

PUBLIC REPORT BY PROMTPRESS

Channel audit

PP Recipes | Fast & Tasty



@author_recipes

#BZXWS 16 of your friends subscribed... Owner: @dnlkupaev Ads:
@kupaev_assistant Staff: https://t.me/boost_jet_price/26
@Spiral_Miya RKN: <https://clck.ru/3H66T>

SUBSCRIBERS

346 604

-651 per month

ERR (% WHO SEE
POSTS)

4.0%

daily 3.2%

REACH/POST

13.7K

ad reach 11.1K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 346 604 —	 SUBSCRIBER REACH 3.95% avg % of subs see post	 VIEWS/POST 13.7K median 13.9K · 29 days	 POSTS/DAY 9.4 ~66 per week
 7D TREND -1.9% vs previous week	 REACTIONS/POST 32.1 total 8,883 reactions, 33,398 reposts, 0 comments	 POST LENGTH 131 chars median 124 · 29 days	 POSTS ANALYZED 277 29 days
 AD REACH 11.1K 24h avg	 CHURN / MONTH -651 last month	 CITATION RATE 3 219 citation index · 2,059 channels mentioned all time	 CHANNEL AGE 6 years 1 month created 22.05.2020

AI EDITOR SUMMARY

Channel «PP Recipes | Quick & Tasty» — 346 604 subs. Each post averages 13.7K people (4% from subs), reach is low — consider expanding audience. Publishes 66 posts per week (~9/day) — active posting. For the week of Jun 22–28, reach stable (-1.9% vs week of June 15–21).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 277 posts over 29 days.
- 02 Dominant format — Video (272/277 posts).
- 03 Avg post length — 131 chars (median 124).
- 04 Peak audience activity — Sunday, 20:00 MSK.
- 05 Top posts get 1x more views than the weakest (16.4K avg top vs 11.3K worst) — among 277 posts over 29 days. Worth analyzing what the top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 14.06 · 17:05 VIDEO Cottage Cheese Buns with Raisins 👉 KBJU per 100g: 279/23.3/13.9/15. Open Recipe 👉 PP Recipes Fast & Tasty We're on MAX	VIEWS 16 536 REACTIONS 46 REP. 179 ER 4.8%
Nº2 15.06 · 17:05 VIDEO Cherry-Apple Pie 👉 KBJU per 100g: 135.8/6.5/2.3/21.8 Open Recipe 👉 PP Recipes Fast & Tasty We're on MAX	VIEWS 16 330 REACTIONS 47 REP. 195 ER 4.7%
Nº3 23.06 · 17:05 VIDEO Apricot Pie 👉 KBJU per 100g: 173.5/6.8/8.1/18.5 Open Recipe 👉 PP Recipes Fast & Tasty We're on MAX	VIEWS 16 310 REACTIONS 37 REP. 172 ER 4.7%

Nº4

15.06 · 06:05

VIDEO

Delicious Cod in Sauce KBJU per 100g: 111.5/12.6/6.2/1

Open Recipe PP Recipes | Fast & Tasty | We're on MAX

VIEWS

16 272

REACTIONS

35

REP.

79

ER

4.7%

Nº5

16.06 · 06:05

VIDEO

Cottage Cheese Croissants KBJU per 100g: 286/16/8.4/35.6

Open Recipe PP Recipes | Fast & Tasty | We're on MAX

VIEWS

16 187

REACTIONS

57

REP.

236

ER

4.7%

WORST 3

↓

01.07 · 11:05

VIDEO

If anything, the boss said not 'chop' but 'for a ruble' Yes, these gorgeous knives can really be bought at Pyaterochka for just 1 ruble with a card...

VIEWS

12 277

REACTIONS

7

REP.

1

ER

3.5%

↓

16.06 · 17:05

VIDEO

Banana Pancakes KBJU per 100g: 208.6/8.6/8.1/24.2

Open Recipe PP Recipes | Fast & Tasty | We're on MAX

VIEWS

11 297

REACTIONS

35

REP.

