



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

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

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

26,887 Monthly Page views
131,224 Lifetime Page views
2,943 Active Email Subscribers

MOST VIEWED BLOG

Chronic Inflammation & The Food You Eat



Chronic Inflammation

[Anti-inflammatory Diet](#) [Chronic Inflammation](#) [Healthyating](#)

Jul 14, 2022

I never really grow tired of discussing chronic inflammation.

You know when you have one of those "light bulb moments" in life and you want to share it with as many of your people as you possibly can? Like when you learn a TikTok hack that changed your life and you share it with all your friends? That is how I feel about what I've learned and what I'm continuing to learn about chronic inflammation.

When my husband Neil almost died from a heart attack, I quickly learned how much food is related to our state

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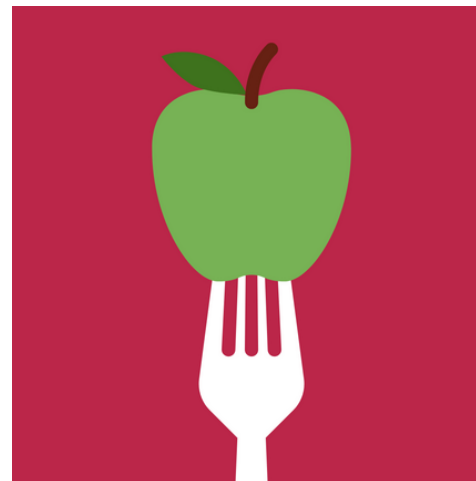
PODCASTS EPISODES



RADIO INTERVIEWS



ON THE FORK



Membership-based app with recipes & healthy eating tips



CONTACT SHELLEY



hello@shelleycanhelp.com

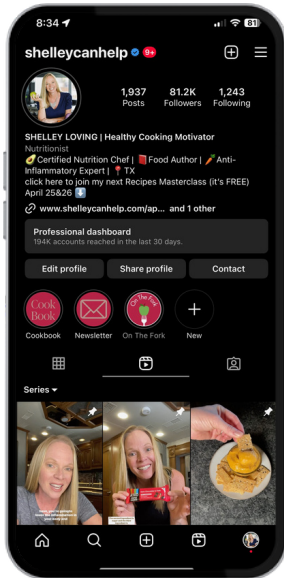
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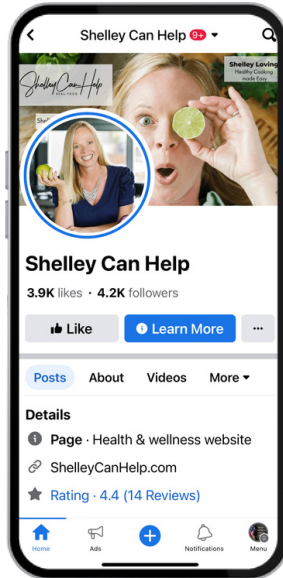
AUDIENCE

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

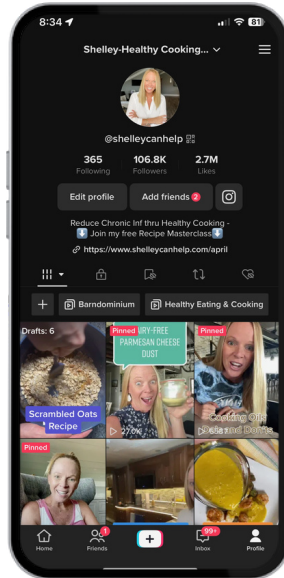
Top Locations:
Texas
California
Florida
New York
Georgia



81.2K Followers



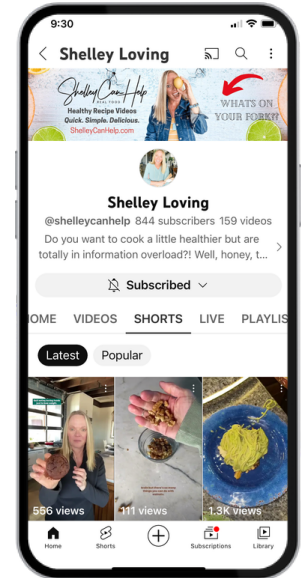
4.2K Followers



106.8K Followers



37K Monthly Views



101.7K Lifetime Views