

# Dont-based Tarhika

# 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

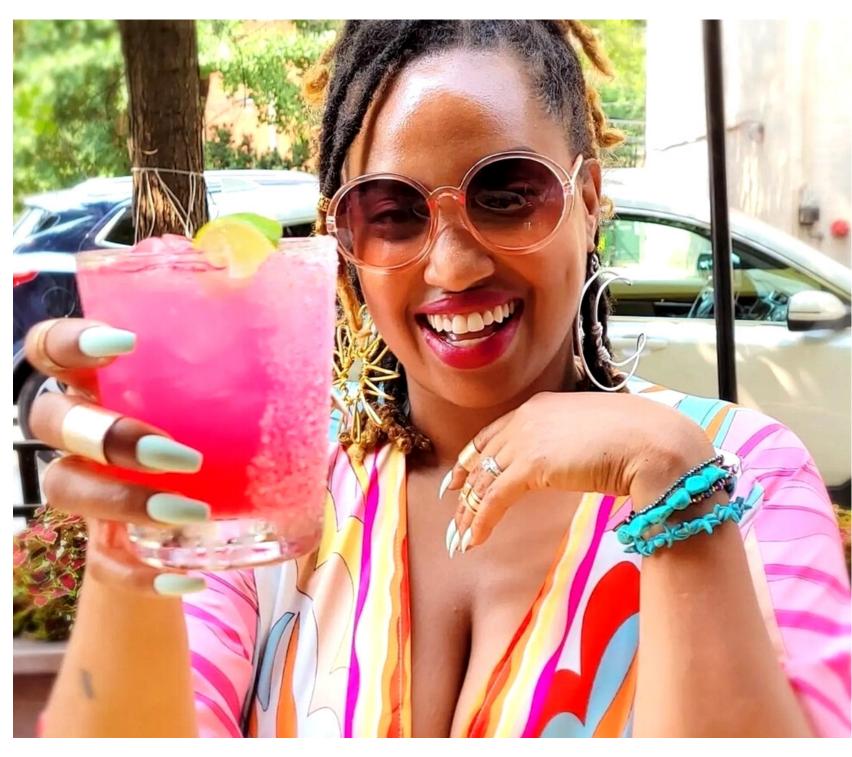


600 Followers 120K Impressions Chitown Vegan



5.5K Followers 120.3K Views Last 60 Days @chitownvegan





43.3K

YouTube Monthly
Page Views

81%

Women

25K

Unique Visitors

91%

From U.S.

302K

Instagram Impressions (last 90 days)



Ages 25-34 33% are 35-44

# PARTNERSHIP OPPORTUNITIES

Rates are subject to change.

• Static Post: \$250

• Carousel Post: \$300-\$400

IG Reel/Tiktok Video(s): \$350-\$500

• Sponsored Giveaway: \$200

Review/Promo Video: \$300+

• Instagram Story Post: \$75 for 1,

\$125 for 2, \$150 for 3

Customized packages available

### RECENT PARTNERSHIPS

BUONA
THE ORIGINAL ITALIAN BEEF













# CONTENT CREATOR AND LIFESTYLE BLOGGER

## 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

Rates are subject to change.

### READY TO GET STARTED?

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