



Gfree

gluten free dinners. every night.

www.GFreeCuisine.com

Eat Free. Live Free. G Free.

Introducing **GFree**, your gluten-free online menu planning service. The task of getting a healthy dinner on the table is hard for everyone...but cooking gluten free is an added challenge. **GFree** offers recipes, a comprehensive grocery list, and a plan for simple, delicious cooking, every week—without wheat!

CHOOSE

Each week subscribers (as low as \$5 per month) choose 5 dinners and 2 specials (dessert, bread or snack) to prepare for the week. All of the recipes are kitchen-tested, have minimal prep times and use fresh ingredients. Each dinner is paired with a side dish and there are many extra recipes like dinner parties, desserts and freezer meals.

SHOP

The grocery list is categorized by the various sections of the store and the gluten-free brands are identified to make shopping that much easier. Studies show that having a plan and shopping with a list helps consumers save hundreds of dollars at the grocery store.

GFree has teamed up with gluten-free cooking expert, Carol Fenster, Ph.D. who offers simple recipes that allow gluten-free families to enjoy dinner and savor breads and baked goods once again.

Enter promo code: HEALTH for 25% off of any GFree subscription level

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