

PROMTPRESS PUBLIC REPORT

Channel audit

Что там покушать?



@recipemarina

Where there's a will ✨ admin: @ne_videt_sebya

SUBS

17 122

-650 per month

ERR (% SEE POSTS)

29.0%

per day 25.7%

REACH/POST

4.9K

Ad reach 4.4K/24h

— CONTENTS · 2026

Inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top-5 posts · worst 3 · insights

03 Subscriber trends

Yearly chart · growth

04 Citations

Who & how mentions the channel

05 Ad potential

Post reach longevity

06 Competitors

Niche neighbors · your place

07 Mention trends

6 months · monthly

08 Niche comparison

Rank in Food & Cooking

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. The subtitle under the number tells for what period it is counted.

 SUBS 17 122 —	 SUBS REACH 28.82% avg % of subs see post	 VIEWS/POST 4.9K median 4.9K · 3 days	 POSTS/WK 4.5 For period
 TREND 7D — no data for period	 REACTIONS/POST 174.5 total 349 reactions, 128 reposts, 120 comments	 POST LENGTH 764 chars. median 764 · 3 days	 POSTS ANALYZED 2 3 days
 AD REACH 4.4K 24h avg	 CHURN / MONTH -650 last month	 CITATIONS 5 citation index · 9 channels mentioned all time	 CHANNEL AGE 3y 11m created 25.08.2022

AI EDITOR SUMMARY

Channel «Че там покушать?» – 17 122 subs. Each post averages 4.9K people (29% from subs), good reach. Publishes 4 posts per week (~1/day) – infrequent.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to remove from rotation.

WHAT SUCCESSFUL POSTS SHARE

- 01 Analysis based on 2 posts over 3 days.
- 02 Dominant format – Photo (2/2 posts).
- 03 Average post length – 764 characters (median 764).
- 04 Audience activity peak – Monday, 11:00 MSK.
- 05 Top posts get by 1× more views than the weakest (3.3K on average for top vs 4.9K for worst) – among 2 posts in 3 days. Worth analyzing what the top has in common – topic, format, posting time.

TOP-2 POSTS

Nº1 17.08 · 08:03 PHOTO Ricotta casserole 🐱 Great option if you don't know where to get extra protein. Tastes like a light cheesecake So exciting...	VIEWS	REACTIONS
	6 670	221
	REPOSTS	ER
	46	39.0%

Nº2 20.08 · 10:24 PHOTO Fluffiest pancakes 😋🌟 Definitely try it, recipe is super simple, frying is much faster than blini, and the pleasure is endless...	VIEWS	REACTIONS
	3 200	128
	REPOSTS	ER
	82	18.7%

WORST 2

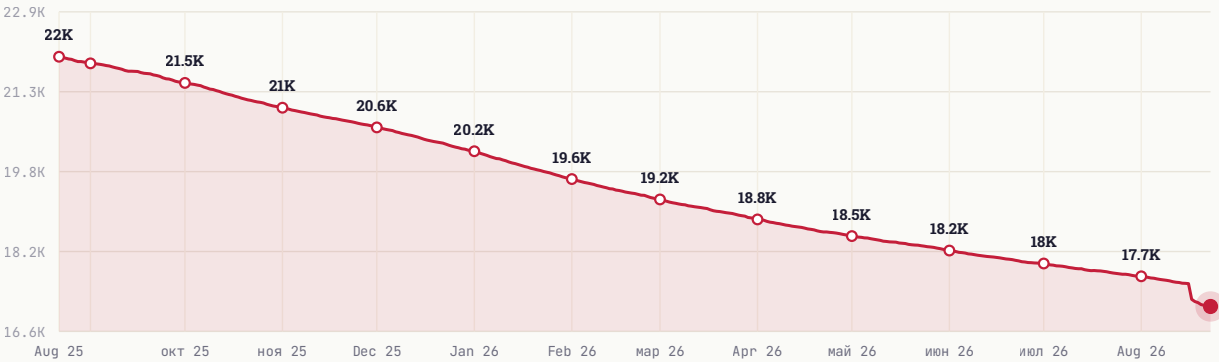
↓ 17.08 · 08:03 PHOTO Ricotta casserole 🐱 Great option if you don't know where to get extra protein. Tastes like a light cheesecake So exciting...	VIEWS	REACTIONS
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SECTION 03 · SUBS DYNAMICS