108

ER

3.3%

↓

24.06 · 14:05

VIDEO

Smetannik KBJU per 100g: 160/6.4/8.7/14.3

Open Recipe PP Recipes | Fast & Tasty | We're on MAX

VIEWS

10 205

REACTIONS

31

REP.

180

ER

2.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

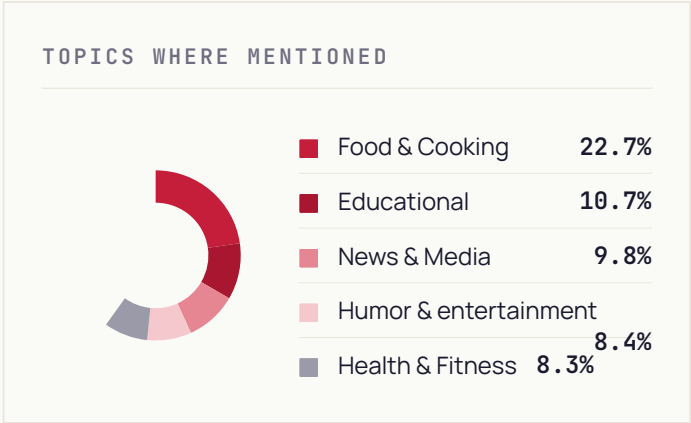
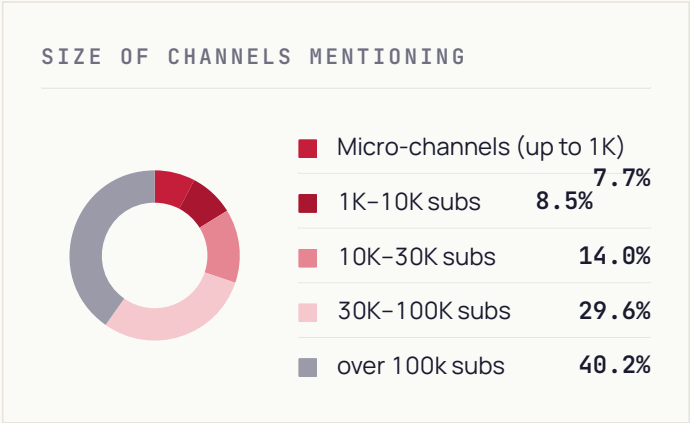
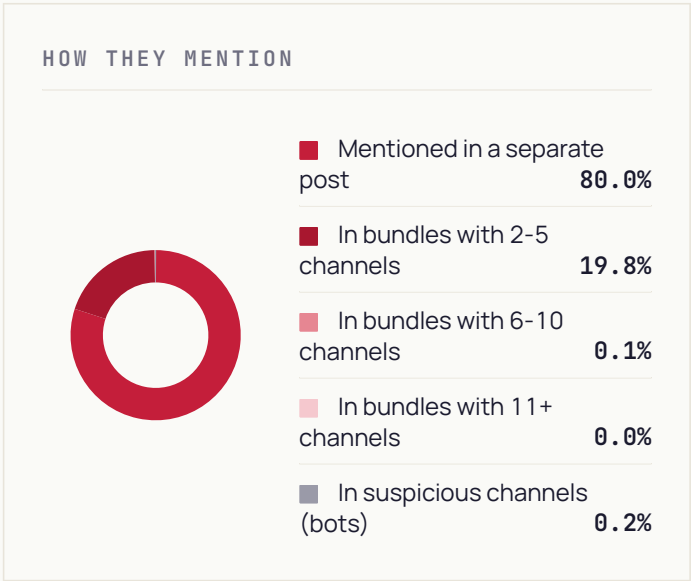
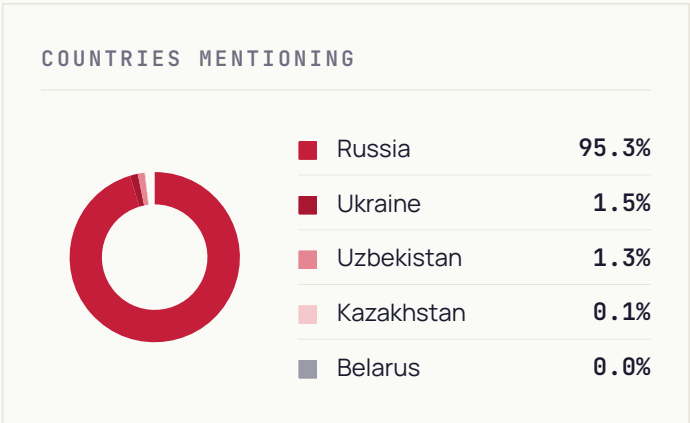
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel grew and which it lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

