



Jen Fiore

Gluten-Free
Expert & Home Chef,
Motivational Speaker,
Wellness Coach, and Author

Jen Fiore is a high energy certified Wellness Coach with decades of experience as a gluten-free enthusiast and home chef. Jen works with groups, individuals, and restaurants to empower them to create recipes that satisfy the ever-growing need for gluten-free options. Jen can be found each week sharing recipes the whole family will enjoy on a local news channel on their "What's For Dinner?" segment. She is also the host of popular YouTube channel, Gluten-Free and Me.

SIGNATURE TOPICS

- ✓ Gluten-Free Lifestyle
- ✓ Gluten-Free Cooking Tweaks
- ✓ Tips for Eating Out Gluten-Free
- ✓ Hundreds of Gluten-Free Recipes
- ✓ Coping Strategies for Adjusting to Gluten-Free living
- ✓ Energy Work, Mindset, and Meditation



@glutenfreesince03



167 K

most viewed video



5.57 K

youtube subscribers



findingaglutenfreenation@gmail.com

AS SEEN ON...

WTOC-11 Savannah

WDRW-12 Augusta

What's for Dinner?

weekly with Mix at 3

THE VERY VERA SHOW ('22& '23)

Unsilenced Unashamed

Unstoppable Podcast

THIS IS IT TV

Tips with Toni

Vented Uplift ('22&'23)

123 MOM SQUAD ('22 & '24)

Dr. Rozina Lakhani Podcast

Mind Over Matter

... & MORE



Please feel free to reach
out for any questions.

Get in Touch!



dolifeinspired@gmail.com

findingaglutenfreenation@gmail.com



www.jenfiore.com



+912-572-4267

AS FEATURED IN...

Voyage ATL Magazine

"Meet Jen Fiore"

Woman's World

"Healing Chronic
Inflammation"

Woman's World: Pain Cures

Special Edition page 73

Rebel Canvas

"Meet Jen
Fiore"



5 STAR REVIEWS

"Reading Jen's journey to healing took me further along on my own path of healing."

Dr. Tana Tillman

"This was probably one of the best books I have ever read. I got so much out of it and have applied some of Jens life lessons to situations in my own life."

Christine F.



Get in Touch!



