



My Body My Kitchen (MBMK) is a platform that empowers readers to live a healthy lifestyle. MBMK specializes in healthy, tasty and innovative ways to prepare everyday foods. MBMK also provides creative meal ideas and tips to help readers improve their cooking skills.



67K



13K+



9K+



400

DEMOGRAPHICS, BLOG STATS & POSTING SCHEDULE

76% female
72% located in USA
43% between 25-34 y/o
22% between 18-24 y/o
18% between 35-44 y/o

Unique Visitors/Month
22,400

Page Views/Month
43,900

1-2 Instagram Posts Daily

2-3 Blog posts Weekly

Weekly Newsletter



SEAN PETERS

Sean is a passionate entrepreneur and fitness advocate who specializes in healthy recipes. In 2015, after an overwhelming demand for his recipes from his personal IG account, Sean launched *mybodymykitchen.com*. In his free time you can find Sean running, sweating and eating all over New York City. Sean also holds a PhD in Electrical Engineering from Columbia University in the City of New York.

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SERIVCES & SPONSORSHIP

Sponsored Blog Post (\$500 per Blog Post)

We work closely with brands to create MBMK blog posts that feature their products and services. These posts include at least two original high quality images. This type of blog post does not include recipe development.

Sponsored blog posts are:

- Shared with the MBMK mailing list within seven (7) days after post publishing date
- Promoted on both @escpeters and @mybodymykitchen Instagram accounts, including IG stories with an option for readers to “swipe up”.
- Promoted on the MBMK Facebook page and Pinterest page (if applicable).

Sponsored Blog Post with Recipe Development (\$750 per Blog Post)

We work closely with brands to develop a recipe that includes their products. This recipe is then featured in an MBMK blog post and shared across our social media platforms. These recipe blog posts include at least two original high quality images.

Sponsored blog posts with recipe development are:

- Shared with the MBMK mailing list within seven (7) days after post publishing date
- Promoted on both @escpeters and @mybodymykitchen Instagram accounts, including IG stories with an option for readers to “swipe up”.
- Promoted on the MBMK Facebook page and Pinterest page (if applicable).

Sponsored Instagram Post (\$200 per IG Post)

We collaborate with brands to create featured IG posts and IG Stories where their product is the focus of the post.

Instagram Product Giveaway (\$100 per IG Post)

We help brands get their products into the hands of potential customers by engaging readers in product giveaways or contests.

Note: To ensure that all sponsored content is authentic, brands are encouraged to provide products at least 2 weeks in advance

MBMK Blog Homepage

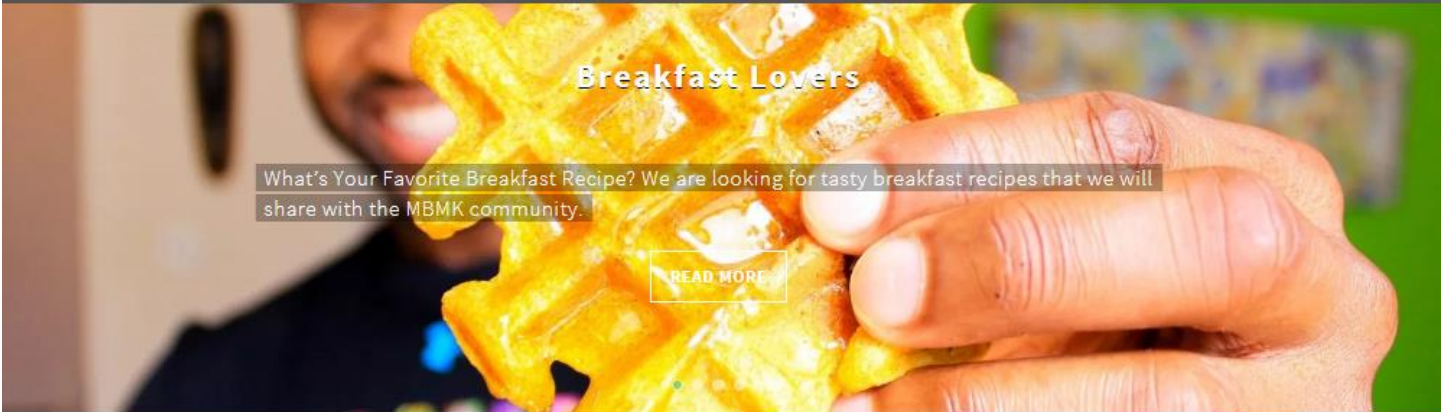


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Protein Pasta & Meal Prep Planning Tips

[MyBodyMyKitchen](#) [May 30, 2018](#) [Edit](#)



This blog post is sponsored by iHerb I recently had a pretty eventful week when my parents were in town for my graduation from Columbia...

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Tomato Jalapeno Quinoa Egg Muffins

[MyBodyMyKitchen](#) [May 29, 2018](#) [Edit](#)



I grew up eating eggs without ever thinking twice about removing the yolks. As I got more involved in the fitness world, I learned that...

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Eggplant (Baigan) Choka

[MyBodyMyKitchen](#) [May 25, 2018](#) [Edit](#)



Let me tell you about eggplant ("baigan") choka. But first I want to talk about my mom's cooking. My mother somehow always made every meal...

5 "Healthy" Breakfast Foods To Avoid

[MyBodyMyKitchen](#) [May 21, 2018](#) [Edit](#)



When I first started being more strategic about my fitness goals, I looked for convenient breakfast options that aligned with my macronutrient needs. For a...

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COOKING IDEAS | Feb. 06, 2015

Genius Meal Planning Ideas for a Healthy Week

Learn the secret to batch cooking your healthy meals ahead of time to save stress (and calories!) for one week str

By Sara Angle
Follow @saraangle22

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Healthy eating is possible—even for the time-crunched and cash-strapped! It just takes a little creativity! That's what Sean Peters, founder of the new website MyBodyMyKitchen.com, discovered when he first started to experiment with

SHAPE MAGAZINE

<http://www.shape.com/healthy-eating/cooking-ideas/genius-meal-planning-ideas-healthy-week>

NEW YORK POST

LIVING

This will give you a hot body — if you can withstand the boredom

By Joanna Prisco March 30, 2016 | 4:45am

NY POST

<http://nypost.com/2016/03/30/meet-nycs-most-obsessive-eaters/>

SOUL SOCIETY 101

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CHEF PROFILE: SEAN PETERS, MY BODY MY KITCHEN

April 30, 2015
By Branford Jones

SOUL SOCIETY 101

<http://www.soulsociety101.com/#!/CHEF-PROFILE-SEAN-PETERS-MY-BODY-MY-KITCHEN/cmbz/554209570cf2487416fefbc6>

7 Indispensable Meal-Prep Secrets You Need To Know

FEBRUARY 11, 2016 By CAROLINE PRADERIO

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PREVENTION MAGAZINE

<http://www.prevention.com/food/easy-meal-prep-ideas/1-keep-it-simple>