

BACK2THEFRESH.ME

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HOT OFF THE FRESH

Stars & Bars Instrumental CD's by **Justis James**

- “STARS & BARS VOL.1”  – Sat Dec 15th 2016
- “STARS & BARS VOL.2”   – Sat April 1st 2017
- “STARS & BARS VOL.3”    Sat July 1st 2017
- “STARS & BARS VOL.4”     Tue October 31st 2017 only on BACK2THEFRESH.ME

“Stars And Bars” Instrumental cd's . (Pop, Rock, Hip Pop, R&B instrumentals & Film scores) are FREE. All genres of music. Need exclusive instrumentals for your music projects or scores for your films contact us with your budget.



WEGMANS

Chicken French And Caper Sauce

Total Calories: 500

Serves: 4
Time: 20 minutes
Calories: 320
Added Sugar: 0g per serving

Ingredients

1/2 cup Food You Feel Good About All Purpose Flour

3 Wegmans Organic Large Brown Eggs, whisked until foamy

1 pkg (about 1 1/2 lb) Food You Feel Good About Boneless Skinless Thin Chicken Breast Cutlets

Salt and pepper taste

1/4 cup Wegmans Pure Olive Oil

1 jar (11 oz) Italian Classics Lemon & Caper Sauce, warmed.

Steps

- 1 Place Flour and eggs in separate shallow bowls.
- 2 Season chicken with salt and pepper. Coat each cutlet with flour. Dip in egg until coated.
- 3 Heat oil in pan on MED - HIGH, 1-2 min. Add cutlets, two at a time.
- 4 Cook about 3 min, until edges turn golden brown. Turn over; cook about 3 min, until internal temp reaches 165 degrees. Drain on paper towels, transfer to serving plate. Serve with warm sauce.

Paired With

Cheese Sacchetti
Cheese & Black Pepper Ravioli
Buffalo Milk Ricotta & Spinach Cappellacci

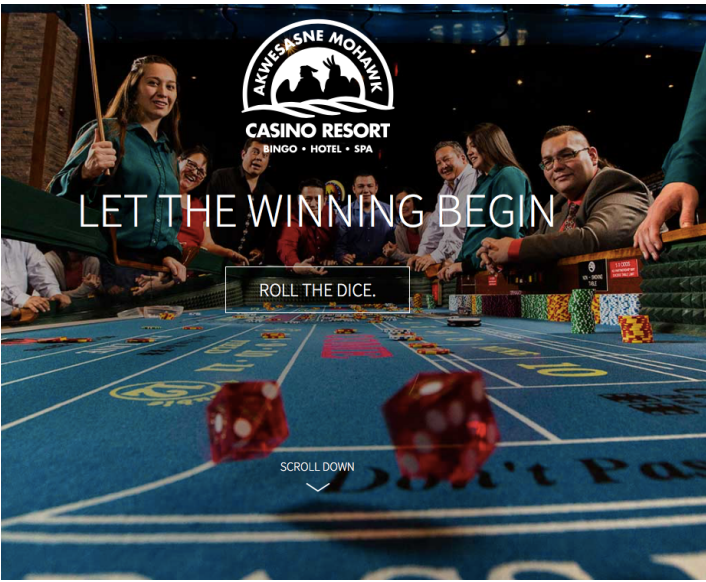
REFERRAL PROGRAM

- 1) Tell your family and friends who have a business about BACK2THEFRESH
- 2) Have them call 856 - 524 2763 and mention your name.
- 3) Receive a \$75 Gift card and team sticker for every person you refer who takes out an ad in our newsletter. And for each additional add they take out you'll receive a \$25 gift card.

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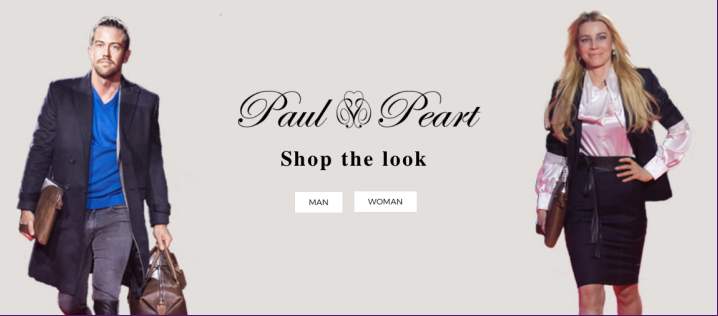
Contract - *An agreement between two or more persons which creates an obligation to do or not to do a particular thing.*

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Fashion

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Paul & Peart



WORDS TO LIVE BY

"A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes."

- **Hugh Downs:** American TV producer

BACK2THEFRESH Q&A



With Jack Jordan Of Jack Jordan Inc “Mancinis Liquor”

- (Q) What’s going Jack? How is the Alcohol business?
(A) *Pretty good. Like all other businesses. The person makes the business right.*
- (Q) How long have you been involved in this particular business?
(A) *I’ve been involved in this business since 1994.*
- (Q) What’s your favorite thing to drink?
(A) *My favorite thing to drink is Cognac and Single Malt Mac Callans Scotch.*
- (Q) What separates you from your competitors in America?
(A) *The thing that separates me from competitors in America is hospitality and courtesy.*
- (Q) Camden County New Jersey has 36 cities in it, and Camden happens to be the name of the city your business does business in. As a business leader in your community what can we expect from you?
(A) *As a business leader in Camden NJ you can expect me to support the little league baseball teams throughout the years like I’ve done. We need the residents, businesses, and developers who believe in the future of Camden NJ to stick around so they can see that the future we hoped for is here and coming. We must continue to make it happen because jobs are being created for the residents.*
- (Q) You are just up the street from Little Slice Of New York Pizzeria. Have you guys ever partnered up?
(A) *No. We’ve never partnered up. But I’m familiar with the pizza shop.*
- (Q) I voted for Donald Trump. Who did you vote for?
(A) *I didn’t vote for either of them. Foreign policy is not what it’s based on. Our claim of risk and justice should not be corporate.*
- Thank you for doing Q&A with us Jack. And we wish you the best of luck.

Jack Jordan Inc.
Mancine’s Liquor
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