

Keona "Kay" Johnson
Founder & Creator of [CurbingCarbs.com](https://curbingcarbs.com)

Kay is the creator of Curbing Carbs (curbingcarbs.com), a low carb/keto recipe blog that she started in 2019. She creates, photographs, writes, and manages all technical aspects of the website. In October 2020, Kay resigned from her full-time career as a Software Project Manager to pursue Curbing Carbs full time. Since then, Kay has turned the blog into a six-figure business utilizing SEO, email marketing, and social media strategies.

Prior to becoming a food and recipe blogger, Kay enjoyed a professional corporate career in the software technology and SaaS industries primarily as a Sr. Business Analyst and Project Manager. She has led software engineer and product teams where she was responsible for the launch of new product feature releases and SaaS software implementations.

Kay has lived in Jacksonville for most of her life, though as a military brat also has lived in Pennsylvania, Maryland, Virginia, and North Carolina. She also served in the Navy Reserve herself as an Intelligence Specialist who specialized in Satellite Imagery Analysis. In her free time, she enjoys going out to eat and trying new restaurants and spending time with her family.