

PROMTPRESS PUBLIC REPORT

Channel audit

Cooking with Tanya BEST RECIPES



@kulinarimstanej

✗Insults, conflict incitement, external links/ads, misinformation - PERMANENT BAN ✗Everyone's friendly here 🌿🌸 Inst: <https://instagram.com/tanja.kulinarim> 🌸 VK: <https://vk.ru/kulinarimstanej> ✓...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
86 011	15.0%	17K
10.07.2026 -73 per month	HTTPS: //PROMTPRESS.COM/AUDIT/KULINARIMSTANEJ last 24 hours 12.0%	ad reach 10.3K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. Subtitle under the number shows the period it covers.

 SUBSCRIBERS 86 011 —	 SUBSCRIBER REACH 19.82% avg % of subs see post	 VIEWS/POST 17K median 17.7K · —	 POSTS/WK 21.3 for period
 7D TREND — no data for period	 REACTS/POST 1043.0 3,129 reactions, 157 reposts, 183 comments	 POST LENGTH 200 chars median 182 · —	 POSTS ANALYZED 3 —
 AD REACH 10.3K 24h avg	 CHURN / MONTH -73 last month	 CITATION RATE 3 citation index · 43 channels mentioned all time	 CHANNEL AGE 4 yrs 4 mo created 09.03.2022

AI EDITOR SUMMARY

Channel «Cooking with Tanya 🌸 BEST RECIPES🌿» – 86 011 subs. Each post averages 17K people (20% of subs), average reach – room to grow. Publishes 21 posts/week (~3/day) – active posting.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 3 posts for —.
- 02 Dominant format — Photo (2/3 of posts).
- 03 Avg post length — 200 chars (median 182).
- 04 Peak audience activity — Friday, 10:00 MSK.
- 05 Top posts get 1x more views than the weakest (17K avg for top vs 17K for worst) — among 3 posts for —. Analyze what top posts share: topic, format, timing.

TOP 3 POSTS

Nº1 03.07 · 07:26 VIDEO My sis and I swapped roles 😊 I filmed, Yulia edited) Video of Belarusian nature 🌿 Happy holiday, Belarusians! 🎉 Check it out...	VIEWS 17 993 REP. 21	REACTS 1 638 ER 20.9%
Nº2 03.07 · 07:05 PHOTO Good morning everyone! ☀️ How are you?) How's the weather? What are you cooking?	VIEWS 17 739 REP. 1	REACTS 704 ER 20.6%
Nº3 04.07 · 06:45 PHOTO Good morning everyone 😊 I have potato pancakes today) So tasty 😊 You can eat them as is, or use instead of lavash in...	VIEWS 15 400 REP. 135	REACTS 787 ER 17.9%

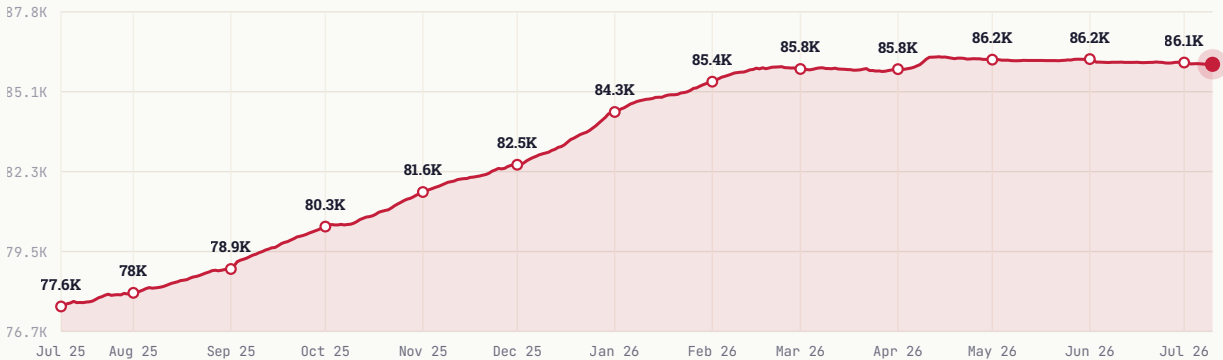
WORST 3

↓ 03.07 · 07:26 VIDEO My sis and I swapped roles😁 I filmed, Yulia edited) Video of Belarusian nature🌿 Happy holiday, Belarusians! 🌀 Check it out...	VIEWS 17 993 REP. 21	REACTS 1 638 ER 20.9%
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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 months subscribers left.



