



Plant-based Tamika

CONTENT CREATOR AND
LIFESTYLE BLOGGER

ABOUT TAMIKA

After years of struggling with asthma and sinus infections, I decided to try a plant-based diet. Since adopting this lifestyle, I cured my asthma, have not had one sinus infection and dropped 40 lbs without deprivation! This experience fueled my passion to share the benefits of this lifestyle in a fun, engaging way. My approachable personality and fun, authentic delivery allowed me to build a highly engaged online community. My mission is to spread joy and inspire healing from the inside out.



7K Followers

4.77% Engagement Rate | 42.9K Reach
@plantbasedtamika



550 Followers

1,920 Reach
@chitownvegan



600 Followers

120K Impressions
Chitown Vegan



5.5K Followers

120.3K Views Last 60 Days
@chitownvegan



43.3K

YouTube Monthly
Page Views

25K

Unique Visitors

302K

Instagram Impressions
(last 90 days)

81%

Women

91%

From U.S.

38%

Ages 25-34
33% are 35-44

PARTNERSHIP OPPORTUNITIES

Rates are subject to change.

- Static Post: \$250
- Review/Promo Video: \$300+
- Carousel Post: \$300-\$400
- Instagram Story Post: \$75 for 1, \$125 for 2, \$150 for 3
- IG Reel/Tiktok Video(s): \$350-\$500
- Customized packages available
- Sponsored Giveaway: \$200

RECENT PARTNERSHIPS

BUONA
THE ORIGINAL ITALIAN BEEF

True Food
kitchen

UPTON'S
NATURALS



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TESTIMONIALS

Tamika's positive energy and authenticity comes across in everything she does. Her growing fan base really connects with her reviews and endorsements, creating a network of enthusiastic and loyal customers for her partners.

- Natalie Slater, Marketing Director, Upton's Naturals

Our company had the pleasure of working with Tamika for our very first influencer partnership, and she has set the bar very high for all future partnerships! Tamika is professional, kind, funny, enthusiastic, and a joy to collaborate with. She comes up with innovative ideas and produces engaging and authentic content, which stems from her passion for plant-based food. Recently, she approached us with an idea for a joint-giveaway of our plant-based pizzas, and it was a great success. We exchanged feedback on the copywriting, and worked together to plan the announcement date and winner selection process. We are proud to work with @plantbasedtamika in promoting online awareness for our brand!

- Marketing Manager, Vicolo Pizza

"Spirit Elephant worked with Tamika aka The Chitown Vegan on a promotional piece for our brunch recently. She was creative, positive, genuine and her video footage is beautiful, fun and creatively done. We love working with Tamika and recommend her very highly!"

- C.D.
Owner, Spirit Elephant

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READY TO GET STARTED?

Have other collaboration ideas? Do tell! Email info@plantbasedtamika.com to share your ideas.