



Kelsey Riley

Planted in the Kitchen

About me

Hi, I'm Kelsey! I am a registered nurse and the founder of Planted in the Kitchen LLC, a plant-based food blog.

I share plant-based food, recipes, kitchen tips, and meal prep inspiration with my audience in hopes of encouraging others to live a healthier, happier, plant-forward and eco friendly lifestyle.

PRICING

Sponsored TikTok Video: \$__

Sponsored Instagram Reel: \$__

Sponsored Bundle: \$__

(Bundle includes the video being posted to both TikTok and Instagram)

Pricing includes:

- Production of video x1
- Instagram story set x2
- Brand rights to share the videos paid organically on their social media accounts x3 months

SOCIAL MEDIA

885 K

TIKTOK FOLLOWERS

20.8 M

TIKTOK MONTHLY VIDEO VIEWS

267 K

INSTAGRAM FOLLOWERS

BRANDS I WORK WITH



CONTACT

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