



# 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.

*One Bowl Chocolate Fudge Cake*  
with Peanut Butter Cup Frosting  
Gluten Free · Sugar Free · Low Carb · THM S



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## 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



## 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.