

PROMTPRESS PUBLIC REPORT

Channel audit

🤗 Cooking with Lyubov/Simple & tasty recipes!



@gotovim_kak_lub

2mp3uc6q9c7gmqpt Best recipes, tasty treats for you 🤗❤️ For any questions: @lyubochka_bor link for friend <https://t.me/+DjvMJxBRIGYxYjhi> Ad manager: @crypto_natu @Spiral_Miya...

SUBS	ERR (% SEE POSTS)	REACH/POST
66 604	5.0%	2.6K
23.08.2026 ⁻⁴⁴⁷ per month	per day ^{1.6%}	ad reach ^{1K} /24h
HTTPS://PROMTPRESS.COM/AUDIT/GOTOVIM_KAK_LUB		

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. The subtitle under the number tells for which period it is calculated.

 SUBS 66 604 —	 SUBS REACH 3.89% avg % subs see post	 VIEWS/POST 2.6K median 2.9K · 29 days	 POSTS/WK. 7.5 period
 7D TREND -12.2% vs previous week	 REACTS/POST 24.9 771 react., 1 607 rep., 0 comm.	 POST LENGTH 546 chars. median 486 · 29 days	 POSTS ANALYZED 31 29 days
 AD REACH 1K avg 24h	 CHURN / MONTH -447 last month	 CITATIONS 711 citation index · 742 channels mentioned all time	 CHANNEL AGE 3 years 8 months created 10.12.2022

AI EDITOR SUMMARY

Channel «🍳 Cooking with Lyubov/Simple & tasty recipes!» – 66 604 subs. Each post on average gets 2.6K people (4% from subs), low reach – worth expanding audience. Publishes 8 posts per week (~1 per day) – regular schedule. For week Aug 10–16, reach down -12.2% by week of Aug 3–9 – worth investigating.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to remove from rotation.

WHAT SUCCESSFUL POSTS SHARE

- 01 Analysis based on 31 posts for 29 days.
- 02 Dominant format – Video (30/31 posts).
- 03 Average post length – 546 characters (median 486).
- 04 Peak audience activity – Saturday, 12:00 MSK.
- 05 Top posts get 2x more views than the weakest (3.8K avg for top vs 2K for worst) – among 31 posts over 29 days. Worth analyzing what top posts have in common – topic, format, publish time.

TOP-5 POSTS

Nº1 25.07 · 09:51 VIDEO Zucchini rolls 🍷 Ingredients: ♦ Zucchini 3 pcs (small size) ♦ Sour cream ♦ Ground meat 800 g ♦ Salt, pepper to taste ♦ Dried...	VIEWS 3 966 REPOSTS 76	REACTS 32 ER 6.0%
Nº2 27.07 · 16:45 VIDEO Potato zrazy with cheese 🍷🧀 Ingredients: ♦ Potatoes - 5-6 medium ♦ Egg yolk - 2 pcs ♦ Flour - 4 tbsp ♦ Salt, pepper ♦ Cheese - 100 g...	VIEWS 3 845 REPOSTS 73	REACTS 33 ER 5.8%
Nº3 28.07 · 11:20 VIDEO Yalama Ingredients: ♦ Beef mince - 500 g ♦ Onion - 1 pc ♦ Bell pepper (any) - 2 pcs ♦ Tomato paste - 1 tbsp ♦ Spice...	VIEWS 3 664 REPOSTS 48	REACTS 30 ER 5.5%

Nº4

05.08 · 08:22

VIDEO

🍏 Apple jam. 3,5 kg apples simmered 2 hours. Time after boiling. Ingredients: ♦ Peeled apples - 1...

VIEWS

3 290

REPOSTS

68

REACTS

29

ER

4.9%

Nº5

31.07 · 16:59

VIDEO

Fish and green onion pie Ingredients: For the dough: ✓ Sour cream (15%) - 300 g ✓ Egg (C1) - 3 pcs ✓ Mayonnaise - 60 g ✓ Sugar - 1...