dolifeinspired@gmail.com

findingaglutenfreenation@gmail.com



www.jenfiore.com



+912-572-4267

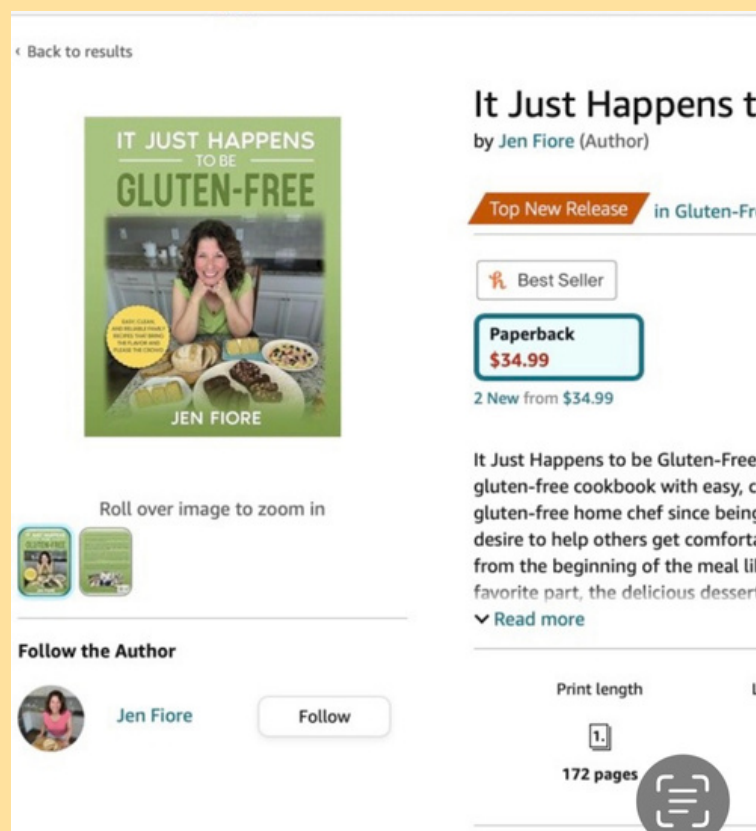
IT JUST HAPPENS TO BE GLUTEN-FREE

EASY, CLEAN,
AND RELIABLE FAMILY
RECIPES THAT BRING
THE FLAVOR AND
PLEASE THE CROWD

JEN FIORE



released October 19, 2023 &
hit #1 in gluten-free diets



Meet Jen Fiore

November 2022



1. Hi Jen, thanks for joining us today. Let's kick things off with your mission – what is it and what's the story behind why it's your mission?

My mission is to help others embrace a gluten-free lifestyle, get comfortable and enjoy their gluten-free creations, and help businesses service the gluten-free community. It feels like forever ago that I lived with never-ending stomach pain and the numerous ailments that came from undiagnosed Celiac disease. I suffered since the age of eight and at the age of 35, I finally found the answer to decades of questions. I grew up in an Italian American family where we loved great food, family gatherings, and celebrations. I absolutely loved everything about my childhood and food was something that brought me great joy as well. You can imagine how hard it was that nearly every time I ate, I would get very sick. In 2003, when I learned about Celiac disease and this crazy thing called "gluten", I was confused but very hopeful that my health would finally change. The idea of becoming more present in my family's life was an answer to so many prayers. I began

immediately fixing my diet. Not long after I learned about Celiac disease, we learned that our three children (each child suffered from similar ailments) also had the same auto-immune disease. The shift in our lifestyle became an even bigger

undertaking because now we were talking about our babies! I left no stone unturned as I searched for flours, breads, and recipes in the USA and other countries. The world didn't know very much about gluten and the internet was still very new to me. I felt so passionate about creating great tasting food for our family which included my "gluten-eater" husband. I focused heavily on creating a positive and "normal" childhood experience for our kids. You would be amazed how many countless birthday parties and school celebrations there were, and I had to times that by three and gluten-free! I educated both my children and the teachers on the do's and don'ts of a gluten-free lifestyle. I explained why our children had to be careful with art supplies and lotions or any other product that touched the skin, and absolutely no random food could be given without my knowledge. You see, the "GF" wasn't on labels back then and the "what to watch out for" list were invaluable because companies in 2003 weren't aware of the dangers of gluten. The number of people requiring a gluten-free lifestyle were nowhere near what the numbers are today. A large part of my mission was borne from the experience of getting my own family in line with a strict gluten-free lifestyle and ensuring they were happy and comfortable with this big change. As I switched all my recipes and my love of food to 100% gluten-free, our home became a "no gluten zone"! I still threw big parties and they were done gluten-free. I would approach many baking attempts in a casual manner and jokingly say, "I'm not a professional cake decorator, but close your eyes as you eat it and tell me that it isn't amazing!" As I continued to advocate that gluten-free food can taste great and gluten-free living is totally doable, I unearthed more about my body's needs because I was still experiencing pain that required my attention. It was then, in my discoveries, that the second half of my mission arose. Wellness beyond gluten! I had several conditions that were a result of having undiagnosed Celiac disease for so long,



like an undeveloped pelvic floor coupled with degenerative arthritis, which was the result of being hit by a car when I was 18. I was determined to figure this out and get rid of the pain! So, I began to research and study; a lot! I learned so much more about my body which went well beyond my strict gluten-free diet! I studied herbology, I read everything

CANVASREBEL



I could about inflammation and anti-inflammatory foods, I studied biochem tissue salts, I read up on numerous eating modalities, I learned about mindful practices, and consciousness, I studied and became a facilitator in a subconscious change modality, and I even studied and became a health coach! I found the foods that triggered inflammation in my body, I embraced clean eating and whole foods, I began to understand more about food manufacturing and labels, and the value of remaining peaceful helped to reduce stress in the body! Once I felt what life was like when I was experiencing less pain, I

understood a different level of joy. I vowed that I would share all that I learned to whoever needed it. I was sitting on decades of life experience and now less pain and I wanted to help others enjoy their lives! I wrote all about my healing journey so that I could help others with similar problems. My memoir, *All the Parts of Me: One Woman's Detour into Fear and Trip Back to Love*, published by Inspired Girl Books, in 2021.

