Kelly King Consultant - Freelancer

Social Media

Public Relations

Marketing

Internal/External Communications

Food/Bev Clients

Key projects:

Restaurant content creation, food/bev user generated content

*Images direct to social link



Nounos Creamery





Carrington Farms



Tim Hortons



Nunbelievable





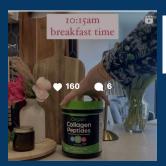
Blender Bombs

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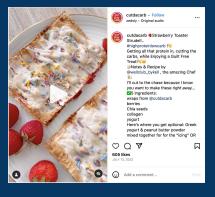
drinkorgain Skelly King, @kellykwellness moves through her day with ease with collagen peptides. Adding our unflavored Grass Fed Pasture Raised Collagen Peptides to your favorite drink or recipe is an easy way to keep you going all day!

#orgain #drinkorgain #collagenpeptides

Orgain









Cut da Carb

2 cups of crushed pretzels - glute free if needed litigiutinofoods
 1(3 cup of refined coconut oil
 3 TBS coconut sugar or sugar of

choice - spelt flour or a gluten/grain free flour like almond flour - 1 cup plain, non-fat greek yogurt. OOA

hobani





- 1 single serve vogurt container
- 1 tsp lemon extract or the juice of half a medium lemon
- 2 TBS of sugar free vanilla SimplyDelishNatural pudding mix (makes enough to frost around 10-12 muffins or cupcakes)

Stir them all together and that's it! Perfect for topping zucchini muffins, cheesecakes, lemon cookies, sugar cookies...etc! This would even be delish on a blueberry banana bread.



Simply Delish Natural



Content Creation

Client Photography and Graphic Design

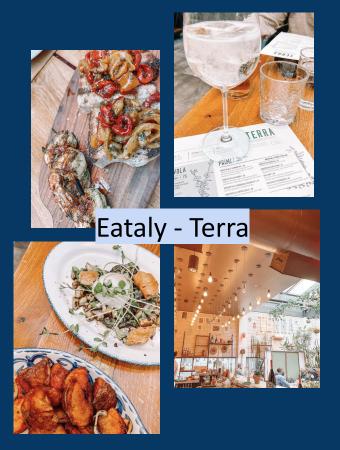


Vital Proteins



Reto Mylk

Mooala



LesserEvil