

SUBJECT: Get your FREE samples from Cooking Light and Luvo



Smart, easy, delicious: taste what Luvo is all about!

Congratulations! You've been chosen to receive free samples from [Luvo](#): great-tasting, good-for-you food made by folks who love what they do.

Like your friends at Cooking Light, Luvo recognizes the challenge of fitting nutritious, high-quality meals into your hectic lifestyle. That's why their chefs work hard to create the dishes you want (but don't always have the time) to make in your own kitchen. And it's frozen fresh, so all you have to do is pop it in the microwave or oven and you've got a delicious meal in minutes!

Because you're a member of the Cooking Light Bloggers' Connection, we're giving you an exclusive opportunity to discover [Luvo's delicious range of products](#). All you have to do is enjoy and share your feedback in a blog post to your followers. Thought-starters may include:

- What did you like best about your Luvo selections?
- Did you pair it with an appetizer, entrée, or side?
- Would you prepare Luvo meals for your family and friends?

If you're interested in taking part, please respond to raina.dembner@timeinc.com in order to receive your **FREE** product voucher by mail. You'll receive your voucher by June 15 and we'd appreciate your blog post before July 31. Should you decide to participate, your post will count towards one of your two monthly posts even if there is no link back to CookingLight.com or MyRecipes.com.

Note: By participating in this program you are granting Luvo permission to use the content you posted in future promotional materials.