

PUBLIC PROMTPRESS REPORT

Channel audit

Valery Ponomar | Recipes



@ponomar_valeriy

Recipe Guidebook (500+ recipes) 📖 [https://t.me/tribute/app?](https://t.me/tribute/app?startapp=suBl)
startapp=suBl €15 lifetime access My shop @povals_shop

SUBSCRIBERS

23 798

+186 per month

ERR (% SEE POSTS)

46.0%

last 24 hrs **11.3%**

REACH/POST

8.8K

ad reach **2.7K/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.

 SUBSCRIBERS 23 798 —	 SUBS REACH 36.88% avg % subs see post	 VIEWS/POST 8.8K median 10.1K · 27 days	 POSTS/WK 1.6 for period
 7D TREND — no data for period	 REACTIONS/POST 180.3 only 1,082 reactions, 230 reposts, 58 comments	 POST LENGTH 354 chars. median 169 · 27 days	 POSTS ANALYZED 6 27 days
 AD REACH 2.7K 24h avg	 CHURN / MONTH +186 last month	 CITATION RATE 36 citation index · 93 channels mentioned all time	 CHANNEL AGE 5 years 7 months created 03.12.2020

AI EDITOR SUMMARY

Channel «Valery Ponomar | Recipes» — 23 798 subs. Each post avg views 8.8K people (37% of subs), good reach. Publishes 2 posts per week (~0/day) — rare posts.

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 HAVE IN COMMON

- 01 Analysis based on 6 posts over 27 days.
- 02 Dominant format — Video (3/6 posts).
- 03 Avg post length — 354 chars (median 169).
- 04 Peak audience activity — Saturday, 11:00 MSK.
- 05 Top posts get 2x more views than the weakest (11.6K avg for top vs 5.9K for worst) — among 6 posts in 27 days. Analyze what top posts share — topic, format, timing.

TOP 5 POSTS

Nº1 27.06 · 08:32 PHOTO Made a salad of fresh tomatoes, cucumbers, dressed with mayo. A crispy hot flatbread to dip 😊😭 Happiness in little things 😊...	VIEWS 12 491 REPOSTS 2	REACTIONS 299 ER 52.5%
Nº2 23.06 · 06:14 PHOTO Updated book, added new recipes 📖 Still just €10 forever 🔥 Connect via bot Or DM me...	VIEWS 12 142 REPOSTS 5	REACTIONS 71 ER 51.0%
Nº3 22.06 · 14:26 PHOTO Which of my recipes was most useful to you?	VIEWS 10 235 REPOSTS 2	REACTIONS 103 ER 43.0%

Nº4 21.06 · 15:01 VIDEO 🔪 Korean Beef Tongue Ingredients: 🥩 Beef tongue (boiled) - 500 g 🥕 Carrots - 250 g 🌶️ Hot pepper - 1 pc 🌿 Ground coriander - 1...	VIEWS 9 907 REPOSTS 125	REACTIONS 222 ER 41.6%
Nº5 15.07 · 15:59 VIDEO Cooked bograch today	VIEWS 5 093 REPOSTS 13	REACTIONS 241 ER 21.4%

WORST 3

↓ 21.06 · 15:01 VIDEO 🔪 Korean Beef Tongue Ingredients: 🥩 Beef tongue (boiled) - 500 g 🥕 Carrots - 250 g 🌶️ Hot pepper - 1 pc 🌿 Ground coriander - 1...	VIEWS 9 907 REPOSTS 125	REACTIONS 222 ER 41.6%
↓ 15.07 · 15:59 VIDEO Cooked bograch today	VIEWS 5 093 REPOSTS 13	REACTIONS 241 ER 21.4%
↓ 18.07 · 15:04 VIDEO 🦞 Grilled Shrimp with Blue Cheese 🔥📝 Ingredients: 🗑️ Tiger shrimp - 2 kg 🧈 Butter - 150 g 🧀 Blue cheese - 100 g 🌿...	VIEWS 2 787 REPOSTS 83	REACTIONS 146 ER 11.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

