

PUBLIC REPORT BY PROMTPRESS

Channel audit

Tasty Recipes



@delicious_retsepty

✓ Applications accepted immediately ✓ (automatically) Friend
 link: t.me/+MJeVKwg6uY41NGly 🤝 Collaboration: @rockstozy
 Exchange: telega.in/c/delicious_retsepty @Spiral_Miya RKN: vk-
 cc.ru/dtmh0

SUBSCRIBERS

240 800

-1032 per month

ERR (% WHO SEE
POSTS)

5.0%

per day 1.3%

REACH/POST

10.3K

ad reach 3.2K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

SUBSCRIBERS 240 800 —	SUBSCRIBER REACH 4.26% avg % of subs see post	VIEWS/POST 10.3K median 11.3K · 29 days	POSTS/WEEK 7.6 for period
7D TREND -27.8% vs previous week	REACTIONS/POST 32.2 total 1,032 reactions, 4,733 reposts, 0 comments	POST LENGTH 302 chars median 310 · 29 days	POSTS ANALYZED 32 29 days
AD REACH 3.2K 24h avg	CHURN / MONTH -1032 last month	CITATION RATE 241 citation index · 261 channels mentioned all time	CHANNEL AGE 4 years 19 days created 21.06.2022

AI EDITOR SUMMARY

Channel «Tasty Recipes» – 240 800 subs. Each post avg views 10.3K people (4% from subs), reach is low – expand audience. Publishes 8 posts per week (~1/day) – regular schedule. Week Jun 29 – Jul 5 reach dropped -27.8% to week Jun 22–28 – analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **32** posts in 29 days.
- 02 Dominant format – **Video** (30/32 posts).
- 03 Avg post length – **302** chars (median 310).
- 04 Peak audience activity – **Wed**, 11:00 MSK.
- 05 Top posts get **2x** more views than the weakest (13.7K avg for top vs 6.5K for worst) – among 32 posts in 29 days. Analyze what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 10.06 · 08:05 VIDEO Yummy pâté 🥰📋 Ingredients: Red beans (1 can) - 200 g Boiled egg - 2 pcs Processed cheese - 2 pcs Garlic - 2 cloves Salt - to...	VIEWS 14 197 REP. 178	REACTIONS 41 ER 5.9%
Nº2 13.06 · 15:05 VIDEO Tender liver cake 🥰📋 Ingredients: chicken liver - 700 g eggs - 4 milk - 500 ml flour - 7 tbsp mayonnaise - 350 g garlic - 5...	VIEWS 13 407 REP. 228	REACTIONS 53 ER 5.6%
Nº3 11.06 · 15:05 VIDEO Cheese & sausage pastry 🥰📋 Ingredients: puff pastry (yeast-free) - 2 sheets sausage - 200 g cheese - 200 g herbs egg yolk...	VIEWS 13 386 REP. 216	REACTIONS 45 ER 5.6%

Nº4 15.06 · 15:05 VIDEO Buckwheat Merchant-Style 🍲📋 Ingredients: Buckwheat - 400 g Meat (pork) - 800 g Onion - 300 g Carrot - 300 g Water - 700/800 ml Salt, pepper - to...	VIEWS 13 281 REP. 108	REACTIONS 46 ER 5.5%
Nº5 14.06 · 15:05 VIDEO Soft and tasty cottage cheese flatbreads 🥰📋 Ingredients: kefir - 500 ml baking soda - 1 tsp salt - 1 tsp eggs - 2 cottage cheese - 250 g green onion - ...	VIEWS 13 231 REP. 275	REACTIONS 36 ER 5.5%