VIEWS

3 254

REPOSTS

67

REACTS

32

ER

4.9%

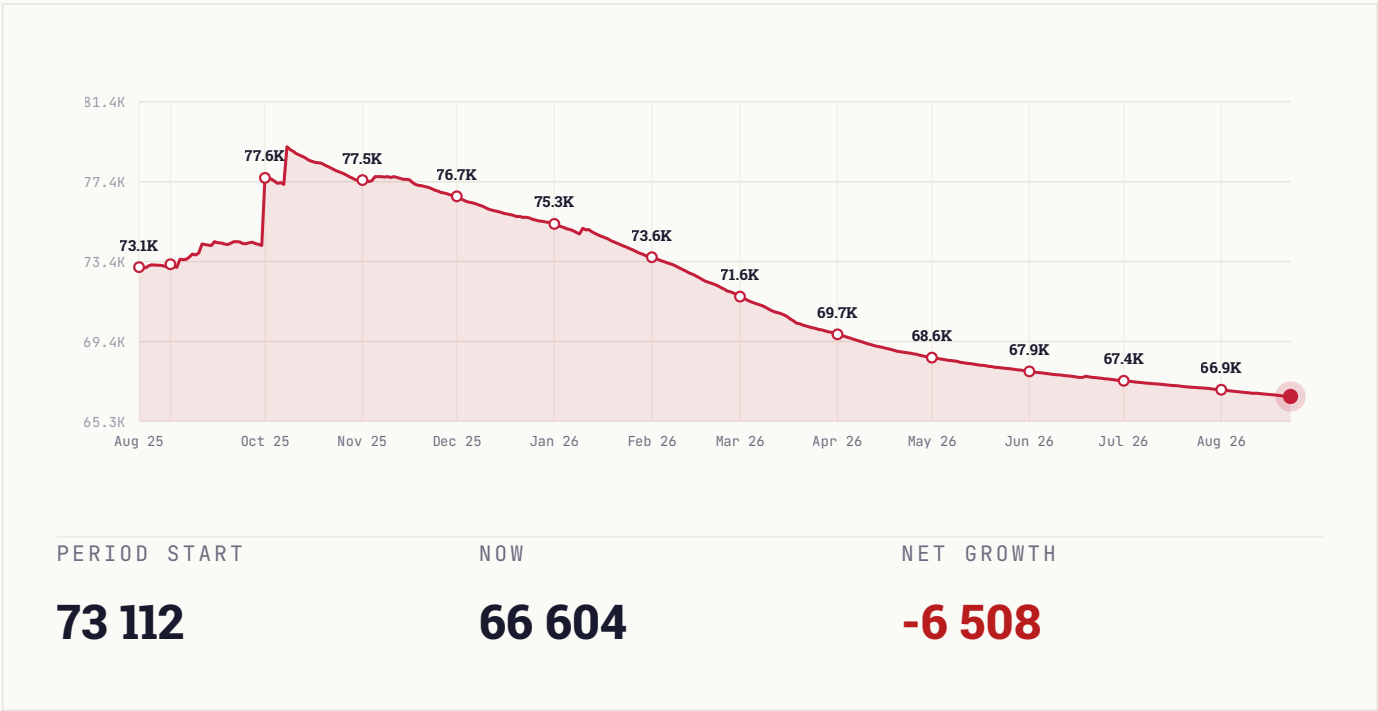
WORST 3

↓ 18.08 · 10:32 VIDEO Cucumbers in turmeric 🥒 Ingredients: ♦ Cucumbers - to fill jars ♦ Garlic - 6 cloves ♦ Water - 4 × 200 ml cups (800 ml) ♦ Sugar -...	VIEWS 2 066 REPOSTS 44	REACTS 25 ER 3.1%
↓ 17.08 · 16:56 VIDEO 😊 Zucchini rolls Ingredients: ♦ Zucchini 3 pcs. ♦ Fetaxa cheese (not in brine) 1 pack. ♦ Semi-hard cheese 80 g for filling and 20 g...	VIEWS 1 973 REPOSTS 27	REACTS 24 ER 3.0%
↓ 19.08 · 06:40 VIDEO Juicy chopped cutlets Tasty and easy to cook! And we managed without cheese 🤔 Ingredients: (makes 14-15 pieces): Chicken fillet...	VIEWS 1 821 REPOSTS 42	REACTS 28 ER 2.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

