

PUBLIC REPORT BY PROMTPRESS

Channel audit

Recipes | daniya_alt



@daniya_alt

🍰 SIMPLE RECIPES FROM DANIIL 🗣️ Sharing video recipes with voiceover. 📌 This is my only Telegram channel, other channels with my content are unrelated. Admin @zhezpac

SUBSCRIBERS

175 889

-262 per month

ERR (% SEE POSTS)

28.0%

daily 8.7%

REACH/POST

43.4K

ad reach 15.3K/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 175 889 —	 SUBS REACH 24.69% avg % subs see post	 VIEWS/POST 43.4K median 49.9K · 25 days	 POSTS/WEEK 2.2 for period
 7D TREND — no data for period	 REACTS/POST 886.2 7,090 reactions, 4,965 reposts, 150 comments	 POST LENGTH 357 chars median 367 · 25 days	 POSTS ANALYZED 8 25 days
 AD REACH 15.3K 24h avg	 CHURN / MONTH -262 last month	 CITATION RATE 61 citation index · 208 channels mentioned all time	 CHANNEL AGE 4 years 4 months created 26.02.2022

AI EDITOR SUMMARY

Channel «Recipes | daniya_alt» — 175 889 subs. Each post avg views 43.4K people (25% from subs), avg reach — room to grow. Publishes 2 posts/week (~0/day) — rare publications.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 8 posts in 25 days.
- 02 Dominant format — Video (8/8 posts).
- 03 Avg post length — 357 chars (median 367).
- 04 Peak audience activity — Friday, 17:00 MSK.
- 05 Top posts get 2x more views than weakest (53.6K avg top vs 29K worst) — among 8 posts in 25 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 12.06 · 14:47 VIDEO Today's recipe: quick potato dough flatbreads🥰 Optional: add cheese & herbs🧀 Ingredients: Potatoes - 3 pcs 500...	VIEWS 55 197 REP. 988	REACTS 1 244 ER 31.4%
Nº2 22.06 · 14:55 VIDEO Today's dinner: roasted zucchini & corn salad🥗 Use any greens; I used a mix. Corn can be...	VIEWS 53 838 REP. 470	REACTS 820 ER 30.6%
Nº3 18.06 · 06:14 VIDEO Today's dinner: stuffed zucchini & cheese cutlets🥰 Grate zucchini finely and squeeze out excess liquid, then...	VIEWS 51 746 REP. 671	REACTS 980 ER 29.4%

Nº4 15.06 • 16:45 VIDEO Today's dessert: sour cream & cottage cheese pie 🥰 Mold diameter 24 cm. For a fluffier base, add about 200 ml...	VIEWS 51 373 REACTS 1 192 REP. 1 170 ER 29.2%
Nº5 21.06 • 08:07 VIDEO Today's dessert: banana muffin 🥰 Greek yogurt can be subbed with low-fat sour cream; add sugar if desired, but if bananas...	VIEWS 48 383 REACTS 919 REP. 737 ER 27.5%
WORST 3	
↓ 29.06 • 14:36 VIDEO Today's dinner: lentil soup with ginger & lime 🥰 Served with coconut cream & chili flakes 🥰 Ingredients: Vegetable oil Onion - ...	VIEWS 41 588 REACTS 645 REP. 329 ER 23.6%
↓ 04.07 • 17:13 VIDEO Today's dinner: bibimbap 🥰 Ingredients: Beef fillet - 400 g Soy sauce - 1 tbsp Sesame oil - 1 tbsp Garlic - 1 clove...	VIEWS 30 657 REACTS 794 REP. 398 ER 17.4%
↓ 08.07 • 13:17 VIDEO Today's dinner: halloumi, tomato & olive salad 🥰 Greens can be subbed with lettuce or just arugula; instead of halloumi...	VIEWS 14 616 REACTS 496 REP. 202 ER 8.3%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

