

PROMTPRESS PUBLIC REPORT

Channel audit

Healthy Eating | PP Recipes



@pitanie798

Simple and tasty recipes to stay slim and healthy – Collaboration:
@andrey_sheremet / @Ilya_savenko1 Friend link: t.me/
+d3b50iHZKARiZjQy RKN: <https://clck.ru/3FyMLV> #RXSMA №...

SUBSCRIBERS

344 509

-2192 per month

ERR (% SEE POSTS)

6.0%

per day 2.6%

REACH/POST

18.5K

ad reach 9.1K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle shows the period it covers.

SUBSCRIBERS 344 509 —	SUBSCRIBER REACH 5.37% avg % subs see post	VIEWS/POST 18.5K median 18K · 29 days	POSTS/WEEK 20.1 over period
7D TREND -18.0% vs previous week	REACTIONS/POST 69.3 total 5,822 reactions, 22,237 reposts, 0 comments	POST LENGTH 371 chars median 327 · 29 days	POSTS ANALYZED 84 29 days
AD REACH 9.1K 24h avg	CHURN / MONTH -2192 last month	CITATION RATE 2 144 citation index · 1,516 channels mentioned all time	CHANNEL AGE 3 years 3 months created 20.03.2023

AI EDITOR SUMMARY

Channel «Healthy Eating | PP Recipes» — 344 509 subs. Each post averages 18.5K people (5% from subs), reach is low — need to grow audience. Publishes 20 posts per week (~3/day) — consistent schedule. For the week of Jun 22–28, reach dropped by -18.0% to the week of Jun 15–21 — worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS SHARE

- 01 Analysis based on **84** posts over 29 days.
- 02 Dominant format — **Video** (66/84 posts).
- 03 Avg post length — **371** chars (median 327).
- 04 Audience peak activity — **Wed**, 14:00 MSK.
- 05 Top posts get **2x** more views than the weakest (25.1K avg top vs 12.4K worst) — among 84 posts in 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 14.06 · 05:14 VIDEO This shakshuka for breakfast will energize you for the whole day KBJU per 100g: 115.3/7.8/8.5/2 Ingredients: - sweet onion - pepper -...	VIEWS	REACTIONS
	25 651	106
	REPOSTS	ER
	228	7.4%
Nº2 13.06 · 16:53 VIDEO Protein PP pizza, even for night KBJU per 100g: 126/16/5/3 Ingredients for dough: - chicken fillet 200g - zucchini 50g -...	VIEWS	REACTIONS
	24 926	98
	REPOSTS	ER
	468	7.2%
Nº3 13.06 · 05:14 VIDEO Cheesy rice pancake with filling KBJU per 100g: 114/11.7/3.3/8.6 Ingredients for pancake: - soft cottage cheese 100g - egg 1 -...	VIEWS	REACTIONS
	24 687	88
	REPOSTS	ER
	375	7.2%

Nº4 15.06 • 05:14 VIDEO Protein hearty snack - cottage cheese khachapuri KBJU per 100g: 199/19.9/10.2/6 Ingredients: - cottage cheese 5% 200g - eggs 2 - grated cheese...	VIEWS 24 494 REACTIONS 109 REPOSTS 505 ER 7.1%
Nº5 12.06 • 16:36 VIDEO Muffins for those watching their diet KBJU per 100g: 137/7.5/2.1/22.1 Ingredients: - low-fat cottage cheese 190g - banana - egg...	VIEWS 24 297 REACTIONS 82 REPOSTS 373 ER 7.1%

WORST 3

↓ 06.07 • 11:28 VIDEO Honey cake without harming your figure KBJU per 100g: 240/13/6/35 Ingredients: - honey 45g - eggs 3 - flour 130g - baking powder 1 tsp -...	VIEWS 12 532 REACTIONS 50 REPOSTS 206 ER 3.6%
↓ 06.07 • 07:59 PHOTO 🔥METABOLIC WEIGHT LOSS NOW AVAILABLE FOR EVERYONE!🔥 Very soon, on JULY 8, the updated free 5-day marathon "Lose Weight by..." begins	VIEWS 12 361 REACTIONS 20 REPOSTS 6 ER 3.6%
↓ 06.07 • 16:36 PHOTO Want classic dinner but too lazy for messy beets? 🐟 Let's see what's in the ready-made «Herring under a fur coat» salad from...	VIEWS 12 322 REACTIONS 29 REPOSTS 4 ER 3.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