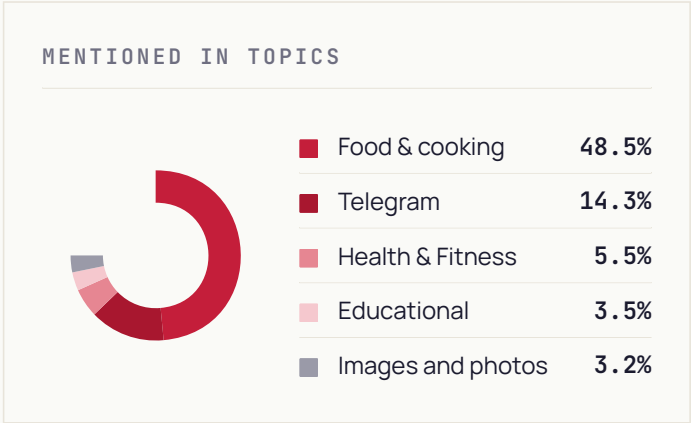
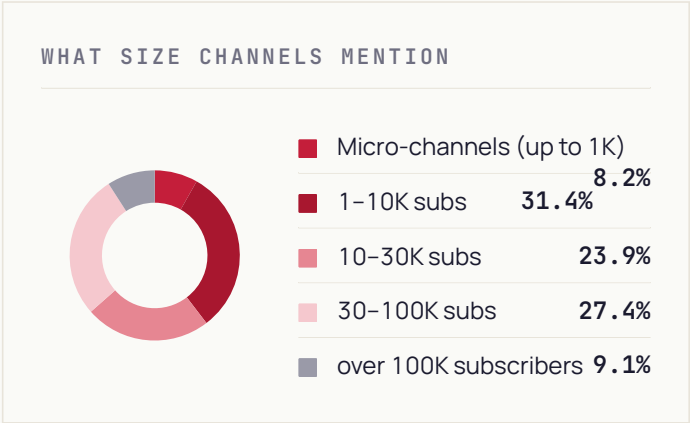
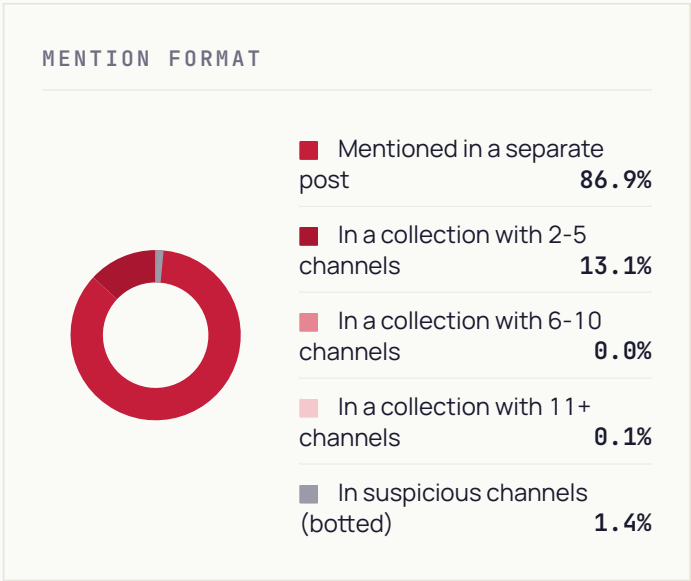
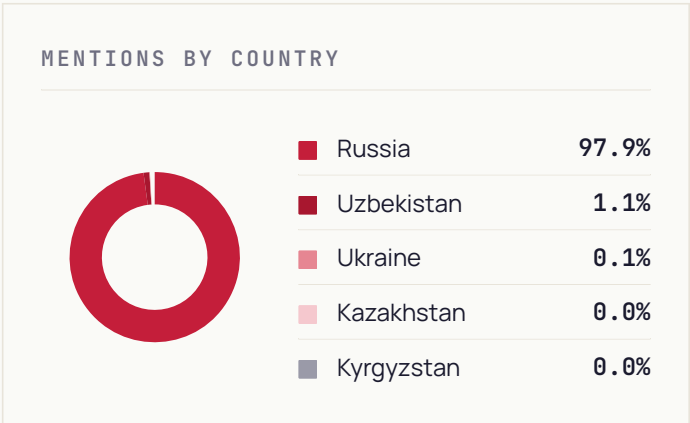
Subscriber growth chart for the year. On key months exact counts are shown. See in which months the channel grew and in which subscribers left.