|

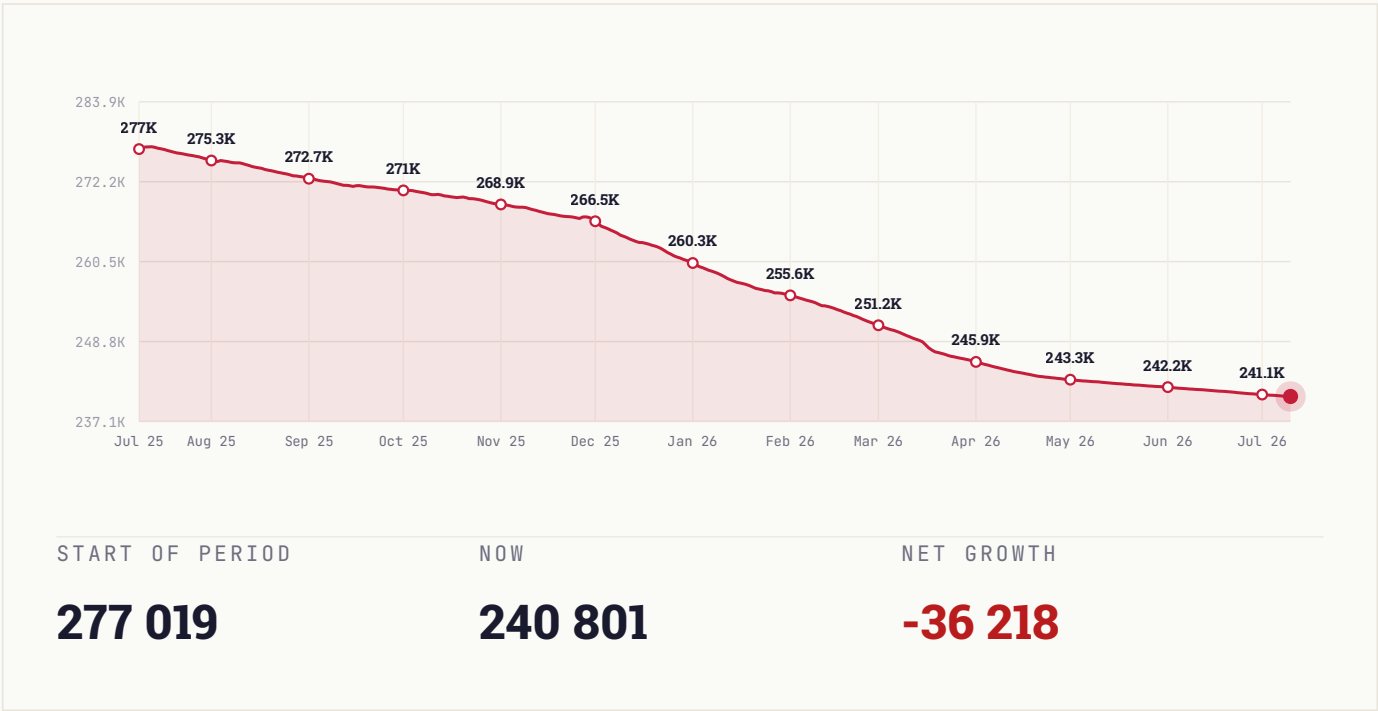
WORST 3

↓ 04.07 · 15:05 VIDEO Cinnamon braid 🥰📋 Ingredients (for 2 pcs): Cottage cheese 5% - 360 g Eggs - 2 pcs Sugar - 6 tbsp Pinch of salt Vanilla sugar - 1 packet Flour - 340...	VIEWS 6 930 REP. 148	REACTIONS 39 ER 2.9%
↓ 05.07 · 15:05 VIDEO Lightly salted mackerel 🥰📋 Ingredients: Mackerel - 1 pc Salt - 2-3 tbsp Onion - 1 pc Bay leaf - 1 pc Black peppercorns - 3-4...	VIEWS 6 608 REP. 113	REACTIONS 24 ER 2.7%
↓ 06.07 · 15:05 VIDEO 12-Spoon Pie 🥰📋 Ingredients: Egg - 3 pcs Sugar - 12 tbsp Salt - a pinch Milk - 12 tbsp Sunflower oil - 12 tbsp...	VIEWS 5 819 REP. 151	REACTIONS 27 ER 2.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