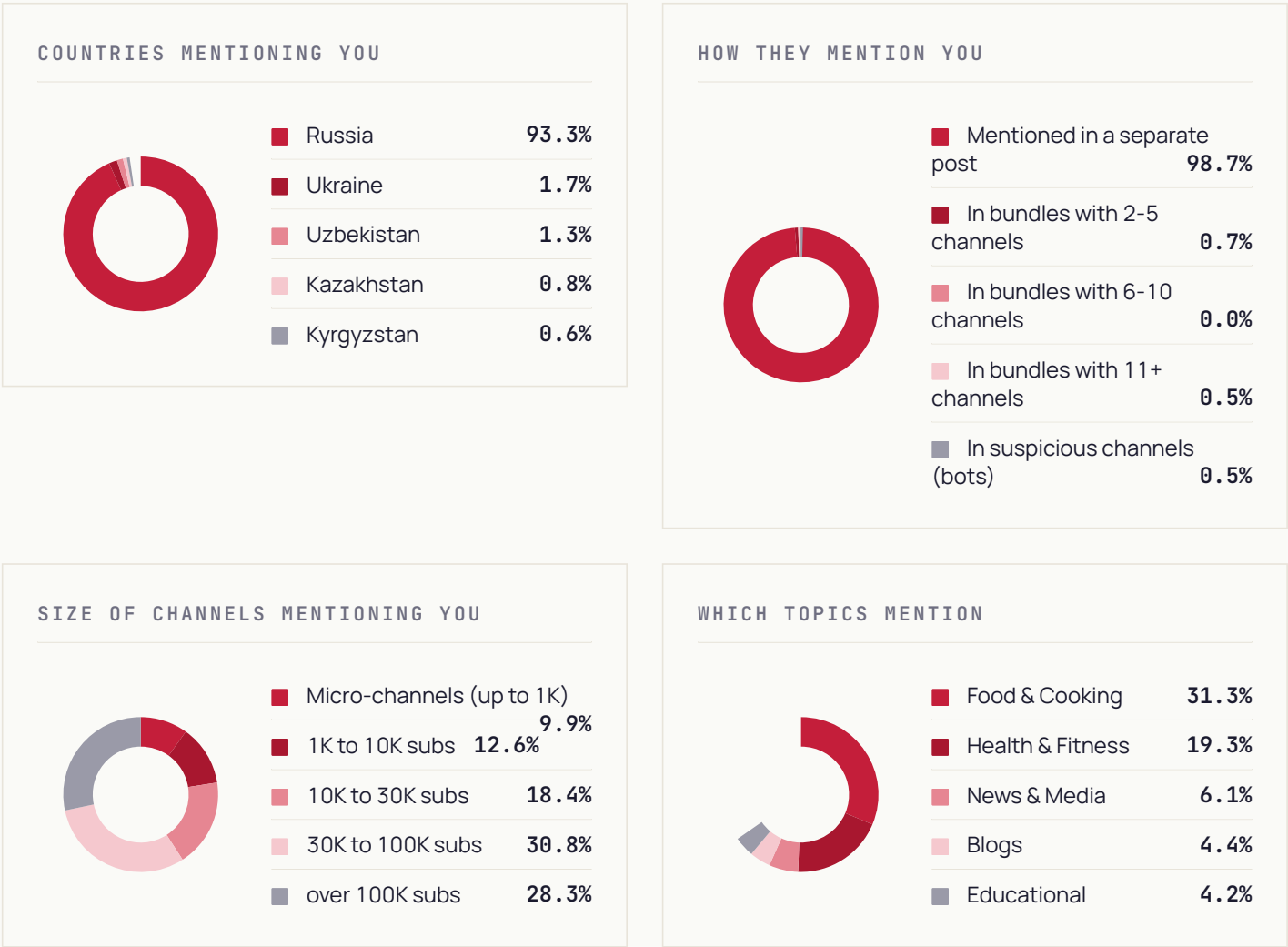
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