SECTION 04 · CITATIONS

Who and how mention the channel

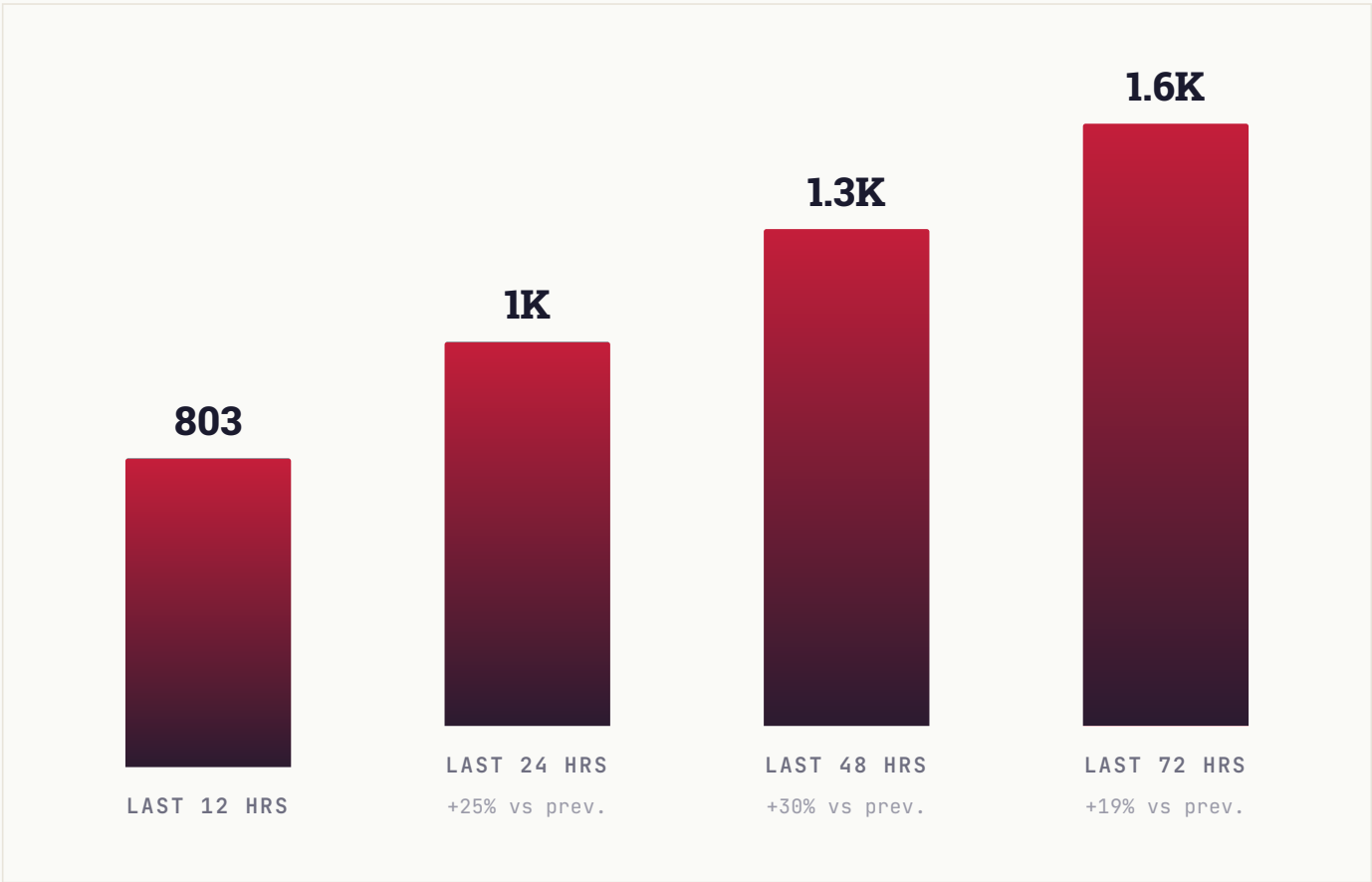
Citation Index **711** — channel popularity rating based on mentions. Takes into account not only their number, but also the weight of mentioning channels: a post from a channel with 100 K subs 'weighs' more than from a channel with 1 K. Over all time the channel was mentioned **742** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Average reach of ad post by time since publication. Helps estimate how long a placement makes sense to 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 of nearest channels by topic and audience. Highlighted your channel — you can see what place it occupies among niche neighbors.