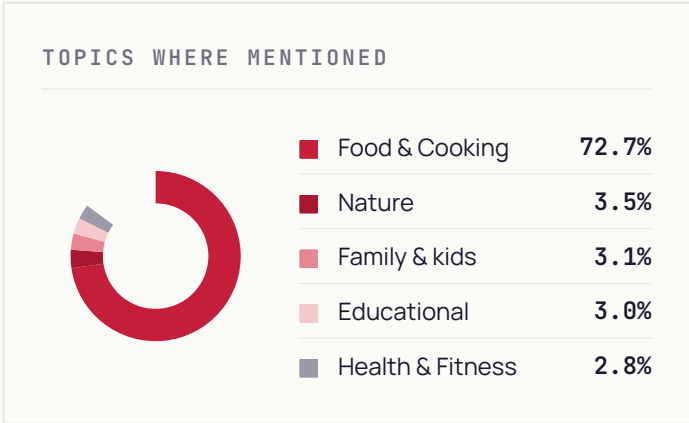
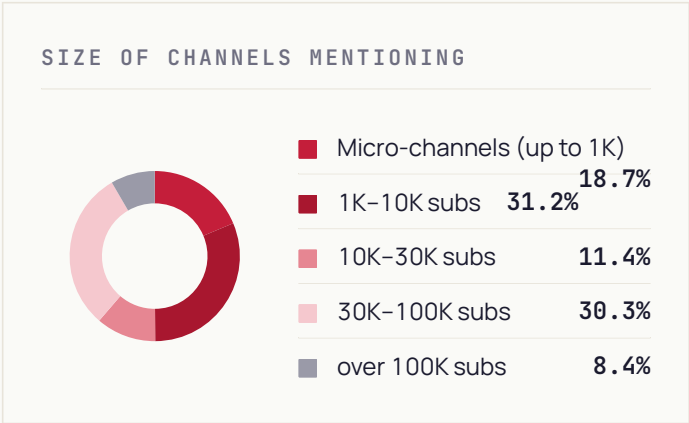
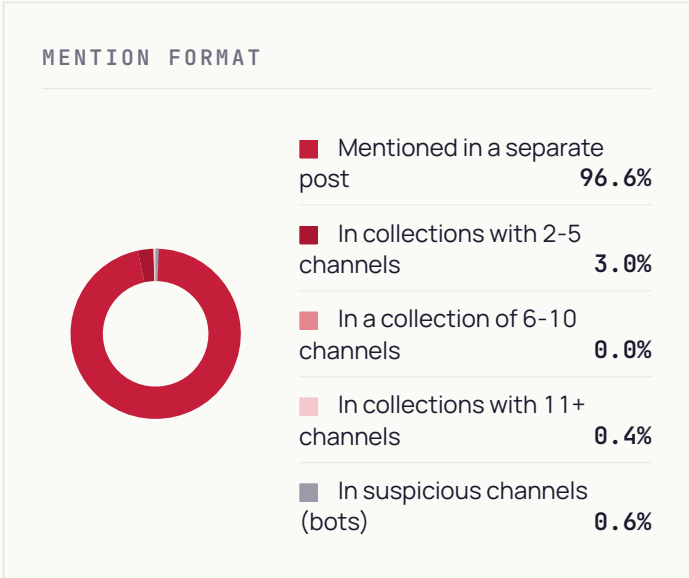
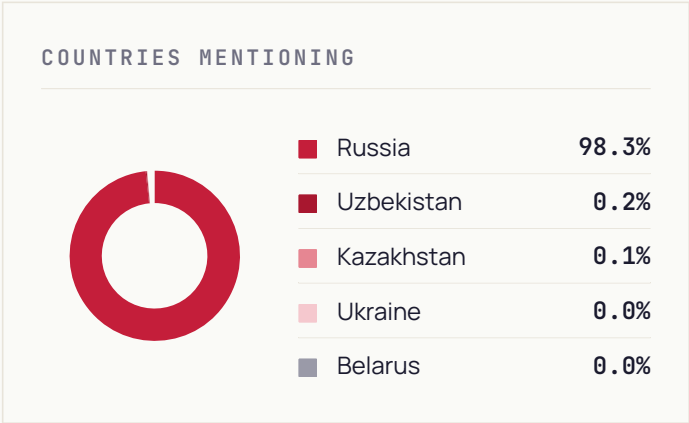
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and which it lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