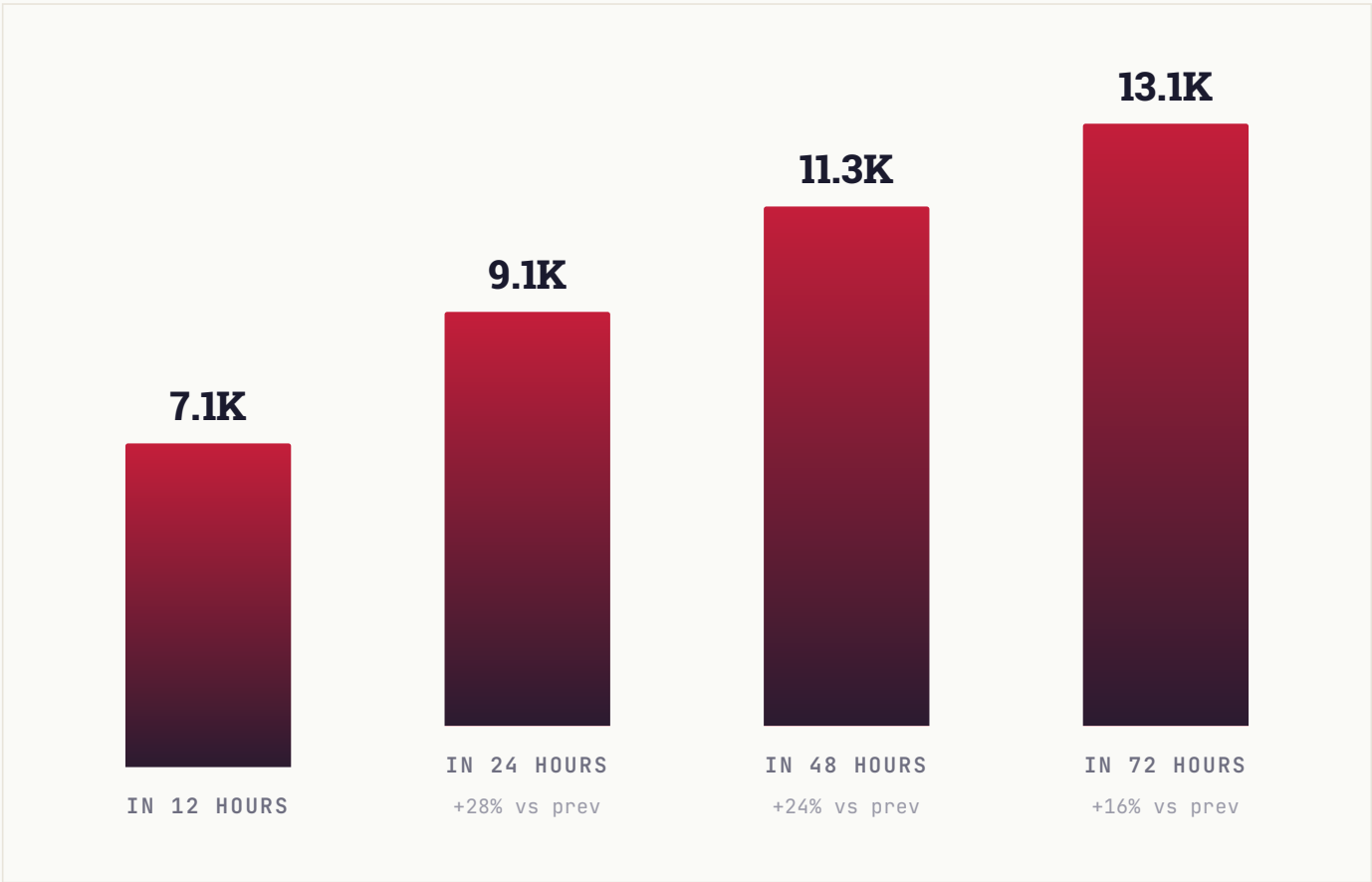
Citation index **2 144** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **1 516** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg ad post reach over time since publication. Helps estimate how long a placement should «live».



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
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 Everyday Recipes	461.5K
EB Healthy Eating PP Recipes YOU	344.5K

COMPARATIVE INSIGHT

Channel in top half of niche (#24 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 track posts in other channels that mention yours. Over the last **6 months** mentions found **339**, they brought **22 955** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
Jan 2026	49	47	6 285	
December 2025	63	55	760	
Nov 2025	61	56	4 091	
Oct 2025	47	46	2 796	
September 2025	37	36	3 058	
August 2025	82	77	5 965	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
339	6	22 955