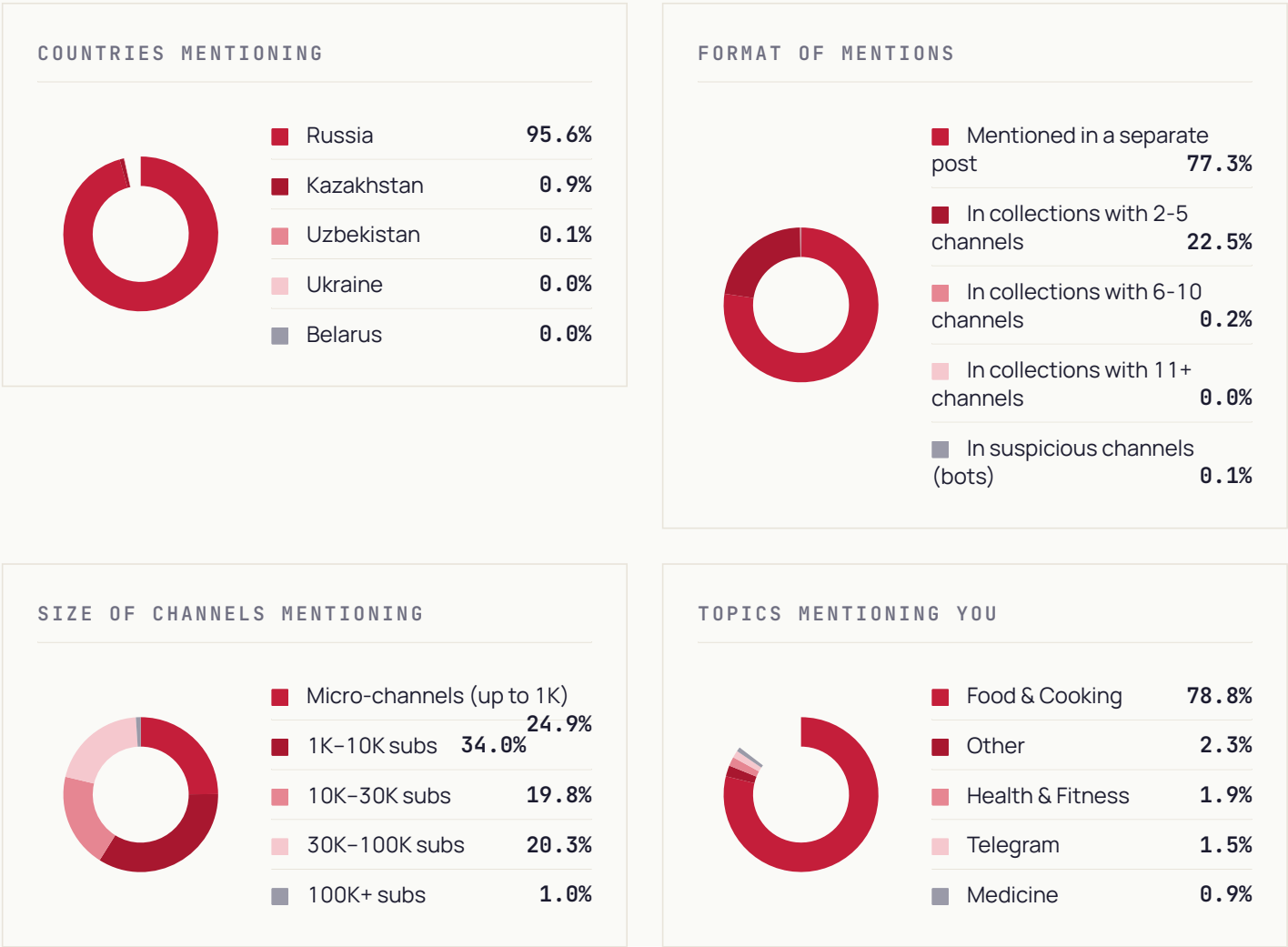
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

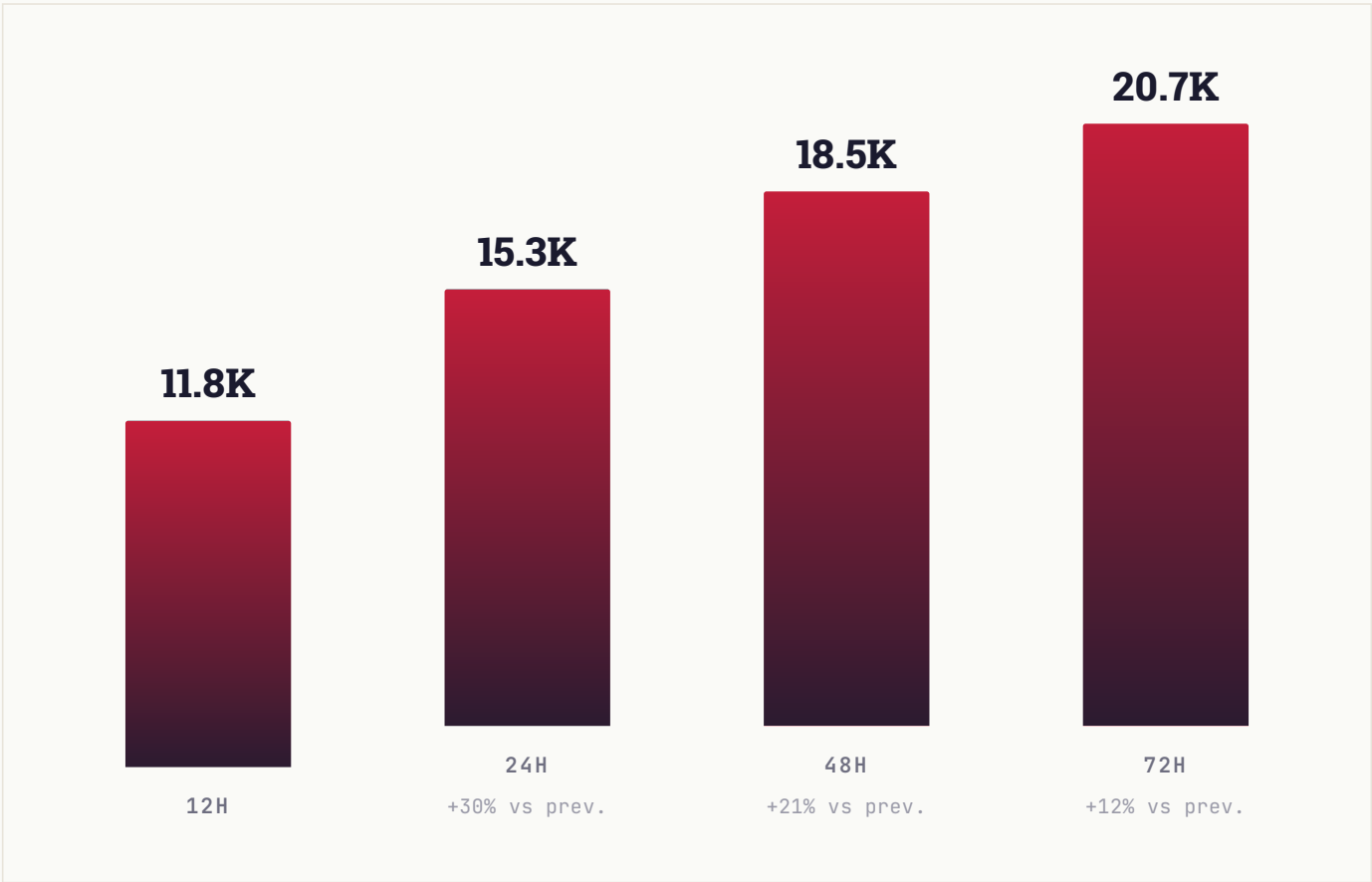
Citation index **61** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel mentioned **208** different channels.