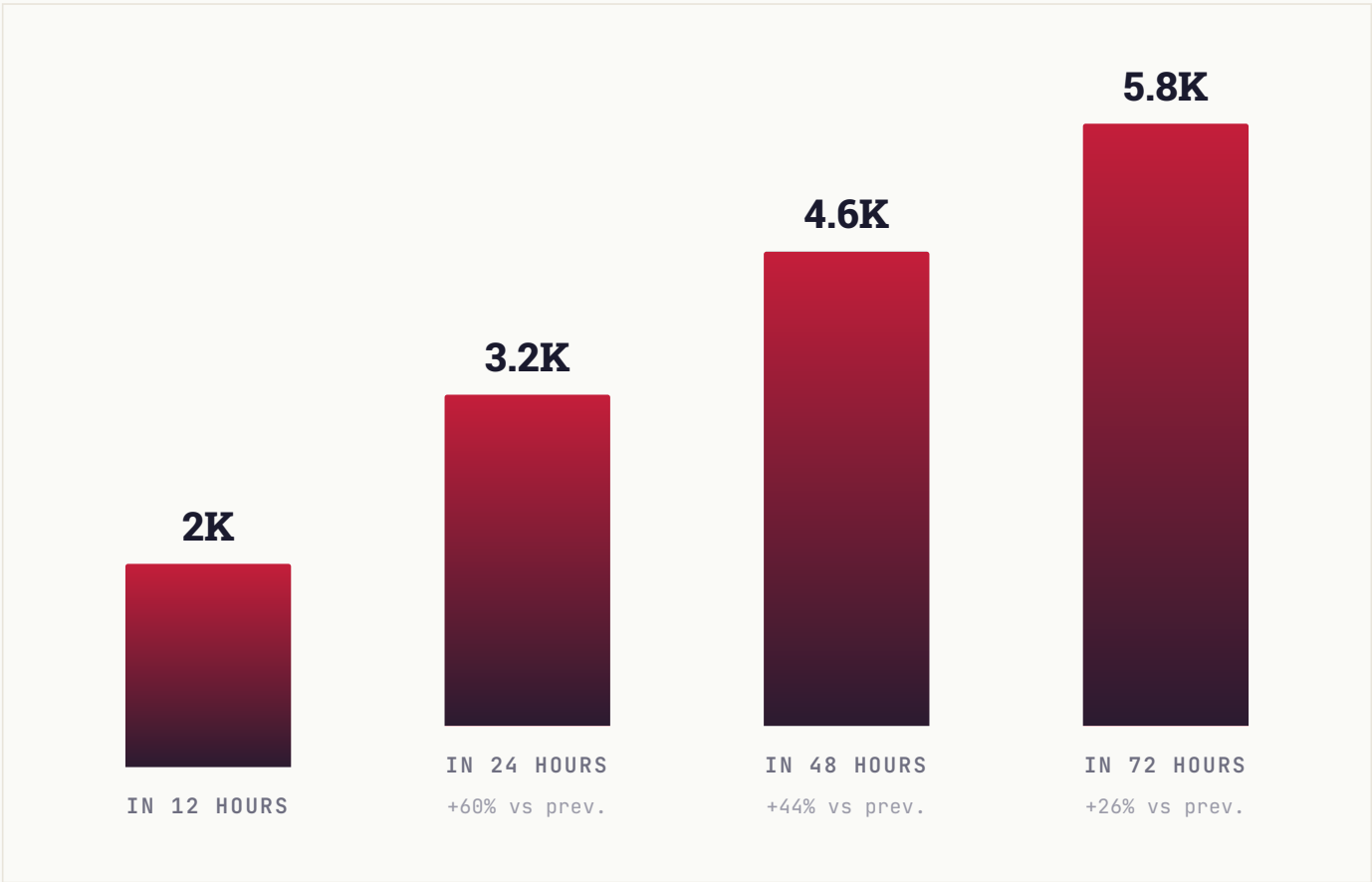
Citation index **241** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All time channel was mentioned **261** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg ad post reach over time since publication. Helps gauge how long placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
CR Cooking Recipes Salads 🧑🍳	995.6K
Fri Pyaterochka	776.5K
M 🍰 Mom's Recipes 😊	680.8K
A Air fryer Recipes	593.3K
Mon Simple Recipes	586.9K
CR Recipe book	559K
CN Kitchen Inside Out	532.5K
VI Tasty & Cheap 🍪	487.7K
CI CHIZHIK	485.1K
Sun Daily recipes	461.5K
VR Tasty Recipes YOU	240.8K

