -- and to change your life. 5 squares delivers five healthy, balanced meals -- or squares -- to clients each day. Now, you too can make the meals that have helped thousands of happy customers -- including members of the Yankees, Mets, and Rangers -- lose weight and increase their energy. Lynns philosophy is simple: Eat more, eat clean, and plan ahead. Eating five satisfying but smaller meals a day helps to keep your metabolism running smoothly and continuously, rather than shocking your system with a load of calories from larger meals. Developed especially for your kitchen and based on tried-and-true nutritional information, 5 Square Low-Carb Meals eliminates empty calorie foods that contain wheat and sugar in favor of those that help build lean muscle mass. The result: Your extra pounds will drop off safely and easily, and your energy will increase by leaps and bounds! In 5 Square Low-Carb Meals, Lynn takes the guesswork out of healthful eating with twenty days worth of easy-to-use recipes packed with flavor. Divided into five parts -- one for each square or meal -- the book provides a host of delicious options for your breakfast, mid-morning snack, lunch, mid-afternoon snack, and dinner. The combination of carbs, fat, and protein has already been calculated to create a healthy balance, so you can use the sample menus provided, or simply mix and match your own daily five squares according to the recipes and foods you like best. Lynn also provides food diaries for charting your progress; information on how to create

your own balanced recipes; and tips on dining out while on the plan, setting exercise goals, and staying on track long after you've completed the first twenty days. Looking and feeling great are within your reach. 5 Square Low-Carb Meals gives you all the tools you need to change your lifestyle for the better, for good.

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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