CHANNEL	SUBS
Reposts Кулинария Рецепты Салаты 🍳👩🍳	1M
Fri Пятёрочка	794.1K
M 🍰 Mom's Recipes 😊	674K
A Air fryer Recipes	595.4K
Mon Simple Recipes	584.4K
Reposts Recipe book	553.9K
New Кухня наизнанку	535.7K
Net NetЖИК	484.3K
VI Tasty and cheap 🍲	481.3K
PH Everyday Recipes	456.3K
😊Г 😊 Cooking with Lyubov/Simple & tasty recipes! YOU	66.6K

COMPARATIVE CONCLUSION

Channel so far outside niche top-95 — early growth stage. Niche leader — **Кулинария Рецепты Салаты 🍳👩🍳** (1M), median top-95: 204.3K. First goal — to enter top-95 through systematic work with traffic and content.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we record posts in other channels that mention your channel. For the last **6 months** such mentions **193**, they brought **7 773** new subs.

PERIOD	MENTIONS	CHANNELS	REFERRED	SUBS
February 2026	12	12	0	
January 2026	12	11	288	
December 2025	21	20	11	
Ноябрь 2025	39	37	337	
Октябрь 2025	68	61	5 340	
September 2025	41	36	1 797	
TOTAL MENTIONS	193	MONTHS IN DATA	6	ACQUIRED SUBS
			7 773	

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels of category «Food & cooking» (Russia) and looked at how the channel looks against their background. Gray band — range, in which 80% of niche channels fall (from p10 to p90). Black line — median. Red dot — your channel.



— SECTION 09 · STRATEGY

What to do now

5 priority actions ranked by expected impact. Can tick off as a checklist and return to this report in a month.

01**Main post of the week — on Saturday**

Audience most active on this day at 12:00 MSK.

EFFECT

**Best time for
important
posts****02****ER below niche benchmark — review formats**

Current ER 3.89% vs norm 9.0%. Worth testing polls and interactive formats.

EFFECT

+5.1pp ER**03****Systematic traffic buying**

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

EFFECT

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

Posts with polls/reactions usually give +5-15% to ER.
One poll a week on a "hot" topic is an easy growth point.

EFFECT

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

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

EFFECT

**Relevant
audience
growth**

★ WHAT'S NEXT

Want this done **PromptPress?**

This audit — what we can do in a few minutes from public data.
Want to go further — launch ads through us and hit your growth
plan in a month.

01 **Start advertising in
Telegram**

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

02 **Contact manager**

t.me/PromptPress_manager