How the channel grew over the year

Subscriber growth chart for the year. On key months, exact counts are shown. It shows in which months the channel gained and in which subscribers left.



PERIOD START

22 031

NOW

17 122

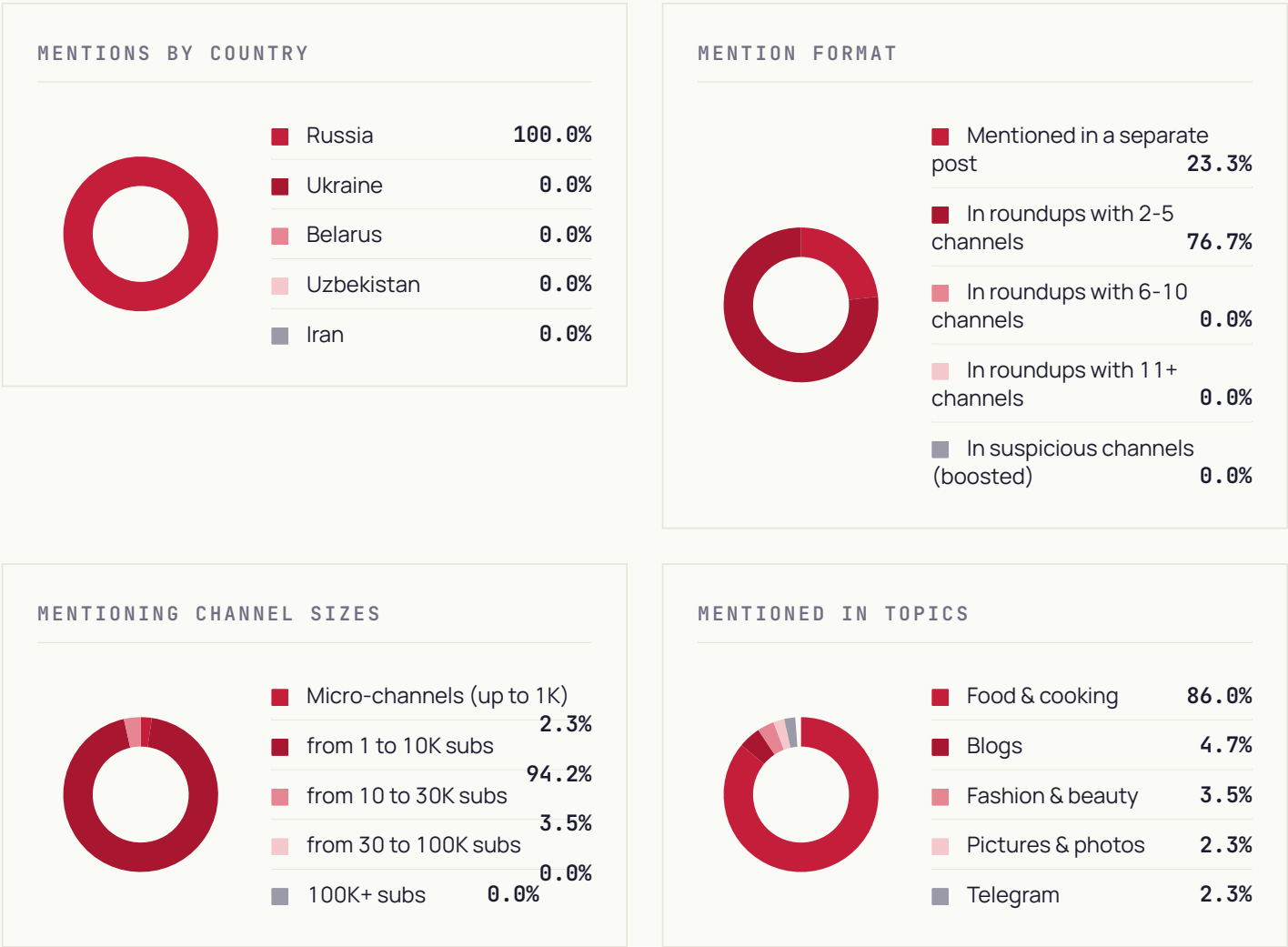
NET GROWTH

-4 909

SECTION 04 · CITATIONS

