



# SCOTT GROTH

Founder of I'd Rather Be A Chef  
Low Carb & Ketosis Enthusiast

“ Low Carb has fueled my weight loss journey. I believe in it completely. ”



I'D RATHER BE A CHEF  
sharing  
LOW CARB LIFESTYLE RECIPES

## BIO

After over a decade of working in the high-stress corporate arena, I've broken out and unleashed my culinary creativity. My skills have been honed at my catering company, my cooking school and now on the pages of this website. Since leaving the corporate world, my family and I travel the world extensively. Throughout our travels, I've picked up many different cooking styles. My goal is to apply this knowledge toward creating unique Low Carb and Keto friendly recipes to share with my readers.

## About

I never envisioned talking about my low carb weight loss journey on this website... but it has turned into a calling that I am not able to ignore. My health was a mess. I was obese. Something had to change. I started on the Low Carb / Keto journey and have seen incredible results. Massive increases in energy. Over 10" off my waistline. I not only believe that this way of eating can result in tremendous life change... I have a passion for sharing my journey, the recipes I've created and to help others on their own path to improved health.

[www.idratherbeachef.com](http://www.idratherbeachef.com)



“ Living Low Carb is not only sustainable, it is delicious and full of possibilities as well. ”

# COMMENTS

"Thank you so much for this recipe and tutorial. I made this for a friend who is used to dining at 5 star restaurants and country clubs. He said it was "the best he ever had" and it was so easy to make. I love to try new recipes and often try them out on him, so the bonus came when he asked me to make this for a business meeting / dinner he was hosting in his home. It was a huge success!" – **Lorie S.**

"I've just started my family on a paleo / low carb plan and I'm looking for recipes that will really convert my Dad, he is a lover of big flavours and comfort foods and I think he'll love this! So many recipes on here that I'm dying to try. Thanks!" – **Sarah P.**

"Hey Scott, made these today and WooHoooo, We had a restaurant that had closed a while back and they made the best grilled wings. I have been trying to make them myself but just couldn't get it right. You nailed it, these are spot on. Just gave this recipe to my family. Thanks!" – **Bill R.**



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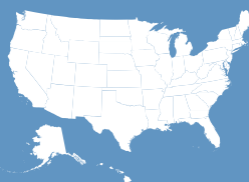
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84%



16%



85% OF READERS FROM THE UNITED STATES



8600



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7900



1200+ GROWING RAPIDLY

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