

# Christin McKamey

## THE VEGGIE CHICK

veggiechick.com

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facebook.com/veggiechickrecipes

twitter.com/veggiechick7

pinterest.com/veggiechick7

instagram.com/veggie\_\_chick

### audience

85% readers are female  
70% readers in the US  
38% readers 25-34 years old  
20% readers 35-44 years old  
14% readers 45-54 years old  
65% from mobile devices

### site stats

Monthly Pageviews:  
50,000

Monthly Unique Visitors:  
40,000



Pinterest Followers:  
750K monthly viewers  
24K monthly engaged



Facebook Fans:  
3500



Twitter Followers:  
750



Instagram Followers:  
1400



Email List:  
2100

### about this site

Veggie Chick is a whole food, plant based recipe & nutrition website. I post a variety of different recipes and content roughly 1 time per week. Most of my recipes are easy to make, with straightforward instructions, and take less than 30-40 minutes. My readers are not all vegan but many are new to plant-based cooking, or searching for unique, healthy recipes made with fresh ingredients. Through Veggie Chick, I also offer a free 3-part email course introducing readers to plant-based cooking, as well as a paid online video course called "Plant Based Cooking Made Easy."



### about me

Hi! I'm Christin, and I'm passionate about a whole foods plant-based lifestyle! My website, veggiechick.com is where I share original, unique vegan recipes for health conscious people, as well as health & wellness related content I feel passionate about. I am author, recipe developer and photographer of all things Veggie Chick.



Turmeric Green Tea Smoothie

### let's work together

- food photography/writing
- product placement
- sponsored recipe posts
- contests/giveaways
- events/travel
- advertising/banner ads



Lasagna Rolls

### popular posts

- Crushed Lentil Soup
- Instant Pot Oatmeal
- Cauliflower Puree with Sautéed Mushrooms
- Spaghetti Squash Alfredo with Portobello Mushrooms
- Thai Yellow Curry
- Instant Pot Tomato Soup
- Asian Roasted Chickpeas
- Soy Chorizo Chili
- Creamy Cauliflower Pasta Sauce
- Stir Fry Zen Bowl
- Poppyseed Coleslaw



Crushed Lentil Soup



Instant Pot Oatmeal

### featured on

- Shutterbug Magazine
- Buzzfeed
- MeatlessMonday.com
- Banza.com
- OneGreenPlanet.com
- Yummly.com
- Delish.com
- TastyKitchen.com
- FindingVegan.com
- Nutritiously.com

### brand collaborations

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