Who and how mentions the channel

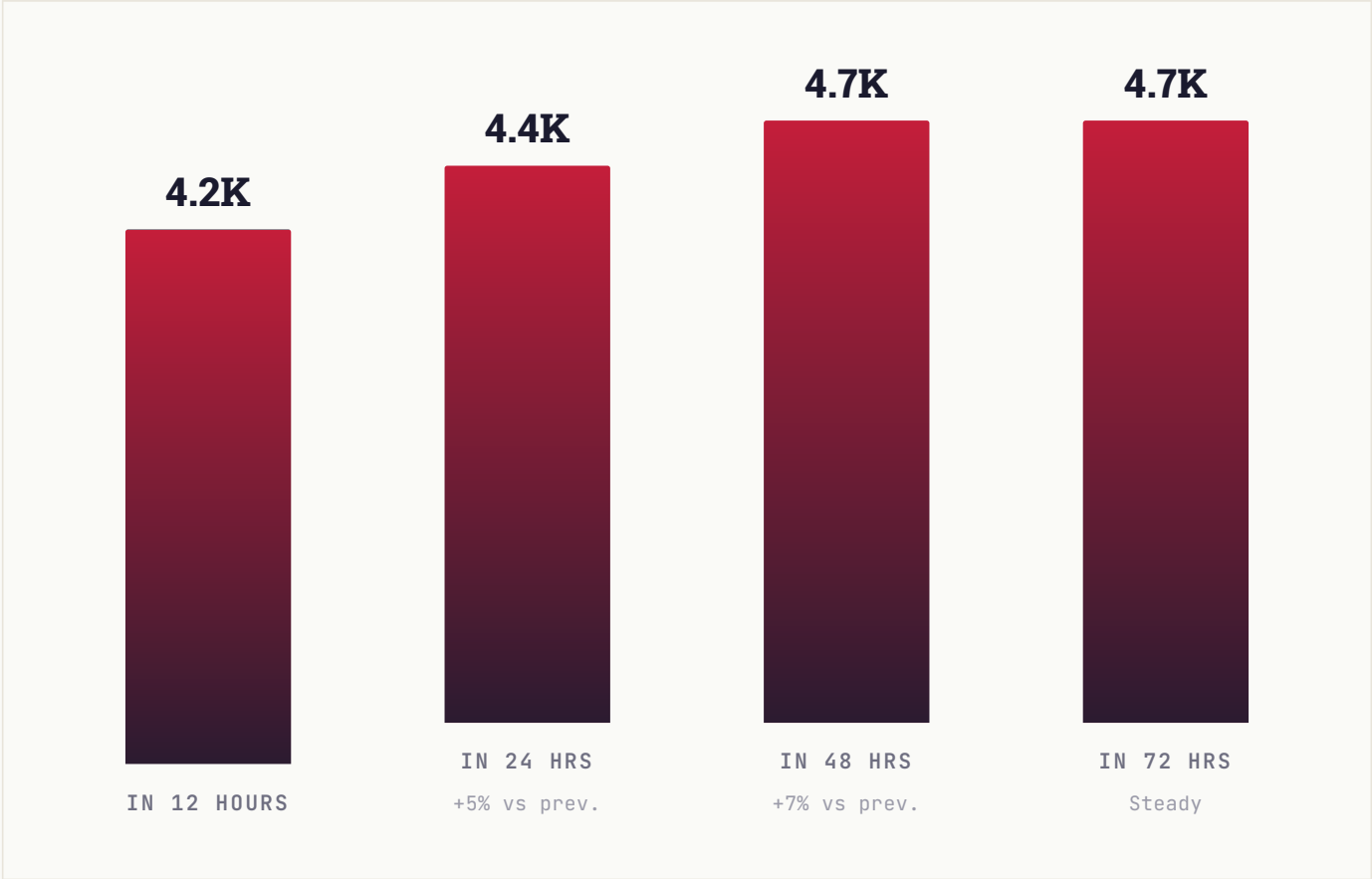
Citation index 5 – channel popularity rating based on mentions. Counts not only their count but also weight of mentioners: a post from a channel with 100k subs 'weighs' more than from a channel with 1k subs. All time channel mentions: 9 different channels.