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

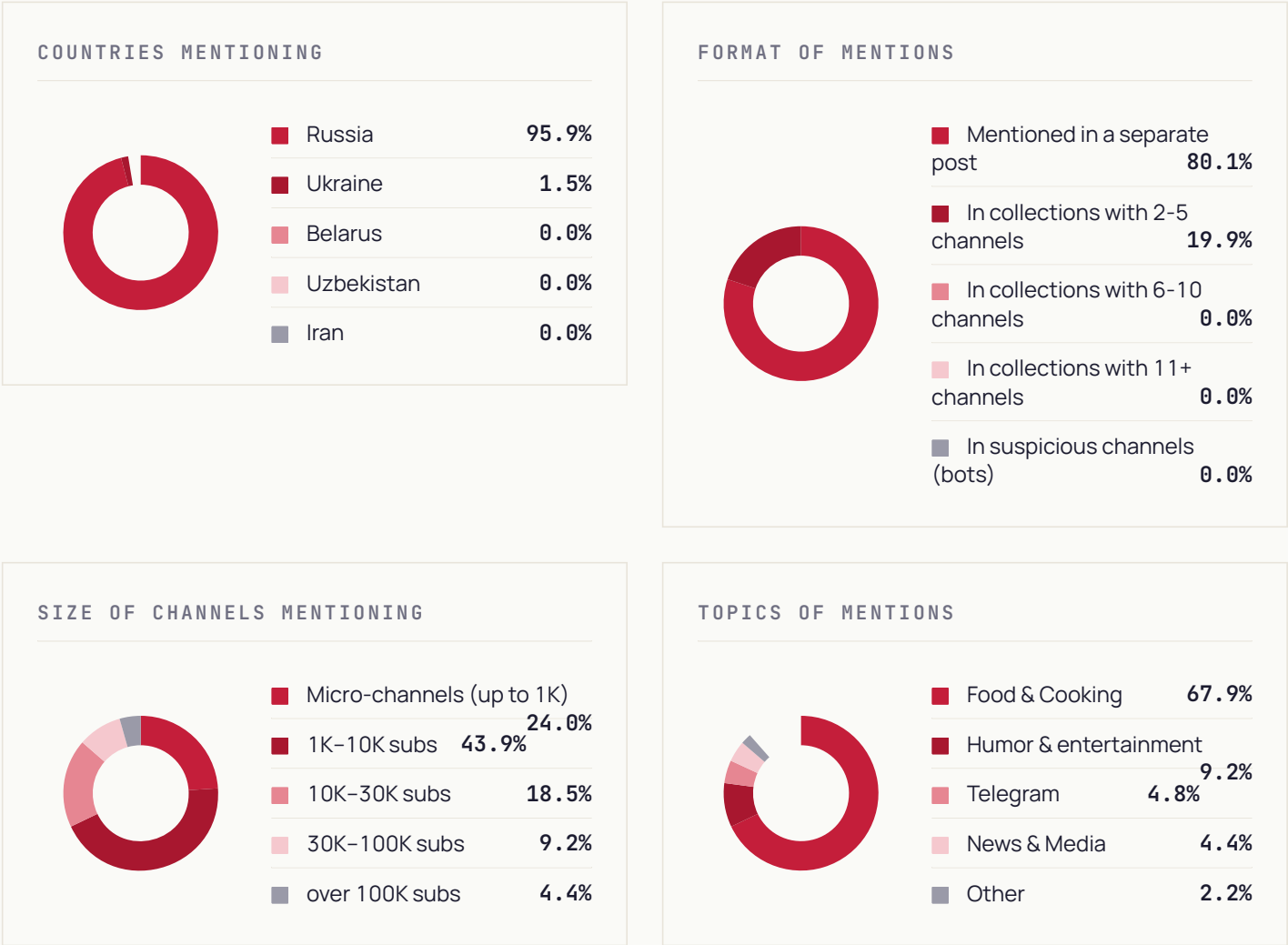


START DATE	NOW	NET GROWTH
23 261	23 797	+536

SECTION 04 · MENTIONS

Who mentions the channel and how

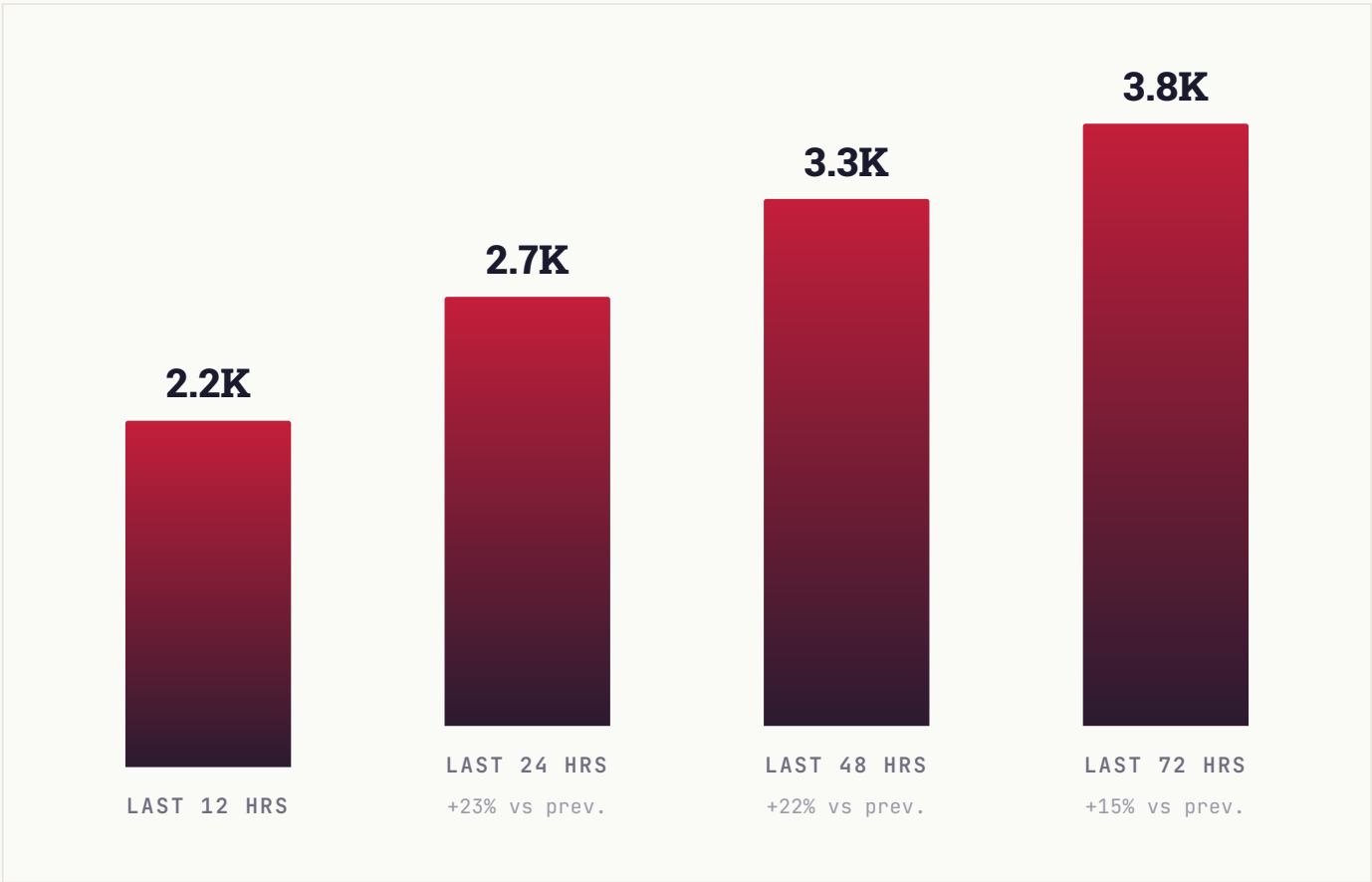
Citation index **36** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **93** different channels.



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 highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
IT lwin Token	3.3M
KR Cooking Recipes Salads 🧑🍳	997.5K
Fri Pyaterochka	772.7K
🍰M 🍰 Mom's Recipes 😊	679.3K
A Air Fryer Recipes	594.4K
Mon Simple Recipes	586.1K
KR Recipe book	557.9K
CN Kitchen Inside Out	532.9K
VI Tasty & Cheap 🍪	486.4K
CI CHIZHIK	482.9K
VP Valery Ponomar Recipes YOU	23.8K

COMPARATIVE SUMMARY

Channel is still outside top 96 of niche — early growth stage. Niche leader — lwin Token (3.3M), top-96 median: 224.1K. First goal — enter top-96 through systematic work on traffic and content.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Each month we track posts in other channels that mention your channel. Over the last **6 months** such mentions were **6**, they brought **762** new subs.

