

Joy Filled Eats

DISCOVERING JOY IN THE KITCHEN



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- ~LOW CARB MAG

ABOUT ME

The kitchen has always been a joy-filled place in my life. I enjoy spending time baking, cooking, and creating recipes and I want to share that with my readers. Even in the midst of dieting and weight loss food should bring JOY. I have lost over 50 pounds and enjoyed every bite. My recipes are all gluten and sugar-free. Most are also low carb and grain free.



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Demographics

THE MAJORITY OF MY VIEWERS ARE FEMALE BETWEEN 25 & 54 AND LIVING IN THE US.



Contact me for current rates at taryn@joyfilledeats.com