

PUBLIC PROMTPRESS REPORT

Channel audit

This is tasty



@itsdelicious_channel

Food & Recipes 🍔🍷 @itsdelicious_channel_bot № 7197664624

SUBS

10 274

-776 per month

ERR (% SEE POSTS)

94.0%

per day 2.9%

REACH/POST

8.4K

ad reach 304/24h

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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.

 SUBS 10 274 —	 SUBSCRIBER REACH 81.55% avg % subs see post	 VIEWS/POST 8.4K median 8.1K · 27 days	 POSTS/WEEK 1.8 over period
 7D TREND — no data for period	 REACTIONS/POST 33.9 only 237 reactions, 2 reposts, 0 comments	 POST LENGTH 635 chars median 602 · 27 days	 POSTS ANALYZED 7 27 days
 AD REACH 304 24h avg	 CHURN / MONTH -776 last month	 CITATION RATE 1 citation index · 16 channels mentioned ever	 CHANNEL AGE 5 months 14 days created 09.02.2026

AI EDITOR SUMMARY

Channel “It’s Delicious” — 10 274 subs. Each post averages 8.4K people (82% from subs), wide reach for a channel this size. Publishes 2 posts/week (~0/day) — rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 7 posts in 27 days.
- 02 Dominant format — Text (4/7 posts).
- 03 Avg post length — 635 chars (median 602).
- 04 Audience peak — Thursday, 11:00 MSK.
- 05 Top posts get 5x more views than the weakest (14K avg for top vs 2.8K for worst) — among 7 posts in 27 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 25.06 · 08:32 VIDEO 🍰 Michael Jackson, But as a Cake A Saudi Arabian pastry chef created a life-size Michael Jackson cake. The video...	VIEWS 16 199 REPOSTS 1	REACTIONS 34 ER 157.7%
Nº2 28.06 · 14:41 TEXT 🛒 Bazaar Best of the Week → Popcorn of the Day @popcorn_day — In India, people film household chores to teach robots to wash dishes and...	VIEWS 13 160 REPOSTS —	REACTIONS 34 ER 128.1%
Nº3 02.07 · 13:36 VIDEO 🐻 Moscow Zoo Bears Get Unusual Ice Cream to Beat the Heat In the heat, brown bears at the Moscow Zoo are given special...	VIEWS 12 709 REPOSTS —	REACTIONS 33 ER 123.7%

Nº4 13.07 · 08:50 TEXT  Diet Menu: Restaurants Cut Assortment Due to Rising Prices Eating out is getting expensive – so venues are trimming menus. Over the year...	VIEWS 8 076 REPOSTS 1	REACTIONS 35 ER 78.6%
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Nº5 16.07 · 07:48 TEXT Roman garum: ancient ancestor of soy & fish sauce Romans added fish sauce to almost everything: meat, fish, veggies, eggs, legumes...	VIEWS 5 824 REPOSTS —	REACTIONS 34 ER 56.7%
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WORST 3

↓ 16.07 · 07:48 TEXT Roman garum: ancient ancestor of soy & fish sauce Romans added fish sauce to almost everything: meat, fish, veggies, eggs, legumes...	VIEWS 5 824 REPOSTS —	REACTIONS 34 ER 56.7%
↓ 18.07 · 17:51 TEXT Trash 🗑️ Five texts this week → @pool_n4 – Russia to extend youth to 40. Behind health care, preparation for...	VIEWS 2 212 REPOSTS —	REACTIONS 33 ER 21.5%
↓ 22.07 · 13:57 PHOTO «Rubel» at Red Square: GUM opens Russian cuisine restaurant by Anton Pinsky In place of legendary Bosco cafe now «Rubel» —...	VIEWS 470 REPOSTS —	REACTIONS 34 ER 4.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

