

Simple Registration

1. Go to <http://foodonthetable.com/partners/frostclient>
2. Use promo code: **FROSTCLIENT1**

Need help along the way? Share this with up to 3 friends!

1. They'll go to <http://foodonthetable.com/partners/frostfriends>
2. They'll use promo code: **FROSTFRIENDS**

Food on the Table is an online nutrition service with a free iPhone & Android app. It creates a meal plan and grocery lists based on cost comparisons and sale items at your local grocery stores, health needs, and your family's food preferences.

It helps you eat better while saving time and money