SECTION 05 · AD POTENTIAL

Post reach longevity

Average reach of an ad post by time from publication. Helps assess how long a placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Highlighted your channel — see where it stands among neighbors within the niche.

CHANNEL	SUBS
K COUPONS 🍔 DEALS in Belarus	29.5K
G Грошык Deals Finds Gifts	24.8K
Thu Че там покушать? YOU	17.1K
From- Соседи – retail chain	16.6K
M mrgrittaa recipes 🥘	13.8K
O– OBZOOR.BY – FOOD, CITY, SHOPPING	13.2K
V VARKA coffee chain in Belarus	12.7K
GV Go to BK: Burger King channel in Belarus	11.3K
Ch Чико Минск	7.4K
CB COFIX Belarus	6.9K
VI VINO&VINO	6.7K

COMPARATIVE SUMMARY

Channel in top-3 niches (#3 of 46 category channels). One of the leaders — client-partners can go in cross-promo with equals; for PR/reach you are a valuable media partner.

SECTION 07 · MENTION DYNAMICS

Mention frequency

Monthly, we track posts in other channels that mention your channel. Over the last **6 months** such mentions: **1**, they brought **1** new subscribers.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
February 2026	0	0	0
January 2026	0	0	0
December 2025	0	0	0
November 2025	0	0	0
October 2025	0	0	0
September 2025	1	1	1

TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBS
1	6	1

SECTION 08 · NICHE COMPARISON

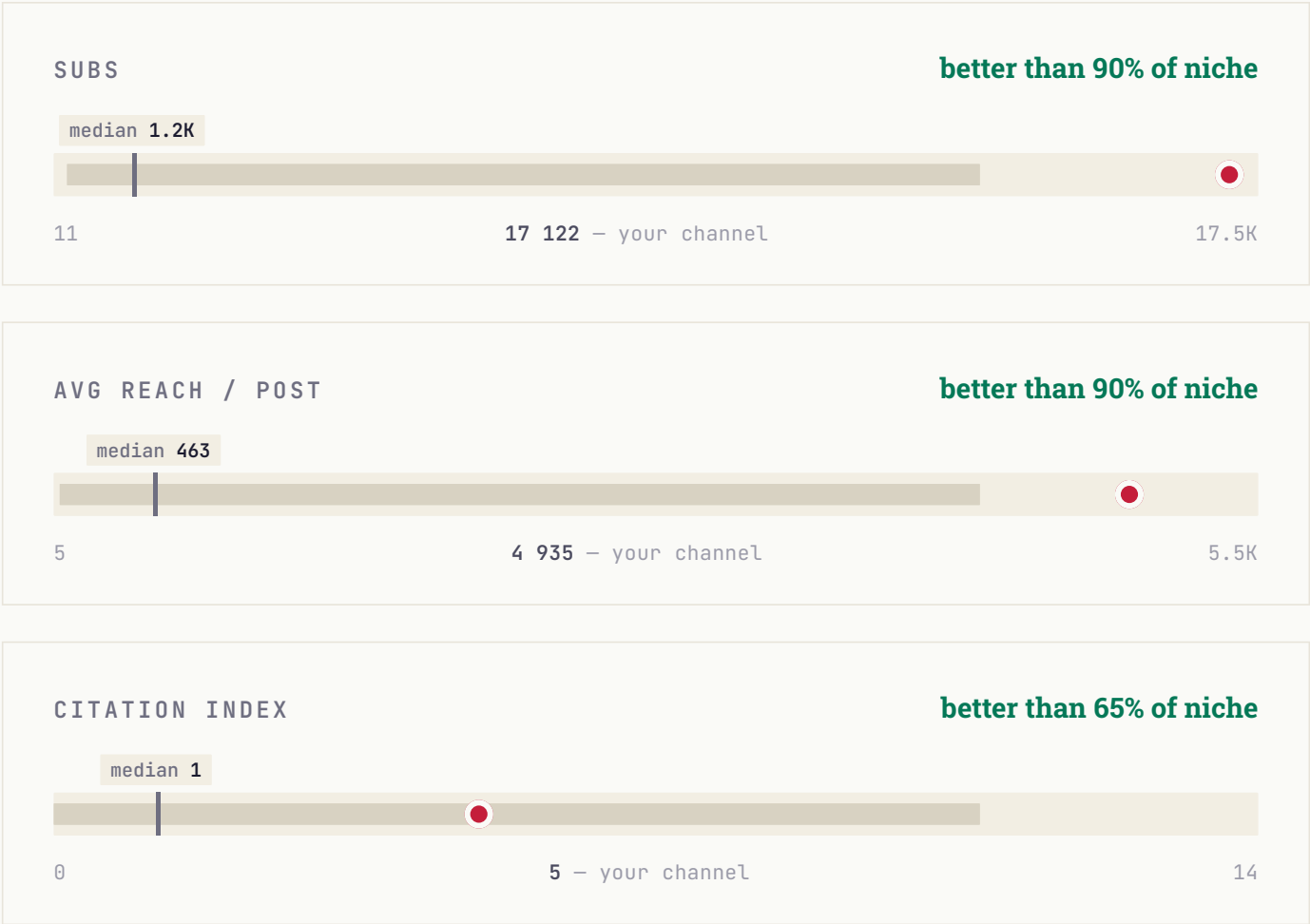
Where the channel ranks in its league

Hit top-46 channels in category "Food & cooking» (Belarus) and looked at how it stacks up next to them. Gray bar — range in which 80% of niche channels fall (from p10 to p90). Black vertical — median. Red dot — your channel.

#3/46

RANK IN NICHE

Channel in top-6% food & cooking Belarus



— SECTION 09 · STRATEGY

What to do now

5 priority actions, sorted by expected impact. Check off as a checklist and return to this report in a month.

01

Increase posting frequency

Now 4.5 posts/wk. Active channels: 7-10. Consistency is key for retention.

EFFECT

**Consistency
over volume**

02

Top post of the week — Monday

Most active on this day at 11:00 MSK.

EFFECT

**Best slot for a
key post**

03

Increase share of video posts

Telegram video holds audiences longer and performs better with the algorithm. Aim for 15-25% share.

EFFECT

**Video holds
audiences
better**

04

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (organic integrations), **Premium** (target audience). PromptPress matches sources to your niche.

EFFECT

**+1000-3000
subs**

05

Test polls and interactive formats

Posts with polls/reactions usually boost ER +5-15%. One weekly hot-topic poll is an easy win.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want this done? **PromptPress?**

This audit — is what we can do in a few minutes based on public data. If you want to go further — run ads with us and achieve your growth plan in a month.

01 **Run Telegram ads** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