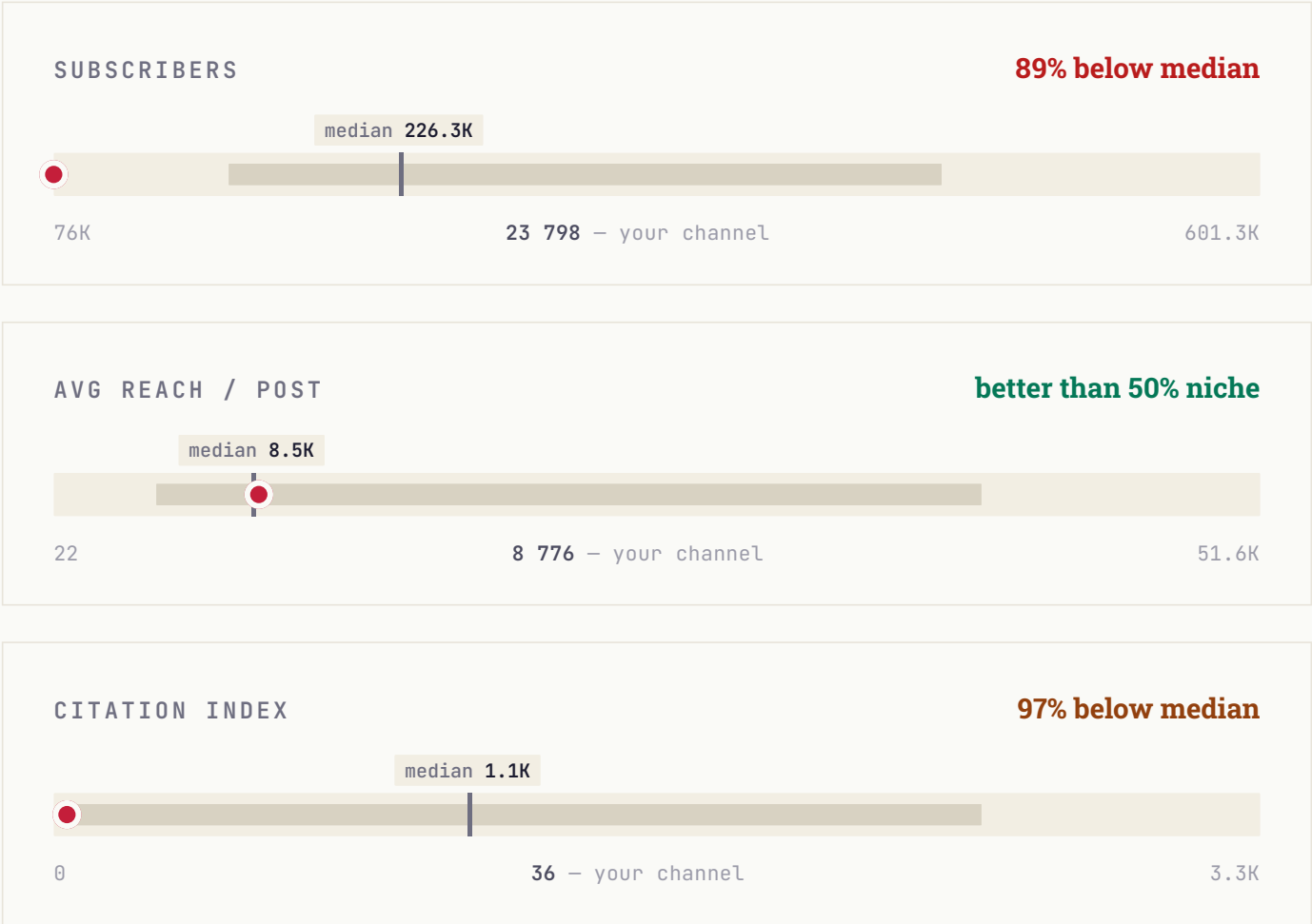
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	0	0	59
December 2025	0	0	173
Nov 2025	2	2	93
Oct 2025	2	2	219
September 2025	0	0	99
August 2025	2	1	119

TOTAL MENTIONS	MONTHS IN DATA	ACQUIRED SUBSCRIBERS
6	6	762

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

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



— SECTION 09 · STRATEGY

What to do right now

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

01

Increase posting frequency

Now 1.6 posts/wk. Active channels norm 7-10.
Consistency is key to audience retention.

EFFECT

**Consistency
beats volume**

02

Top post of the week — on Saturday

Audience most active on this day at 11:00 MSK.

EFFECT

**Best window
for key posts**

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 give +5-15% to ER.
One poll per week on a hot topic — easy growth point.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

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

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes using public data. To go further — run ads through us and hit your growth target 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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