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 chef. Jen works with groups, individuals, and restaurants to empower them to create recipes that satisfy the ever-growing need for gluten-free options that the whole family can enjoy!! Jen 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

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159 K
most viewed video

4.9K
youtube subscribers

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AS SEEN ON...

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123 MOM SQUAD
Dr. Rozina Lakhani Podcast
Angel and Tina Morning Show
Mind Over Matter

... & MANY MORE

Please feel free to reach out for any questions.

Get in Touch!

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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!

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