

PUBLIC PROMTPRESS REPORT

Channel audit

MANISHA PRO

FOOD



@manisha_pro

Ad https://t.me/alexey_vn1 On socials  MANISHA_PRO
(Instagram, VK, YouTube, TikTok, MAX) Registered with RN:...

SUBS

52 297

+93 per month

ERR (% SEE POSTS)

36.0%

per day 16.8%

REACH/POST

17.1K

ad reach 8.8K/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 52 297 —	 SUBSCRIBER REACH 32.71% avg % of subs see post	 VIEWS/POST 17.1K median 19.4K · 25 days	 POSTS/WK 2.2 over period
 7D TREND — no data for period	 REACTIONS/POST 398.5 only 3,188 reactions, 122 reposts, 0 comments	 POST LENGTH 896 chars median 1000 · 25 days	 POSTS ANALYZED 8 25 days
 AD REACH 8.8K avg over 24h	 CHURN / MONTH +93 last month	 CITATION RATE 13 citation index · 40 channels mentioned all time	 CHANNEL AGE 6 years 11 months created 05.08.2019

AI EDITOR SUMMARY

Channel «MANISHA PRO FOOD🍷» — 52 297 subs. Each post on avg gets 17.1K people (33% from subs), good reach. Publishes 2 posts per week (~0 per 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 over 25 days.
- 02 Dominant format — Photo (4/8 posts).
- 03 Avg post length — 896 characters (median 1,000).
- 04 Peak audience activity — Sunday, 09:00 MSK.
- 05 Top posts get 2x more views than the weakest (21.9K avg for top vs 10.8K for worst) — among 8 posts in 25 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 14.06 · 06:50 TEXT Have you tried herring ice cream?!🤔🍦➕🐟=🔥➡️https://vk.ru/clip-211196477_456240024?c=1 P.S. today is international blogger day and I...	VIEWS 25 087 REPOSTS 4	REACTIONS 445 ER 48.0%
Nº2 03.07 · 10:55 VIDEO I have answers to all questions about my diet) I understand that some find my approach strange. Because most people...	VIEWS 20 534 REPOSTS 24	REACTIONS 468 ER 39.3%
Nº3 05.07 · 09:35 TEXT 👈START👈 Plus I cook at home 99% of the time and know what's on my plate. For me it's not about diet anymore, it's about RESPECT FOR...	VIEWS 20 199 REPOSTS 5	REACTIONS 487 ER 38.6%

Nº4 05.07 · 09:35 PHOTO Why I didn't gain 100 kg on a food blog Thanks for the kind comments and welcome to my blog 🤝 The question about slimness...	VIEWS 19 776 REPOSTS 7	REACTIONS 449 ER 37.8%
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Nº5 04.07 · 11:45 PHOTO I don't can jams for winter not because I'm 'lazy' or don't like berries. The reason is simpler: classic jam is a sugar bomb and a relic...	VIEWS 18 989 REPOSTS 10	REACTIONS 488 ER 36.3%
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WORST 3

↓ 07.07 · 15:39 VIDEO Grab two quick desserts if someone suddenly drops by 1 Potato cake Deep, rich flavor, like from childhood...	VIEWS 15 378 REPOSTS 60	REACTIONS 382 ER 29.4%
↓ 08.07 · 12:24 PHOTO What I think about sports 🧑 As a child, I was into modern dance. After college, I started working at a law firm...	VIEWS 10 797 REPOSTS 4	REACTIONS 282 ER 20.6%
↓ 09.07 · 07:31 PHOTO How I came to my diet Honestly, I didn't come to it from a good life or because I decided to 'go on another trendy...	VIEWS 6 077 REPOSTS 8	REACTIONS 187 ER 11.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