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 should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
CR Cooking Recipes Salads 🧑🍳	995.6K
Fri Pyatyorochka	776.5K
M 🍰 Mom's Recipes 😊	680.8K
A Air fryer Recipes	593.3K
Thu Simple Recipes	586.9K
CR Recipe book	559K
CN Inside-out kitchen	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
RN Everyday Recipes	461.5K
R Recipes daniya_alt YOU	175.9K

COMPARATIVE CONCLUSION

Channel in bottom half of niche top-100 (#70 of 94). Niche median — 205K subs.
First KPI goal — reach median. Leader: Cooking Recipes Salads 🧑🍳 (995.6K).

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **60**, they brought **3 439** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	7	6	450
December 2025	6	3	54
Nov 2025	6	4	561
Oct 2025	13	11	514
September 2025	17	13	1 475
August 2025	11	9	385

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
60	6	3 439

— SECTION 08 · NICHE COMPARISON

Where channel stands in its league

Took top-100 channels in category «Food & Cooking» (Russia) and compared your channel. Gray band = range for 80% of niche channels (p10-p90). Black vertical = median. Red dot = your channel.

#70 /100

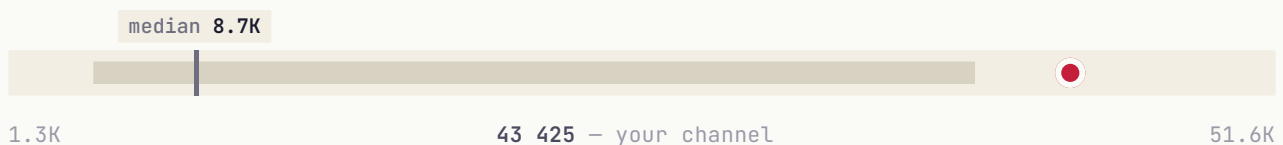
RANK IN NICHE

Channel in the bottom half of the ranking

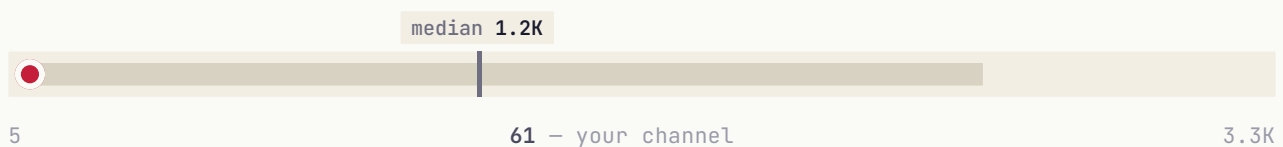
SUBSCRIBERS

16% below median

AVG REACH / POST

top 90% of niche

CITATION INDEX

worse than median by 95%

— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit next month.

01

Increase posting frequency

Now 2.2 posts/wk. Active channels average 7-10.
Consistency is key for audience retention.

EFFECT

**Consistency
beats volume****02**

Main post of the week — on Friday

Best time: this day at 17:00 MSK.

EFFECT

**Best window
for an
important post****03**

Systematic traffic buying

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

EFFECT

**+1000-3000
subs****04**

Test polls & 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 with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

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

01

Launch Telegram ad

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager