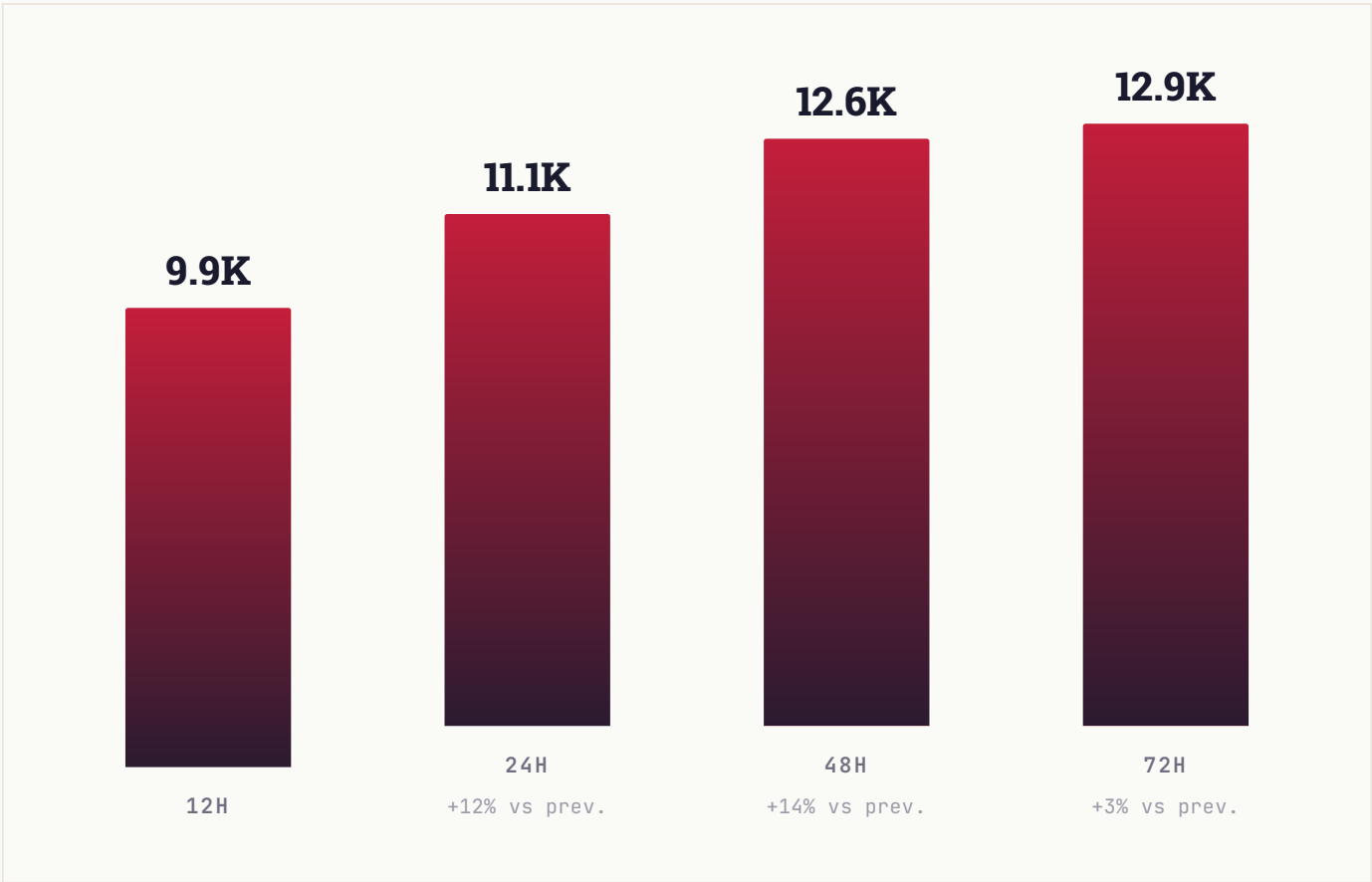
Citation index **3 219** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions **2 059** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its position among niche neighbors.