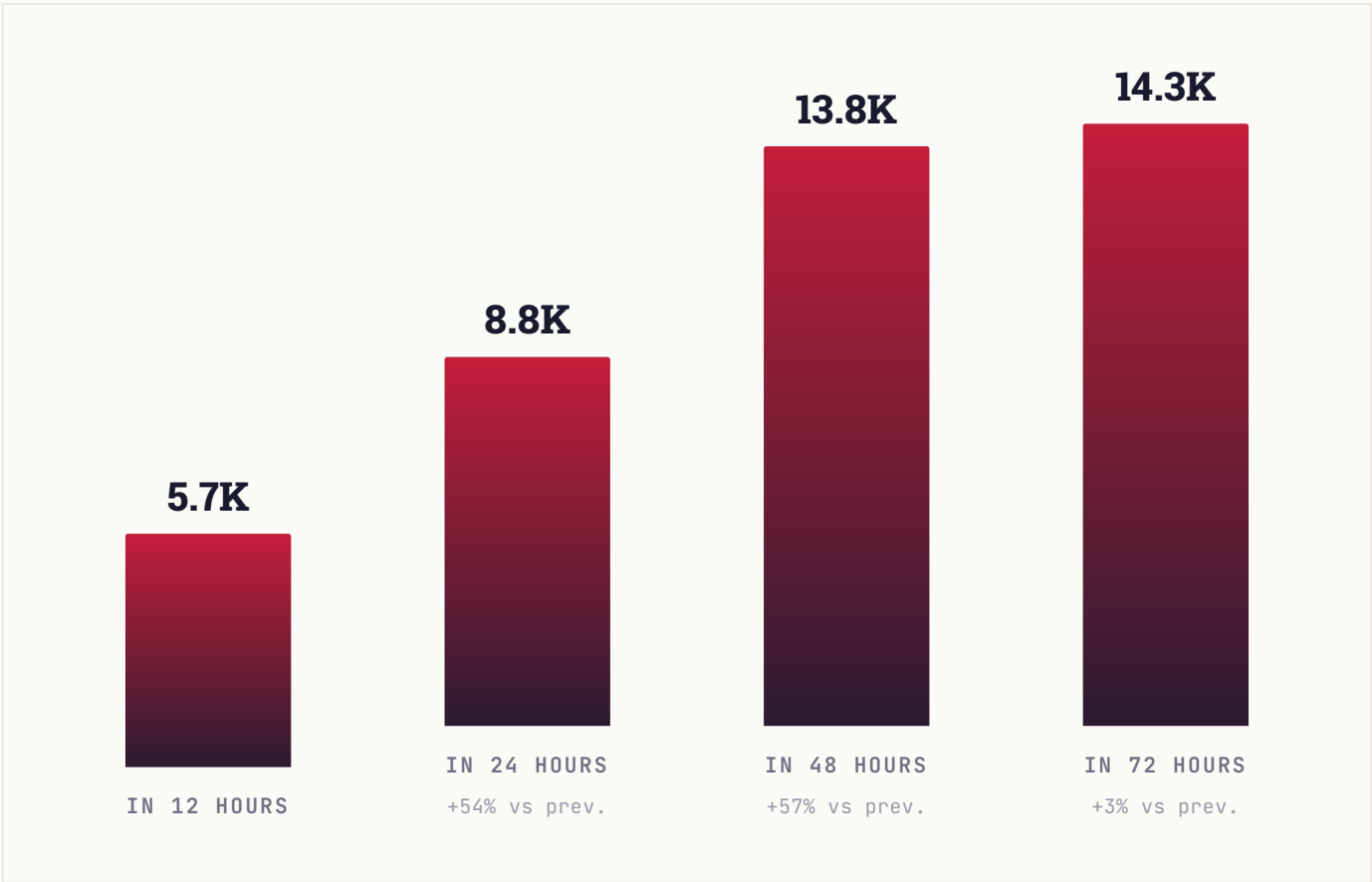
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · 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 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBS
RR Cooking Recipes Salads 🧑🍳	995.6K
FR Pyaterochka	776.5K
🍰M 🍰 Mom's Recipes 😊	680.8K
A Air fryer Recipes	593.3K
PR Simple Recipes	586.9K
RR Recipe book	559K
ER Kitchen inside out	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
RN Everyday Recipes	461.5K
MP MANISHA PRO FOOD 🍷 YOU	52.3K

COMPARATIVE CONCLUSION

Channel not yet outside top 94 in 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 06 · MENTION DYNAMICS