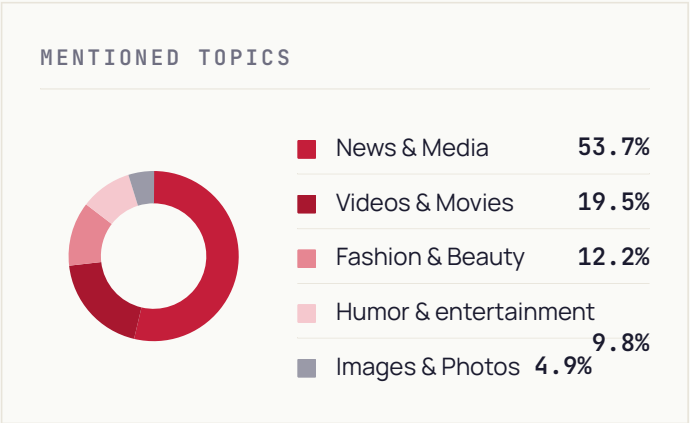
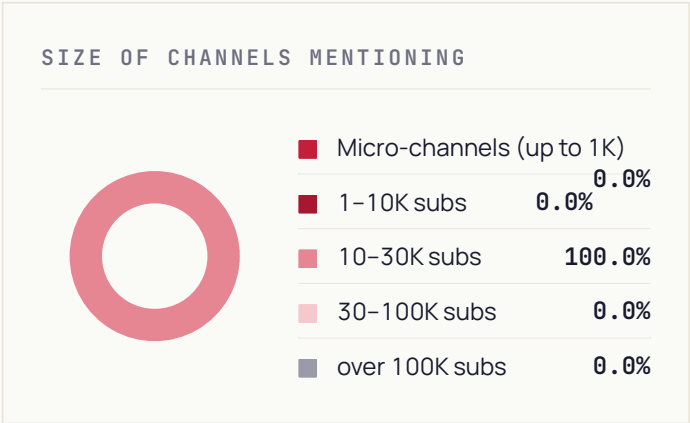
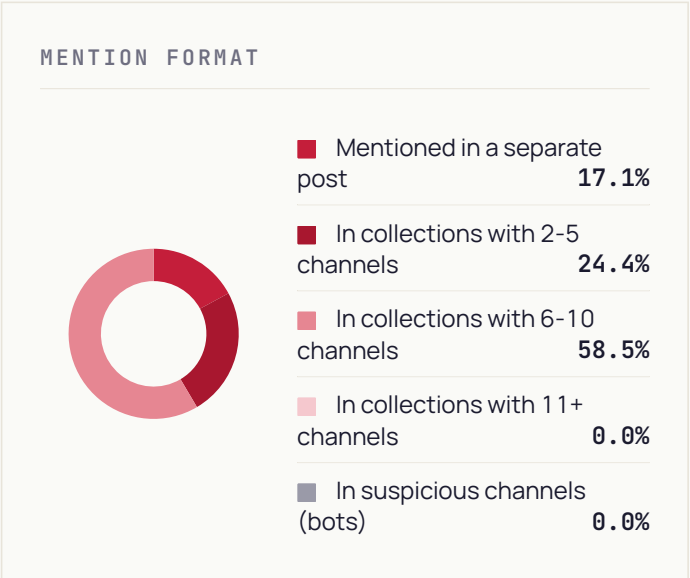
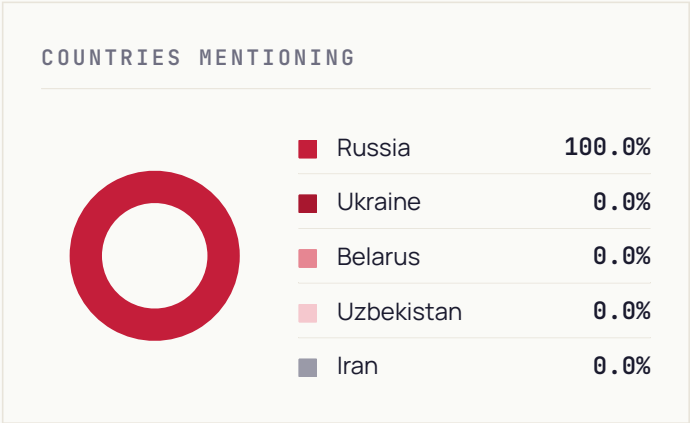
Yearly subscriber growth chart. Key months show exact subscriber count. Shows months of growth vs. churn.