PERIOD START

77 562

NOW

86 011

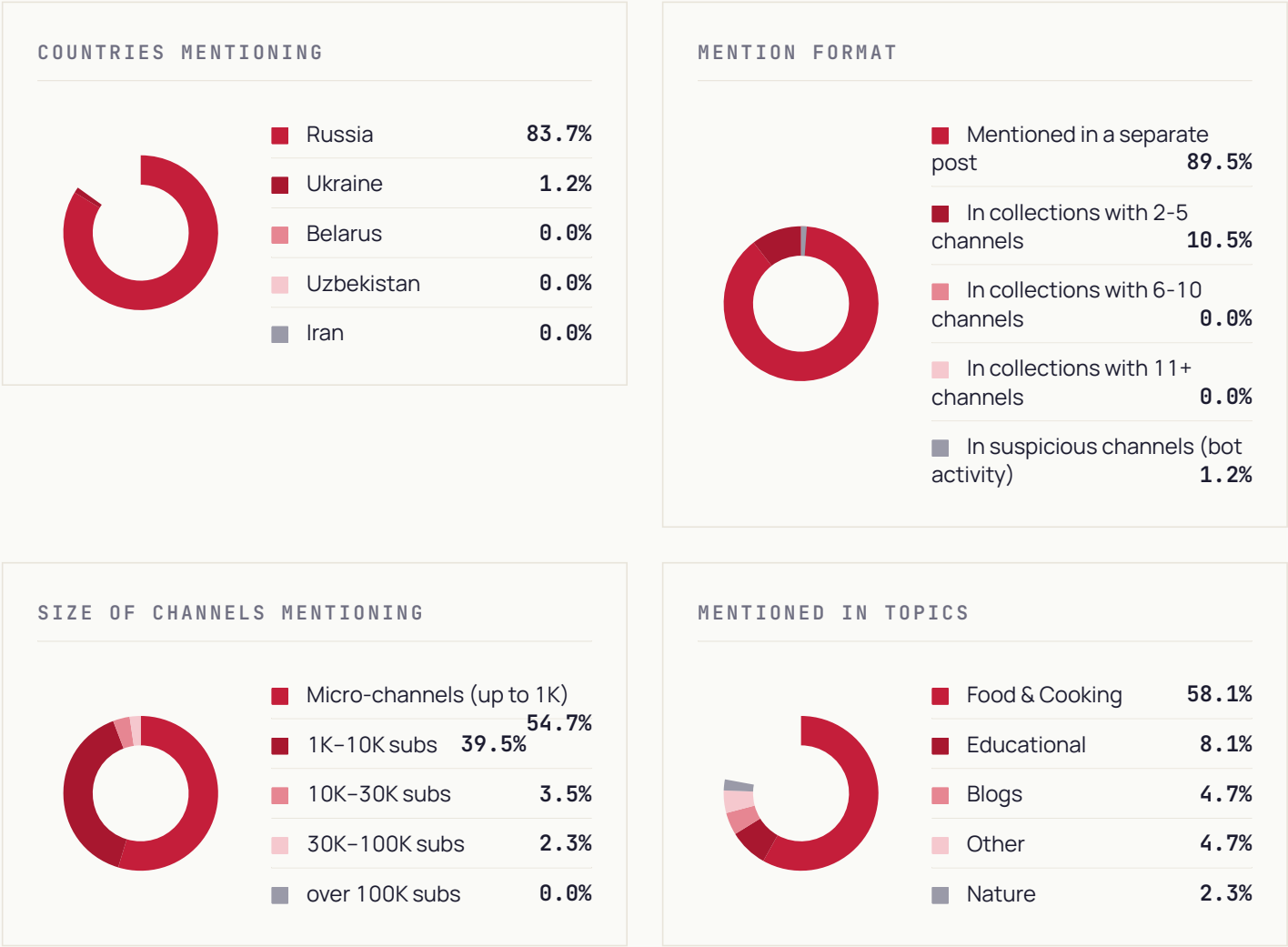
NET GROWTH

+8 449

SECTION 04 · MENTIONS

Who and how mentions the channel

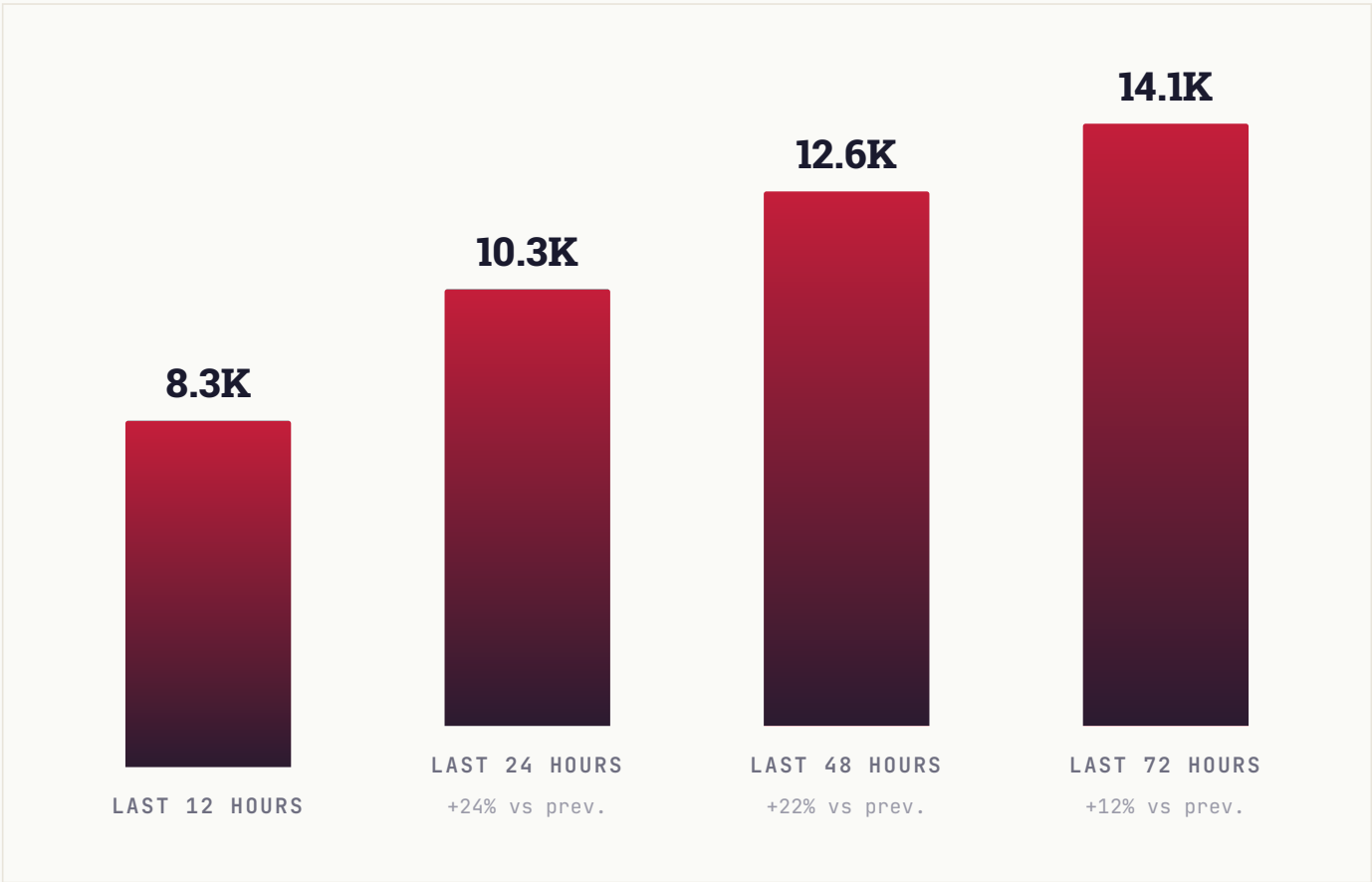
Citation index **3** – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **43** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by 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 place among niche neighbors.

CHANNEL	SUBSCRIBERS
KR 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
KR Recipe book	559K
CN Kitchen Inside Out	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
Sun Daily recipes	461.5K
KS Cooking with Tanya 🌸 BEST RECIPES 🌿 YOU	86K

COMPARATIVE CONCLUSION

Channel not yet outside top-94 of niche — early growth stage. Niche leader — Cooking Recipes Salads 🧑🍳 (995.6K), top-94 median: 205K. First goal — enter top-94 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we record posts in other channels that mentioned your channel. Over the last **6 months** such mentions were **32**, they brought **7 442** new subs.