How often the channel is mentioned

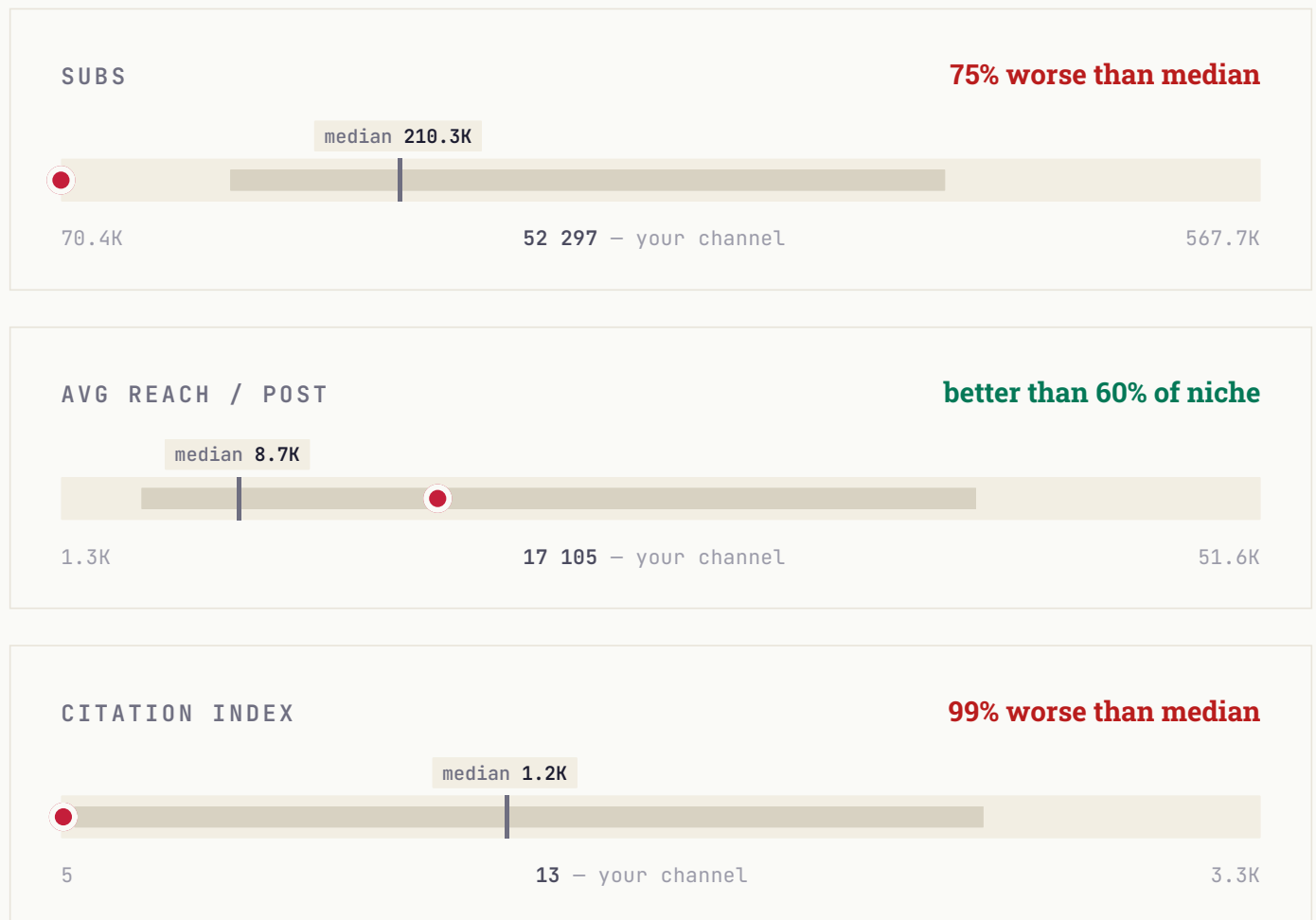
Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **6**, they brought **5 145** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	2	2	629
December 2025	1	1	580
November 2025	0	0	494
October 2025	1	1	1 843
September 2025	2	2	1 061
August 2025	0	0	538
TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS	
6	6	5 145	

SECTION 07 · NICHE COMPARISON

Where the 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 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 & revisit this report in a month.

01**Increase posting frequency**

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

EFFECT

**Consistency
beats volume****02****Main post of the week — on Sunday**

Audience most active on this day at 09:00 MSK.

EFFECT

**Best window
for an
important post****03****Systematic traffic buying**

3 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 poll per week on a hot topic — easy growth lever.

EFFECT

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

Swap posts with channels in the same segment 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. Want to go further? Run ads with us and hit your growth target in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
