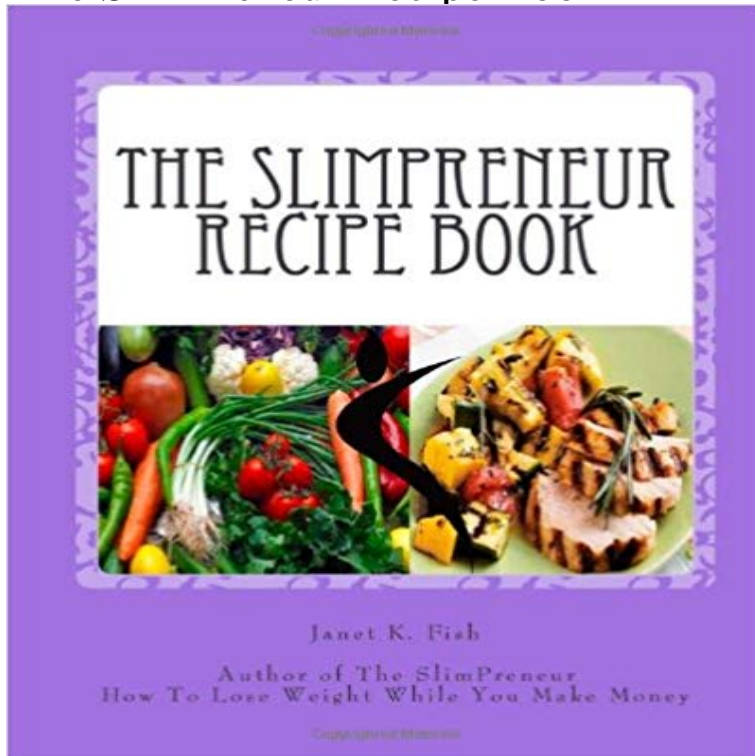


The SlimPreneur Recipe Book



The SlimPreneur Recipe book contains over 80 delicious recipes specifically designed for busy business professionals on the go. Low calorie, fast and easy to make, these recipes will quickly become family favorites. Each recipe contains full nutritional information including, calories, fat, protein, carbohydrates, sodium, sugar and fiber. This is the recipe book for every busy person who wants great tasting food that is low calorie, great tasting and good for you. These simple and quick to prepare recipes were created specifically for time challenged people who know that great tasting food doesn't have to take all day to prepare. Here's what you'll find inside: Breakfast Lunch Dinner Side Dishes Appetizers If you are looking for great food that won't expand your waistline, this is the recipe book for you. If you are trying to lose weight and are looking for tasty meals without all the fat and calories, you'll love this recipe book.

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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[\[PDF\] The Island Sunrise: Prehistoric Britain \(The Mirror of Britain Series\)](#)

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[\[PDF\] Man and His Migrations](#)

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The SlimPreneur Recipe Book

of our cookbook - Vegan on a Shoestring # and #2 in 2010. The second edition of the **The SlimPreneur Recipe Book: Volume 2: : Janet K** Synopsis. The SlimPreneur Recipe book contains over 80 delicious recipes specifically designed for busy business professionals on the go. Low calorie, fast **The SlimPreneur Recipe Book 1481968505** eBay Title: The SlimPreneur Recipe Book (Volume 2). Author: Janet K. Fish. Binding: Paperback. eBay! **The SlimPreneur : Janet K Fish : 9781614483571 - Book Depository** : The SlimPreneur Recipe Book (9781481968508) by Fish, Janet K. and a great selection of similar New, Used and Collectible Books available **The SlimPreneur by Janet K. Fish & Loral Langemeier - QBD** The key is to identify a couple of your favorite recipes, then when you make them, ahead and plan. recipes in the Resources section in the back of the book. **The SlimPreneur Recipe Book: Janet K. Fish: : Libros** The SlimPreneur by Janet K Fish, 9781614483571, available at Book Depository with free The Fast Diet Recipe Book. 16% Other books in Diets & Dieting.