COMPARATIVE INSIGHT

Channel in top half of niche (#41 of 94). Niche leader — Cooking Recipes Salads 🧑🍳 (995.6K), median subs 205K. Aim for top quartile — realistic 6-12 month horizon.

SECTION 07 · MENTION DYNAMICS

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 **88**, they brought **666** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
Jan 2026	17	15	0	
December 2025	26	24	0	
November 2025	14	14	254	
October 2025	11	10	130	
Sep 2025	14	12	137	
August 2025	6	6	145	

TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBSCRIBERS
88	6	666

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

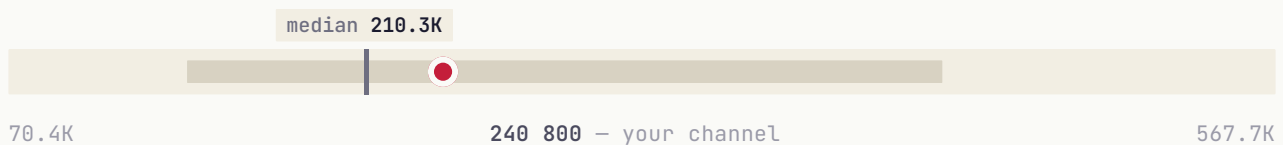
Took top-100 channels in category «Food & Cooking» (Russia) and compared your channel. Gray band = 80% of niche channels (p10-p90). Black vertical = median. Red dot = your channel.

#41/100

RANK IN NICHE

Channel in the top half of the ranking

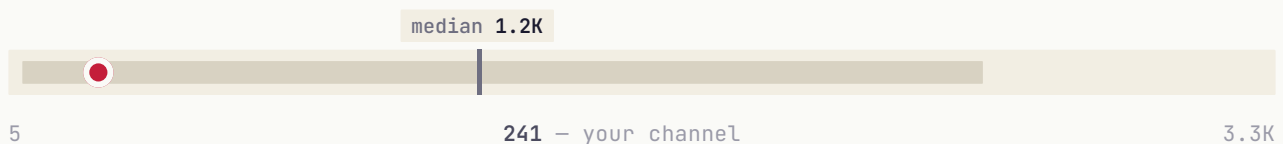
SUBSCRIBERS

better than 55% of niche


AVG REACH / POST

better than 52% of niche


CITATION INDEX

81% worse than median


— SECTION 09 · STRATEGY

What to do right now

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

01**Top post of the week — on Wednesday**

Audience is most active on this day at 11:00 MSK.

EFFECT

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

Current ER 4.26% vs norm 9.0%. Try polls & interactive formats.

EFFECT

+4.7pp ER**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 poll per week on a hot topic — easy win.

EFFECT

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

Exchange 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 it PromptPress?

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

01

**Launch ads on
Telegram**

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

02

Contact manager

t.me/PromptPress_manager