SECTION 08 · NICHE COMPARISON

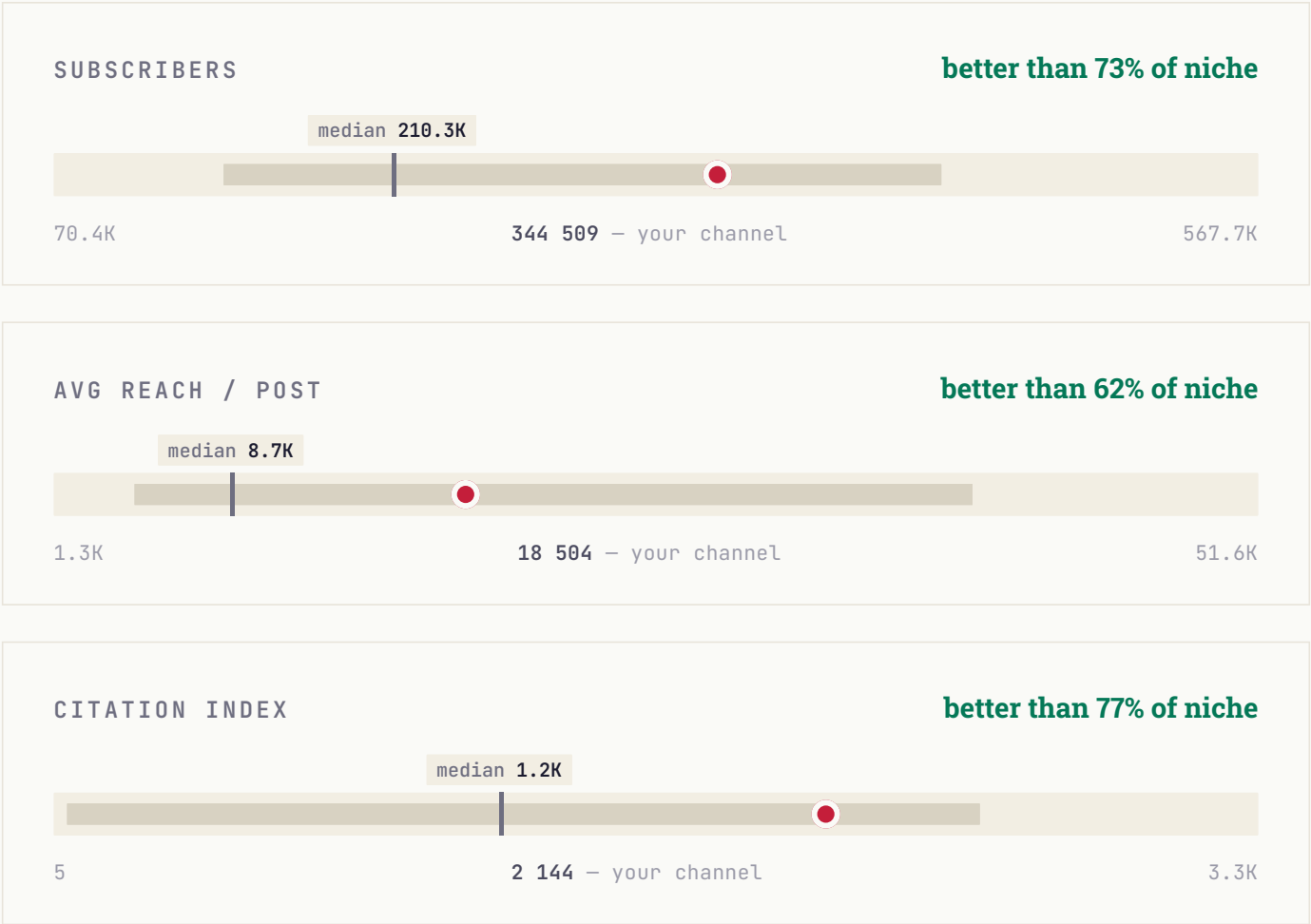
Where the channel stands in its league

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

#24/100

RANK IN NICHE

Channel in top 24% — strong position



— SECTION 09 · STRATEGY

What to do right now

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

01

Top post of the week — on Wednesday

Audience is most active on this day at 14:00 MSK.

EFFECT

**Best time for
an important
post**

02

ER below niche benchmark — rethink formats

Current ER 5.37% vs norm 9.0%. Try polls & interactive formats.

EFFECT

+3.6pp 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 weekly poll on a hot topic — easy growth lever.

EFFECT

+5-15% ER

05

Cross-promo with nearby channels

Swap posts with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit is what we can do in a few minutes based on public data. To go further — run ads with 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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