2. Jen, before we move on to more of these sorts of questions, can you take some time to bring our readers up to speed on you and what you do?

If someone sees my name, Jen Fiore, they often think the "gluten-free" lady from New York! I help people get comfortable with a gluten-free lifestyle, help them to see that gluten-free food can be amazing, and I assist restaurants to adjust their menus to offer gluten-free items. Everything I offer are the tools I have used with my family, myself, and in our restaurant. As a wellness coach, I specialize in all things gluten-free. After nearly 20 years of creating gluten-free meals and living a strict gluten-free life, I know I can help others do more than just adapt. My main focus is helping people get more comfortable in the kitchen and loving their new gluten-free lifestyle. I enjoy helping restaurants make adjustments to their menus and attract more gluten-free patrons and more revenue! Another branch of my coaching is helping others with general wellness in both mind and body. If the client is facing a food restriction or another health issue, I help them to adopt a healthier mindset and live a more joy-filled life experience as they are healing their body.

3. Let's talk about resilience next – do you have a story you can share with us?

When I was younger, I thought I was resilient because I just pushed through life despite the pain. Many years later, I learned about Celiac disease and the true meaning of wellness in body and mind. During my decade long healing journey I saw that I had this strength: this power within me to overcome life's obstacles. I thought I had all the answers I needed having gone through so much learning and unlearning for years. I thought I had a handle on pain and even wellness and there was nothing left for me to tackle! Cue up one more life lesson!!! Several years ago I had a

cyst removed that was pressing on the nerve near my spine. I had a fusion in a section of my lower back. The doctor told me that because I avoided getting the surgery for so long (8 months), I put a strain on my feet that coupled with my severe arthritis caused horrible inflammation and pain in the joint. It even caused the bones to grow outward which left both of my feet in need of surgery. I agreed to have the most painful foot done. I was devastated to learn that after the surgery and recovery period, the arthritis returned worse than before and the condition in my foot came back! I had to lean back on all that I learned once more. I worked every single day to see EVERYTHING differently and remain positive. I taught myself to be resilient in the face of what arose in my body. I focused on the things that brought me joy, like helping others to enjoy gluten-free food and spending quiet moments with myself. I knew that I needed less negative mind chatter and self-limiting beliefs and MORE going within to find my inner strength. I needed to not focus on pain and my limitations but bask in creating in the kitchen. I learned that I was a resilient and strong woman who might experience pain but that pain didn't have control over my life or my JOY!



4. How about pivoting – can you share the story of a time you've had to pivot?

Being an entrepreneur is something I have always enjoyed while my first and most important job was being a mom and wife. When the kids were little, I had a startup jewelry business in which I worked nights and on the weekends. Several years later, I started another business, a successful NY Style deli/restaurant that seated 54 people. I created a work life that allowed me to be present in my children's lives and run my business around needs. I loved doing it all! Eventually the kids grew up and began college and it became time to pivot! I went from owning a small restaurant, seeing hundreds of people a day, to moving away from our children's home town and finding a new passion. Not knowing anyone and living in a completely new area, I spend a year or more quietly discovering my next steps as I wrote my memoir, *All the Parts of Me*. I discovered that the type of work I wanted to do in this season of my life was vastly different than when the kids were younger.

In pivoting I learned that I enjoy coaching others. Part of this pivot that I really embrace is sharing my recipes daily on social media while I draft my first gluten-free cookbook!!

