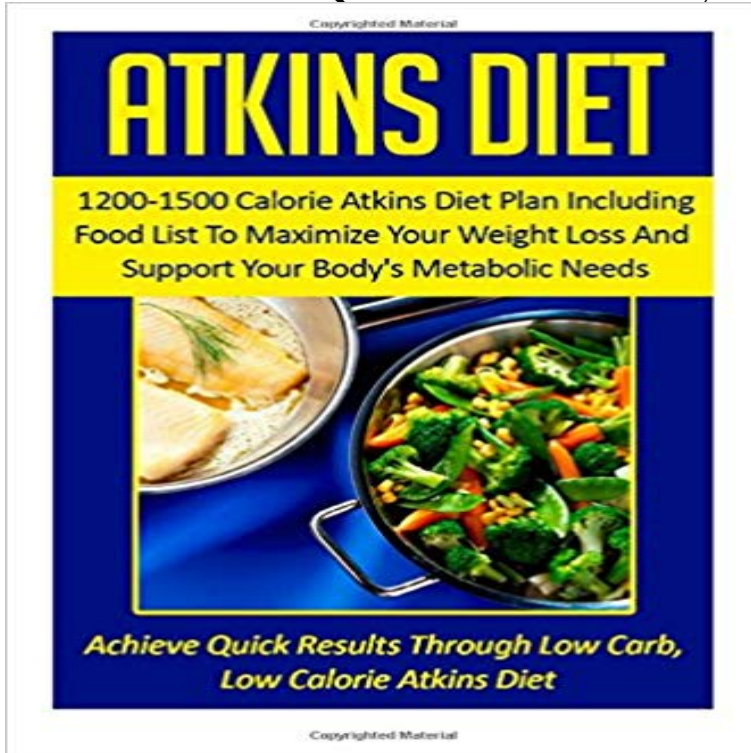


Atkins Diet: 1200-1500 Calorie Atkins Diet Plan Including Food List To Maximize Your Weight Loss And Support Your Bodys Metabolic Needs-Achieve Quick ... Cookbook, Atkins Diet Food List) (Volume 6)



Successful Weight Loss Through Low Carb Atkins Diet Program Get this Atkins Diet Meal Plan for just \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book will help you understand what the Atkins Diet is all about, the kinds of foods that are included in the diet, and also get to learn Atkins Diet recipes that will surely boost your metabolic rate and help you lost weight. Whats great about the recipes written in this book is that they are only in the 1200-1500 calorie range per day for a whole weekwhich means that youll be getting only the right amount of calories that you need and so you would not have a hard time losing weight. This will also help your body adjust to the Atkins Diet Program. If weight has always been your problem, and if you want to try a diet plan that would not interfere with what you want to eat, then the Atkins Diet is right for you. Start reading this book now and change your life for the better. Here Is A Preview Of What Youll Learn... What is the Atkins Diet?The Atkins Diet Food ListMeal Plan for Day 1Meal Plan For Day 2Meal Plan For Day 3Meal Plan For Day 4Meal Plan For Day 5Meal Plan For Day 6Meal Plan For Day 7Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$9.99!

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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