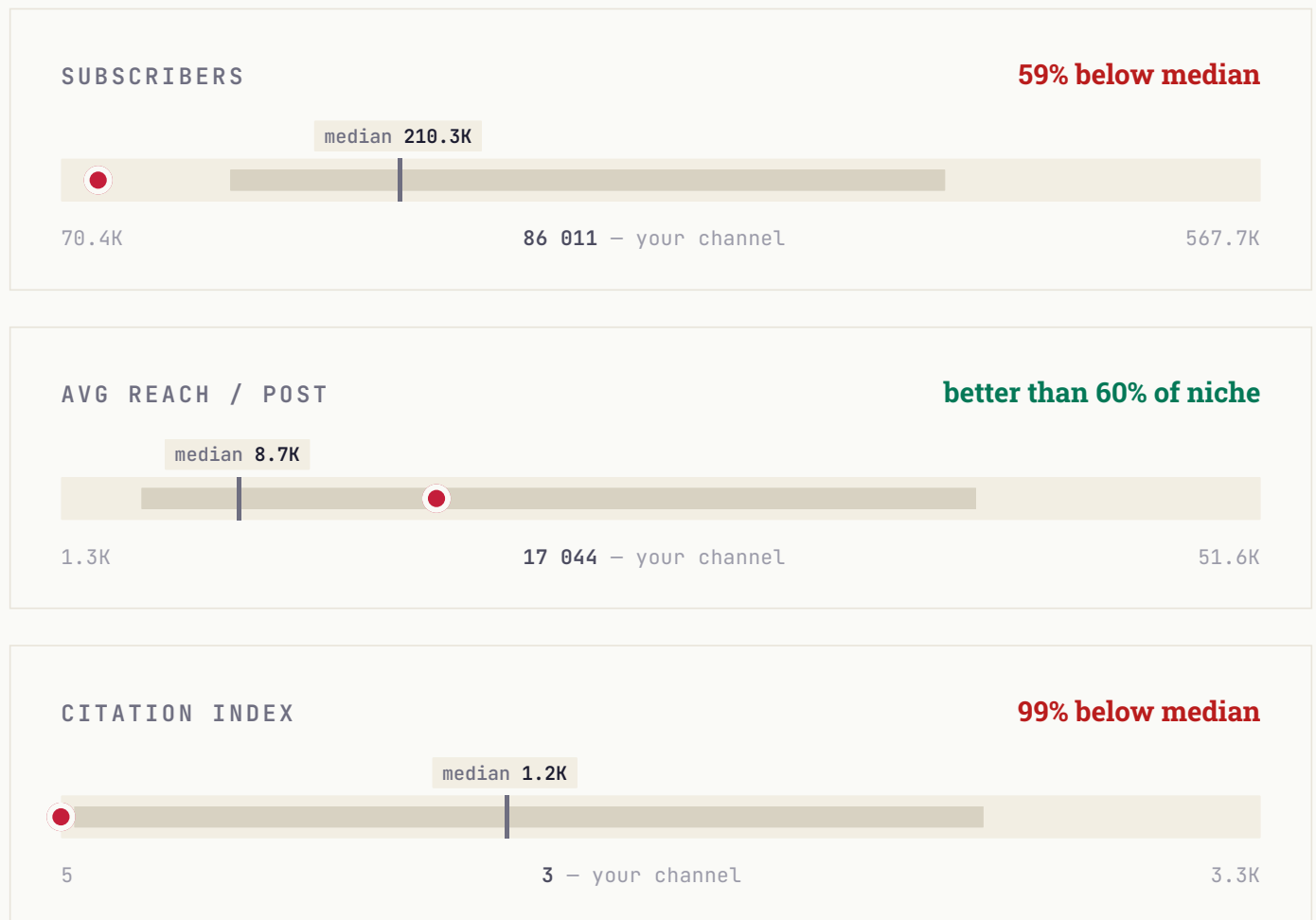
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	12	1	1 058	
December 2025	9	3	1 815	
November 2025	2	1	1 026	
October 2025	9	2	1 221	
September 2025	0	0	1 445	
August 2025	0	0	877	

TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBSCRIBERS
32	6	7 442

SECTION 08 • NICHE COMPARISON

Where channel ranks 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.



— SECTION 09 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off and revisit in a month.

- | | | |
|-----------|---|--|
| 01 | Main post of the week — on Friday
Audience most active on this day at 10:00 MSK. | EFFECT
Best window
for an
important post |
| 02 | 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 |
| 03 | 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 |
| 04 | Cross-promo with neighboring channels
Exchange posts quarterly with channels in the same niche. No need daily — 2-3 collabs give relevant growth. | EFFECT
Growth from
relevant
audience |
| 05 | Update channel description for Telegram search
Telegram search scans descriptions. Add 3-5 niche keywords — it's a source of organic traffic. | EFFECT
Organic traffic
source |

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further? Run ads through 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
