



Everyday Low Carb Recipes

Media Kit

Scott Groth

chef turned blogger | low carb foodie

[Idratherbeachef](#)

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](#)
- [Instagram](#)
- [Facebook](#)

Contact details

- scott@idratherbeachef.com