SECTION 04 · MENTIONS

Who & how mentions the channel

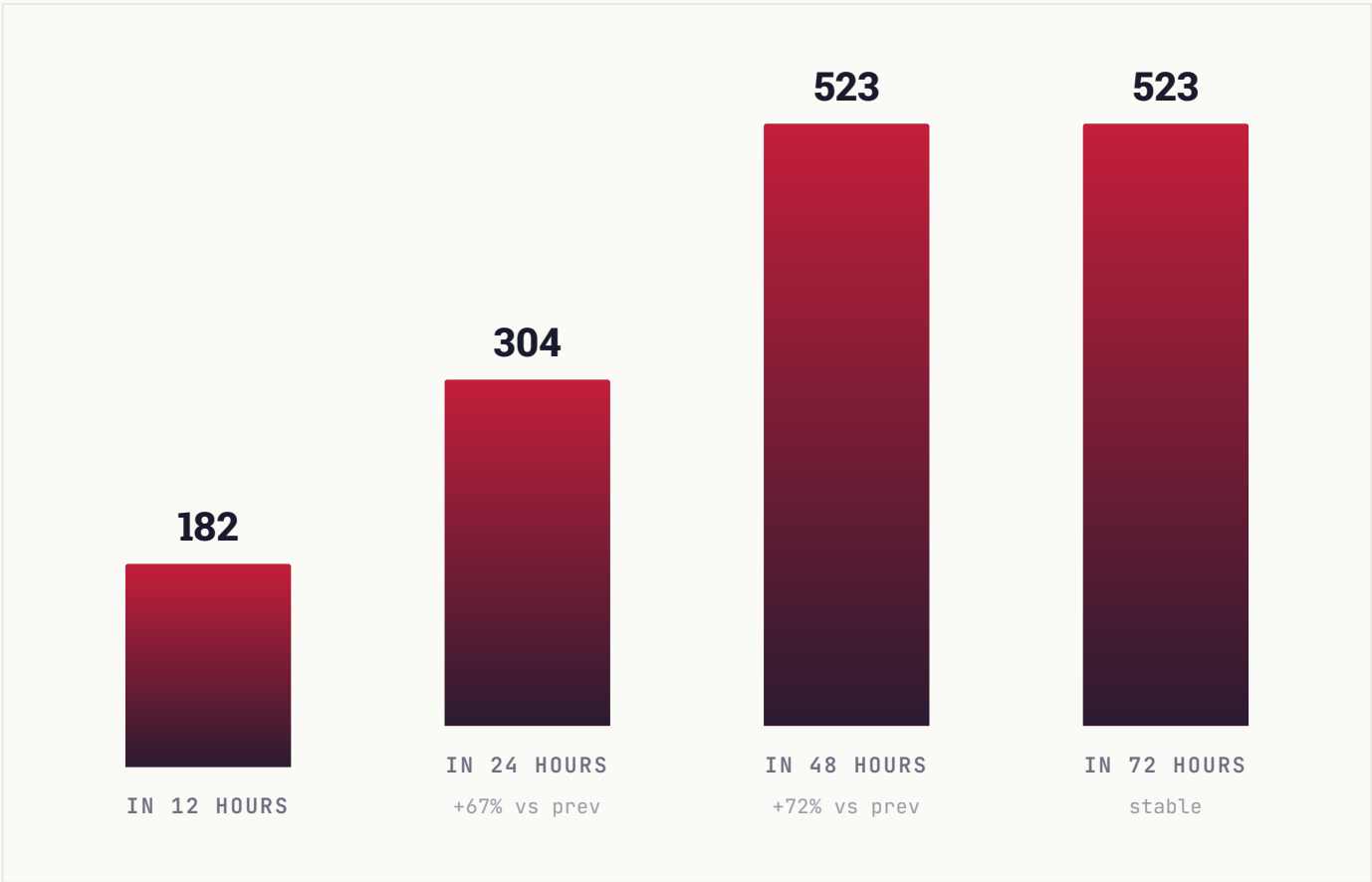
Citation Index 1 – channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **16** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



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	SUBS
KR Cooking Recipes Salads 🧑🍳	998K
TH Pyaterochka	769.9K
🍰M 🍰 Mom's Recipes 😊	678.6K
A Air Fryer Recipes	594.9K
FR Simple Recipes	585.9K
KR Recipe Book	557.4K
CN Kitchen Inside Out	533.2K
VI Tasty & Cheap 🍲	485.8K
CI CHIZHIK	481.9K
RN Everyday Recipes	459.8K
EV This is tasty YOU	10.3K

COMPARATIVE INSIGHT

Channel not yet outside top-94 niche — early growth stage. Niche leader — Cooking Recipes Salads 🧑🍳 (998K), top-94 median: 205.6K. First goal — enter top-94 via systematic traffic & content work.

SECTION 07 · NICHE COMPARISON

Where the channel ranks in its league

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



— SECTION 08 · STRATEGY

What to do right now

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

01

Post more often

Now 1.8 posts/week. Active channels do 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Main post of the week — on Thursday

Audience most active on this day at 11:00 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 finds 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 growth lever.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

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

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

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

01	Launch Telegram Ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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