

Sweet VEG TABLE



Join the movement!
Real (busy) families
cooking easy vegan
& vegetarian meals



Sweet VegTable's mission to empower busy American families to enjoy more meatless meals. It's a niche food blog with big heart & strategic growth.

Katie Allen is a tacotarian, food blogger and mama. She's based in the Colorado mountains outside of Denver.



MAY 2019 BLOG STATS

4,500+ Pageviews

1,200+ Unique Visitors

LET'S WORK TOGETHER!

Email: katie@sweetvegtable.com

SOCIAL MEDIA



250+ followers
37,000+ monthly reach
2,400+ post engagements



150,000+ monthly viewers
5,000+ engagements



200+ followers



WHY US?

Katie is passionate about delivering outstanding content that converts. She works on-time, on-budget and collaborates smoothly with project managers.

Katie brings over a decade of combined professional experience in corporate communications, project launches, and professional digital photography to each project.

Let's chat! katie@sweetvegtable.com.

SPONSORED POST \$150

- **One unique recipe** or project
- **One blog post:** 300+ words, with no-follow link to sponsors website & social media
- **3 high-resolution brand photos** + 1 square photo optimized for social media.
- **Promotion** on all Sweet VegTable social platforms



SERVICES

- Recipe Development
- Sponsored Posts
- Product Reviews
- Giveaways
- Brand Ambassador
- Food Photography
- Recipe Videos
- Facebook Live Videos
- Instagram Stories