



## **Media Kit**

# **Scott Groth**

chef turned blogger | low carb foodie

<u>Idratherbeachef</u>

#### About

Scott Groth is a seasoned chef and professional food blogger with a rich background in culinary arts. With extensive hands-on experience, Scott has owned a cooking school and catering company, specializing in diverse dietary preferences, including low-carb, keto, vegetarian, vegan, and paleo. With his unique yet simple cooking techniques, he creates everyday low-carb recipes, cooking courses, guides, and cookbooks for beginners.



### About IRBAC

Discover the art of creating easy, every day, low-carb recipes right in your kitchen with I'd Rather Be A Chef. The blog offers simple, step-by-step instructions to help you effortlessly prepare delicious, healthy meals. Transform your cooking experience and enjoy a variety of flavorful, low-carb dishes every day



## My Story

I've often been asked whether the low-carb lifestyle works and is sustainable. My answer is a resounding yes: embracing **low-carb eating saved my life!** For most of my life, I dealt with disappointing doctor reports and no clear action plan. Frustrated, I took matters into my own hands to find a way to lose weight and improve my health. In 2017, I discovered the low-carb lifestyle and never looked back.

Low Carb works for my body & it's completely sustainable. It offers flexibility and a wide variety of ingredients and recipes, making it more adaptable to different lifestyles. My mission is to empower millions to forge their path through low-carb living, providing support & guidance and creating recipes that can actually help them!

# **Monthly Analytics**

Monthly users: 124k

Search Console Clicks: 99.8k

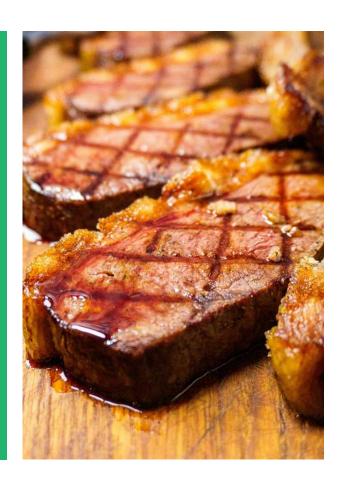
**Discover Traffic: 123k** 

## **Followers**

Pinterest: 16.2k followers

Pinterest monthly views: 405.8k

Subscribers: 5300



## Services

- Recipe development
- Cooking courses
- Cookbooks
- Ebooks & Guides

## Social media

- Pinterest
- <u>Instagram</u>
- Facebook

# Contact details

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