Seattle Sutton's HEALTHY EATING

FAQ'S | Are Your Meals Gluten Free?

Do You Have Gluten Free Meals?

Yes! You Can Now Choose Gluten-Free Meals

At Seattle Sutton's Healthy Eating, we design our menus around sound nutrition guidelines to give your body what it needs to look and feel its best. While gluten-free eating isn't necessary for most people, it can be important if you're managing celiac disease, gluten sensitivity, or testing how your body responds without gluten.

Not all of our meals are gluten free, but with our new meal plan --**Choose Your Own Meals** --it's easy to choose gluten free meals from our wide variety of weekly meal choices.

1. Select the "Choose Your Own Meals" option when placing your order.
2. Apply the dietary filter to exclude meals containing gluten.
3. Browse a curated list of gluten-free meals available that week.
4. Pick the ones you love and enjoy!

This option lets you enjoy a fully gluten-free plan while still benefiting from our chef-prepared, portion-controlled, dietitian-approved meals.