

Peace, Love and Low Carb



KYNDRA D. HOLLEY

PHOTOGRAPHER | BLOGGER | AUTHOR

Kyndra is the author of the popular food blog Peace, Love, and Low Carb, and the lifestyle blog KyndraHolley.com. She is also a 3x International Bestselling Cookbook Author. Kyndra specializes in low carb, gluten free and paleo recipes. Peace Love and Low Carb was founded in 2011 and in the decade since, it has become one of the most trusted, well-established low carb, ketogenic resources out there, with nearly 3 million pageviews per month.



235,000



222,000



8,600



902,000



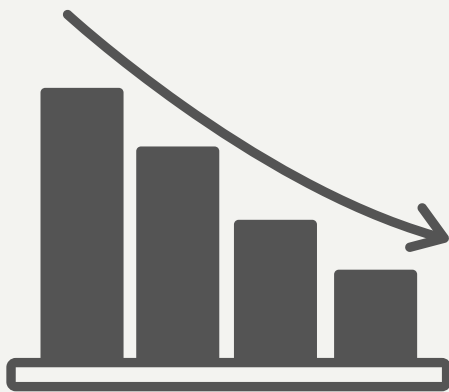
3.2M

KYNDRA@PEACELOVEANDLOWCARB.COM
P.O BOX 2137 BUCKLEY, WA 98321

BRAND PARTNERSHIPS

Target | Costco | SoDelicious | Silk
Vitamix | Tony Chachere's | iherb
Greek Gods | Joovv | FabFitFun
EverlyWell | Lily's Sweets | Atkins
Butcher Box | Perfect Keto
Chomps | Crystal Farms | Happy
Eggs | Teton Waters Ranch |
Redmond Real Salt | Heritage
Distillery | and many more

DEMOGRAPHICS



93% WOMEN

7% MEN

AGES

- 30% 25-34
- 38% 35-44
- 20% 45-54

AGES

- 29% 25-34
- 35% 35-44
- 20% 45-54

FEATURED IN

Food Network | Men's Health | Women's Health | Shape | Woman's World |
Gluten Free Living Magazine | Costco | Pop Sugar | Yahoo | BuzzFeed | Austin
American Statesman | Washington Post | Forbes | Prevention | Greatist | Delish |
Business Insider | Simple Most | National Examiner | King5 NBC | KAT

PACKAGE A:

INSTAGRAM - One in-feed post + 3 story slides + optional giveaway

- Interested in adding on an in-feed video, a reel, or an IGTV video? Let's discuss!

PACKAGE B:

NEWSLETTER - Dedicated newsletter send (235k subscribers) + mention in follow-up newsletter send

- Interested in adding on a social media blast? Let's discuss!

PACKAGE C:

BLOG POST - Recipe development or product spotlight/review post, with high-resolution photos



PACKAGE D:

FULL MEAL DEAL - Blog post + newsletter mention + Instagram in-feed post + 3 story slides + Facebook post + Pinterest pin

CUSTOM PACKAGE

Looking for something else? Let's discuss what you have in mind! Let me know the specific goals and objectives you have, and I can put together a custom package with an emphasis on the areas necessary to bring you the desired outcome.