



Simple. Healthy. Delicious

My name is Shelley Loving and I'm known as the go-to gal for all things healthy cooking. I'm a wife and mother to 2 grown boys. I have a passion for seeing the positive in any situation and I'm a sucker for a very good glass of red wine.

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 Barchitectures Magazine

City Lifestyle Magazine

GOSS Magazine

# GUEST SPEAKER

15+ Podcasts

WFAA Good Morning Texas

Morning After Show DFW

Today in Nashville on NBC

# ONLINE COURSE CREATOR

- Correcting Chronic Inflammation: 30 Day Challenge
- The Recipe Makeover
- Healthy Beginnings
- Menu Planning & Meal Prepping
- Crush That Inflammation

# FEATURED IN



# WEBSITE & BLOG

26,000 Monthly Page views  
231,000 Annual Page views  
5983 Email Subscribers

## MOST VIEWED BLOG



### Why I'm Against MOST Dieting Schemes

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.

- Search...
- Categories
- All Categories
  - #Cneprogram
  - #Community
  - #Foodblog
  - #Foodeducation
  - #Goodfood
  - #Healthyeatingmadesimple
  - #Healthyeatingtips
  - #Healthyfoundation
  - #Healthyspendingonabudget
  - #Hearthealthy
  - #Inalumni
  - #Kitchenhelp
  - #Masteringthebasics
  - #Mindset
  - #Mywhy
  - #Onthefork
  - #Saynotodiets
  - #Souschef
  - #Stovertime
  - #Sugar
  - #Sweeteners
  - #Thefoodshift
  - #Thriveglobal
  - #Whatsonyourfork
  - Anti-Inflammatory Diet Blog
  - Canvasrebel
  - Chronic Inflammation
  - Coconuts
  - Fermentedfoods
  - Foodblog
  - Goals
  - Personal Shopping Tips

# CORPORATE CLIENTS

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

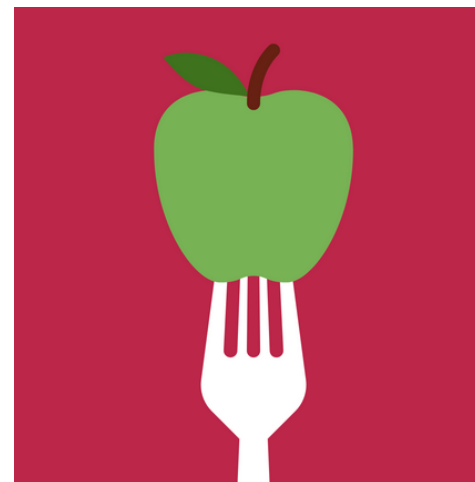
# PODCASTS EPISODES



# RADIO INTERVIEWS



# ON THE FORK



Membership-based app with recipes & healthy eating tips



# CONTACT SHELLEY



hello@shelleycanhelp.com

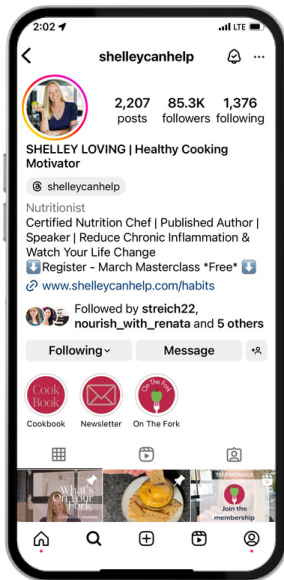
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# AUDIENCE

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

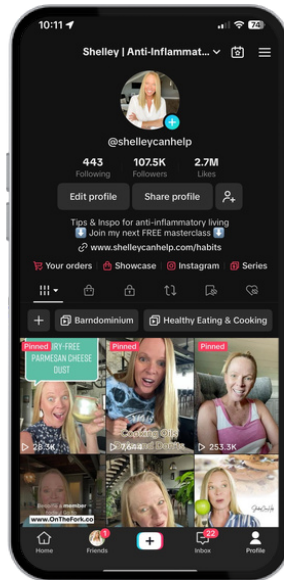
Top Locations:  
Texas  
California  
Florida  
New York  
Georgia



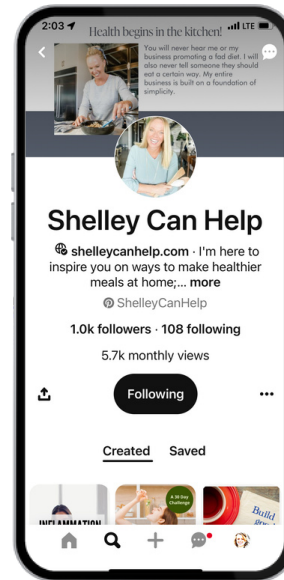
85.3K Followers



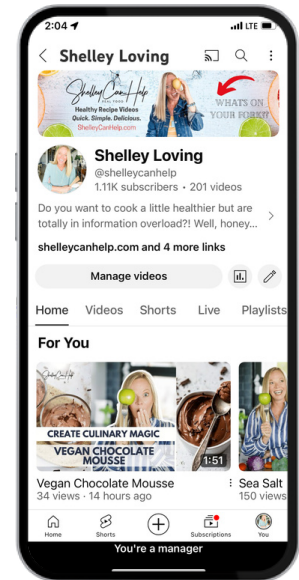
4.7K Followers



107.5K Followers



1K Followers



121.4K Lifetime Views