CHANNEL	SUBSCRIBERS
CR Cooking Recipes Salads 🧑🍳	995.6K
FR Pyatyorochka	776.5K
🍰M 🍰 Mom's Recipes 😊	680.8K
A Air fryer Recipes	593.3K
PR Simple Recipes	586.9K
CR Recipe book	559K
CN Kitchen Inside Out	532.5K
VI Tasty & Cheap 🍪	487.7K
CR CHIZHIK	485.1K
TH Daily recipes	461.5K
PR PP Recipes Fast & Tasty YOU	346.6K

COMPARATIVE CONCLUSION

Channel in top quartile of niche (#22 of 94). Leader — Cooking Recipes Salads 🧑🍳 (995.6K). Goal for coming months: enter niche top 10 through systematic traffic work.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

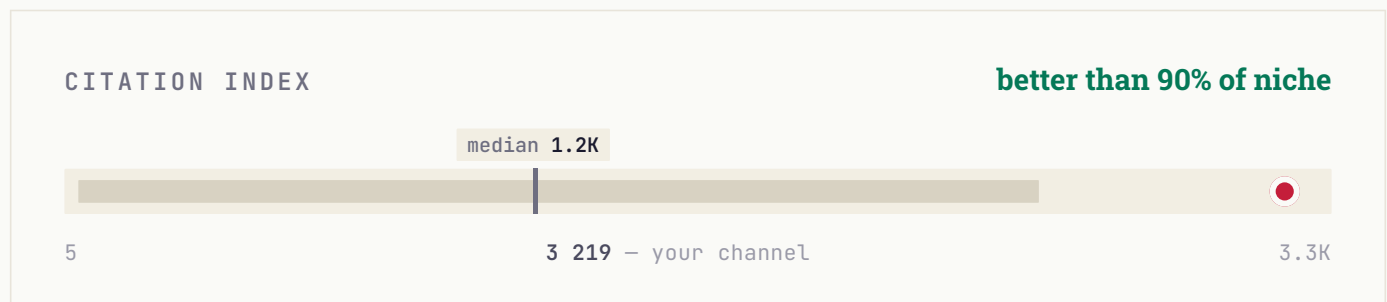
Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **1 105**, they brought **10 572** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	144	127	829	
December 2025	156	151	1 443	
Nov 2025	274	188	3 676	
Oct 2025	175	108	1 203	
September 2025	209	171	2 007	
August 2025	147	101	1 414	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
1 105	6	10 572

Where the channel stands in its league

#22 /100 RANK IN NICHE
Channel in top 22% – strong position



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01**Post of the week — on Sunday**

Audience is most active on this day at 20:00 MSK.

EFFECT

**Best window
for an
important post****02****ER below niche benchmark — rethink formats**

Current ER 3.95% vs norm 9.0%. Try polls and interactive formats.

EFFECT

+5.0pp ER**03****Systematic traffic buying**

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds sources for your niche.

EFFECT

**+1000-3000
subs****04****Test polls and interactive formats**

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic is an easy win.

EFFECT

+5-15% ER**05****Cross-promo with neighboring channels**

Swap posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit is what we can do in minutes using public data. Want to go further — run ads with us and hit your growth plan in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
