



gluten free dinners. every night

For Immediate Release

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Introducing GFree: Menu Solutions for a Gluten-Free Diet

Gluten-free menu planning service now available at www.GFreeCuisine.com

EVERGREEN, Colo. (Sept. 4, 2008) – Relish! (www.RelishRelish.com), a simple gourmet menu planning service, has launched **GFree**, a sister site for online gluten-free menu planning. Now available online at **GFreeCuisine.com**, GFree is the perfect solution for people on a restricted gluten-free diet who face the day-to-day challenge of cooking healthy, affordable and wheat-free meals.

“We are thrilled to launch GFree,” said Ann Bender, cofounder of Relish! and GFree. “After launching Relish!, we were met with an overwhelming response from subscribers hoping to find help for the meal planning. We realized that there was a great demand for gluten-free recipes that are healthy, easy to prepare and stress free. We are hopeful GFree will now offer people who are gluten intolerant the ability to explore their culinary palate more freely and without angst.”

At just \$10 per month, GFree subscribers choose five dinners from a list of ten new gluten-free recipes once a week that are all kitchen-tested, approved and have minimal prep times. In addition, grocery shopping is simplified by the categorized grocery list identifying gluten-free brands, eliminating the tedious label reading that gluten-free families are often forced to deal with. GFree also teams up with gluten-free cooking expert Carol Fenster to offer savory bread and baked goods recipes.

“Shopping for and preparing a healthy dinner is hard enough for modern families, but for those on a restricted gluten-free diet it can seem next to impossible,” said Fenster. “Whether family members are affected by Autism, Celiac Disease, or they simply choose not to eat wheat, GFree offers the perfect all-in-one gluten-free meal planning solution.”

About GFree

GFree (www.GfreeCuisine.com) is an online gluten-free menu planning service, offering people on restricted gluten-free diets the recipes, grocery list and the plan for simple, delicious cooking. At just \$10 per month, GFree subscribers choose five dinners from a list of ten new gluten-free recipes once a week that are all kitchen-tested, approved and have minimal prep times. In addition, grocery shopping is simplified by the categorized grocery list identifying gluten-free brands, eliminating the tedious label reading that gluten-free families are often forced to deal with. GFree also offers gluten-free bread and baked goods recipes from author and gluten-free cooking expert Carol Fenster. For more information, visit www.GfreeCuisine.com.

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