



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](http://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



## FEATURED IN



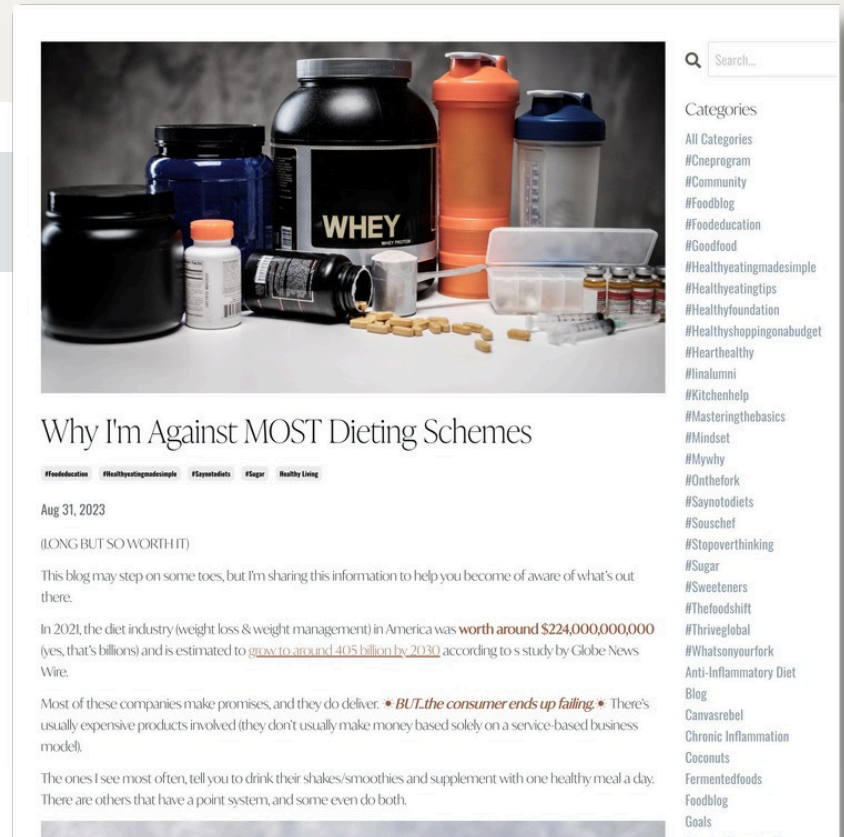
## CORPORATE CLIENTS

*Just to name a few*  
Globe Life Insurance  
Ameriprise Financial  
Texas Capital Bank  
AvantStay

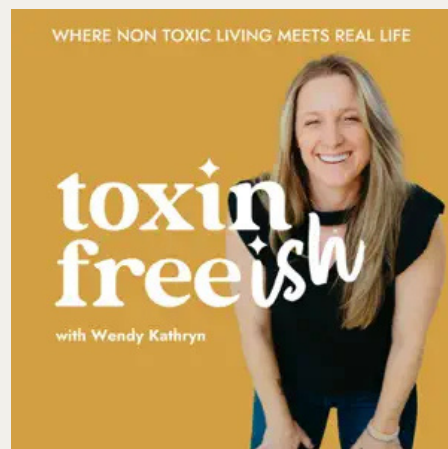
## WEBSITE & BLOG

26,000 Monthly Page views  
231,000 Annual Page views  
10,720 Email Subscribers

### MOST VIEWED BLOG



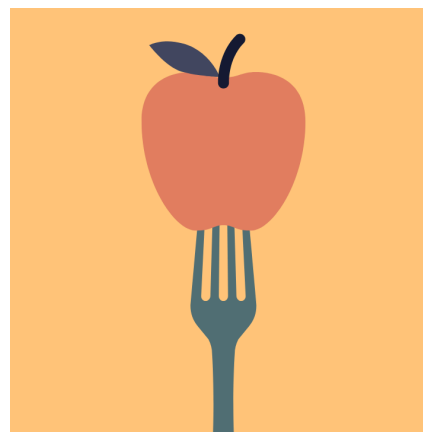
# PODCASTS EPISODES



## RADIO INTERVIEWS



## THE WELLNESS TABLE



Online membership  
with recipes & healthy  
eating tips

[JOIN TODAY](#)

# CONTACT SHELLEY



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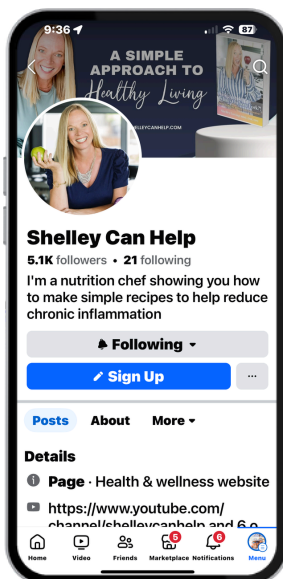
# AUDIENCE

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

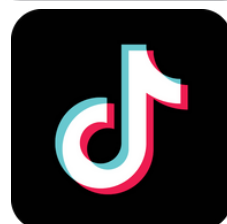
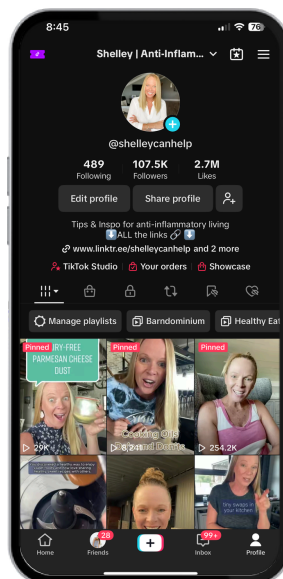
Top Locations:  
Texas  
California  
Florida  
New York  
Georgia



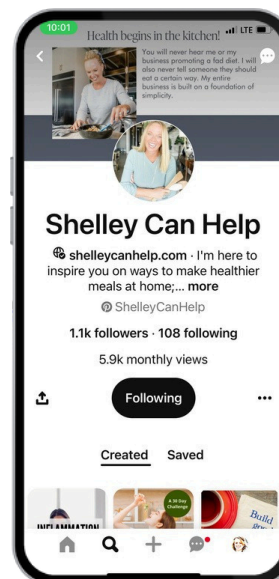
84K Followers



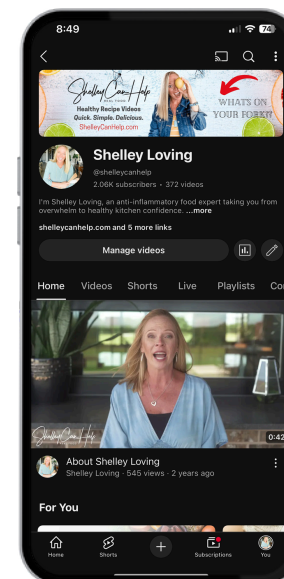
5.1K Followers



107.5K Followers



1.1K Followers



252K Lifetime views