



Simple. Healthy. Delicious

My name is Shelley Loving, and I'm a nutrition chef specializing in anti-inflammatory cooking and food education. Since 2017, I've helped individuals and organizations create healthier meals with simple, practical approaches.

Through virtual workshops, engaging social media content, and interactive classes, I empower people to make informed food choices that reduce inflammation and improve overall well-being. Let's collaborate to bring healthier habits to your company—one meal at a time.

My job is to help you take the overwhelm out of "healthy cooking". I'm here to help you make those meals a little healthier...no matter your skill level in the kitchen. I don't like all the rules in dieting so I keep the learning fluid to fit all tastebuds and cooking levels.

I've been teaching healthy cooking since 2017. After my husband's near-death experience from a massive heart attack, I learned how powerful food really is on our health. If my teachings can help others avoid a health scare, I'm going to keep on teaching.

I started this business with a combination of passion, personal experience, and nutrition studies through multiple schools to bring offerings that are relatable to you and your busy life.

www.shelleycanhelp.com

Shelley Loving

I'M ALL ABOUT BUILDING CONFIDENCE IN THE KITCHEN SO THAT YOU MAY CREATE SOME QUICK & HEALTHY MEALS. ARE YOU READY TO ROLL UP YOUR SLEEVES WITH ME? LET'S GO!





AUTHOR

Cookbook What's on Your Fork?

Contributing Author:

Luxury Bardominiums Magazine

City Lifestyle Magazine

GOSS Magazine

Authority Magazine

GUEST SPEAKER

40+ Podcasts

WFAA Good Morning Texas

Morning After Show DFW

Today in Nashville on NBC

WBAP Radio

ONLINE COURSE CREATOR

- Correcting Chronic Inflammation: 30 Day Challenge
- Healthy Beginnings
- Menu Planning & Meal Prepping
- How to Become a Food Label Expert

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CORPORATE CLIENTS

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Ameriprise Financial
Texas Capital Bank
AvantStay

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#Saynotdiets
#Souschef
#Stopoverthinking
#Sugar
#Sweeteners
#Thefoodshift
#Thriveglobal
#Whatsonyourfork
Anti-inflammatory Diet
Blog
Canvasrebel
Chronic Inflammation
Coconuts
Fermentedfoods
Foodblog
Goals
Grazing, Clean Eating, Tips

Why I'm Against MOST Dieting Schemes

#Foodeducation #Healthyeatingmadesimple #Saynotdiets #Sugar #Sweeteners

Aug 31, 2023

(LONG BUT SO WORTH IT)

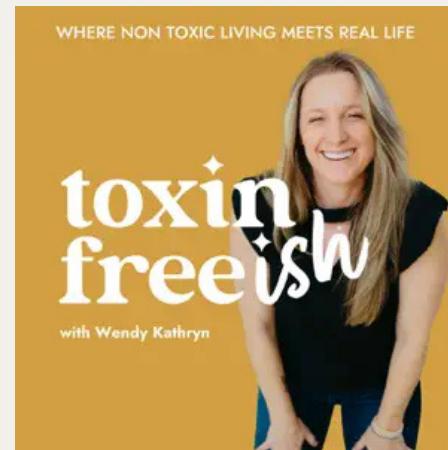
This blog may step on some toes, but I'm sharing this information to help you become aware of what's out there.

In 2021, the diet industry (weight loss & weight management) in America was [worth around \\$224,000,000,000](#) (yes, that's billions) and is estimated to [grow to around 405 billion by 2030](#) according to a study by Globe News Wire.

Most of these companies make promises, and they do deliver. • **BUT, the consumer ends up failing.** • There's usually expensive products involved (they don't usually make money based solely on a service-based business model).

The ones I see most often, tell you to drink their shakes/smoothies and supplement with one healthy meal a day. There are others that have a point system, and some even do both.

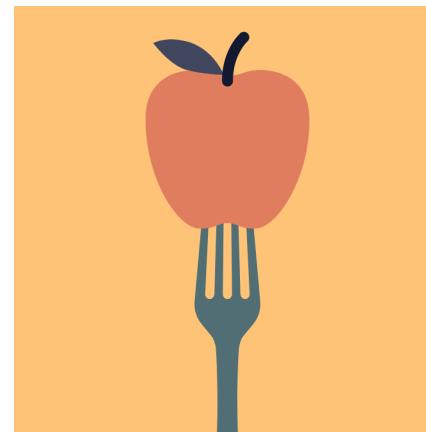
PODCASTS EPISODES



RADIO INTERVIEWS



THE WELLNESS TABLE



Online membership
with recipes & healthy
eating tips

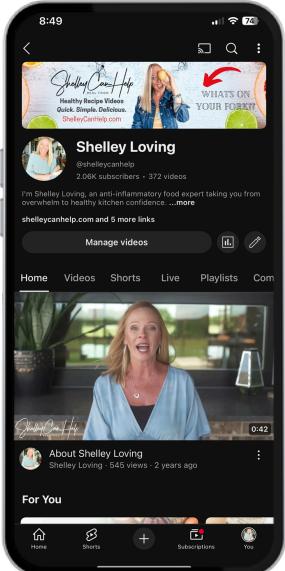
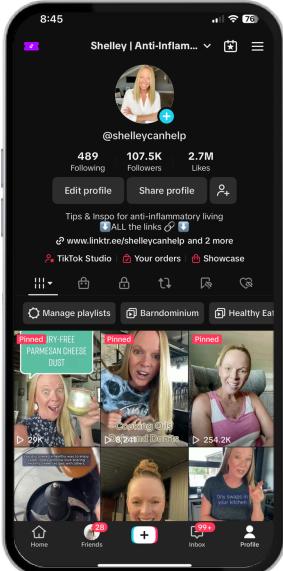
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CONTACT SHELLEY



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AUDIENCE

75% Female
20% Ages 18-24
40% Ages 25-34
20% Ages 35-44

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New York
Georgia