



Chrissy Benoit in Love

Love of God, Love of Family, Love of All Things Lower-carb/Carb-smart

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About Chrissy Benoit

A follower of Christ, happily married, (16 years) and a military wife. A mother of 2 incredible, unique, vibrant, kids.

A homeschooler, a lower-carb / carb smart food blogger, singer/song writer, and musician. I'm also a trained Master Aesthetician

I love the process of creation, all the way from its inception to its full maturity. My blog is born from this love of creating.

I say what I mean and mean what I say and I won't compromise on the important stuff like faith, family, integrity and quality.

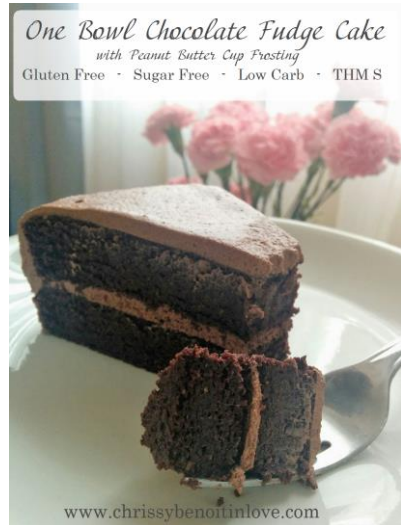
About Chrissy Benoit in Love

90% low-carb/ carb-smart food posts, 5% fitness posts, and 5% faith marital encouragement posts.

I create or adapt recipes to fit within the Trim Healthy Mama / low carb life style. I only post the creations my family and I LOVE. You'll find no stinkers on my blog.....I'm about quality not quantity.

I take heart in being a support for those struggling with their weight, as I have come from being morbidly obese to a health and fitness minded woman.

I have a great big desire to see those married be happily and successfully married. Marriage can be war zone and I want to ease the trauma with my challenging posts.



Work with Chrissy Benoit In love

Chrissy works with brands in several different capacities and is open to developing new and exciting forms of partnerships for Chrissy Benoit In Love



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Audience

Chrissy Benoit in Love's reader are interested in healthy living through lower carb / carb-smart recipes, and exercise. CBIL's readers are primarily woman aged 18-54, who love to create healthy, yummy food for their families. They are looking for quality recipes their families will love and they find those on CBIL's blog.

Community

Pageviews:

107,000/month

Unique Visitors:

40,323/month

Email Subscribers:

2500

Facebook:

29,82

Pinterest:

3,844

Instagram:

311

Services

- Sponsored posts ●
- Recipe development ●
- Food photography ●
- Partnership packages

Collaborations

