



PORTLAND PICKS™

life + style to you: *every Friday*

June 24, 2011

1 Dress for Gym Success

Now that we're into yoga, we invested in the right pants, tanks and mat to help us achieve inner peace and outer fabulousness. Unfortunately, our ratty sports bra smashed the girls, compromising both goals.

Portland fitness expert Jennifer Ferguson created Handful bras to flatter, not flatten, and solve that problem. The removable padding lets us decide just how good we look at the gym (or anywhere—they're so comfortable!), and the mesh bag helps Handful keep its shape in the wash. Genius.

www.handful.com



2 Who's Making Dinner?

Sometimes making dinner seems like the... most... difficult task... ever... and we end up having popcorn for an entrée. Worse than college—ferreals.

Dinner at Your Door comes to the rescue with fresh, homemade, healthy and satisfying meals to please the whole family. Go online & choose your entrees, sides, and salads, and they deliver to your doorstep once a week. Gluten-free, veggie, kids' meals—you have delish choices. (We can't wait for lettuce-wrap night!)

www.dinneratyourdoor.com

