



Gluten Free

Country Gal

Healthy Choices from the Heartland

Gluten Free ~ No Additives ~ All Natural ~ No Trans Fats ~
Low Sodium ~ No Cholesterol ~ No Soy ~ No MSG

6 pkgs per Case/Case Quantity

Case Price/Total

MEALS

BBQ Beef

Green Chili Stew

Hearty Wild Rice Stew

Italian Pasta

Mexican Casserole

Santa Fe Stew

Sausage Casserole

SW Goulash

Taco Rice

Tex Mex Spaghetti

Tuna Casserole

Zesty Chicken Stew

SUBTOTAL

SOUPS

13 Bean Chili

Beefy Pasta

Cajun Pastalya

Chicken Noodle

Cowboy Soup

Harvest Rice

Italian Bean

Minestrone

Sausage & Bean

Vegetable Pasta

SUBTOTAL



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BREAKFAST

- Doughnuts
- Buckwheat with Berries ~ Pancakes & Muffins
- Chocolate Espresso Muffins
- Lemon Blueberry Muffins
- Cranberry Orange Muffins
- Impossible Mushroom Quiche ~ Makes it's own crust!
- Brown Sugar Cinnamon Oatmeal
- Oatmeal with Blueberries

SUBTOTAL

BAKED GOODS

- Banana Bread
- Jalapeno Cheddar Corn Bread
- Tropical Bread
- Apple Cinnamon Streusel Coffee Cake
- Cherry Chip Cupcakes
- Coconut Dream Cake
- Lemon Poppy Seed Cake
- Orange Dream Cake
- Key Lime Cake
- Lemon Raspberry Pound Cake
- Strawberry Banana Pound Cake
- Impossible Coconut Pie ~ Makes it's own crust!
- Microwave Chocolate Brownies
- Pumpkin Brownies
- Cream Cheese Cookies
- Oatmeal Cookies
- Snickerdoodles
- Sugar Cookies
- Cinnamon Roll Coffee Cake
- Impossible Pumpkin Pie ~ Makes it's own crust!
- Sweet Potato Brownies
- Pizza Crust
- Shortcakes/Pie Crust

SUBTOTAL

TOTAL

Each pkg serves 6 min. ~ Soups average 14 cups ~ Made In Iowa!

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www.glutenfreecountrygal.com

See us at Gluten Free Country Gal Facebook for recipes, specials,
new products & updated info in the ever changing GF world!

Order Date: ____/____/____ Rep: _____

Company Name: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email Address: _____

Buyer: _____

Shipment Date: ____/____/____

Shipping Address if Different Than Billing:

Company Name: _____

Name: _____

Address: _____

City: ____/____/____ State: _____ Zip: _____

Credit Card Information

Name: _____

Credit Card #: _____

Expiration Date: _____

Security Code: _____

Order total: \$ _____ Plus Freight FOB Iowa