

# eat yourself green

*Sustainability & Lifestyle*



## ABOUT ME

Hi, my name is Larissa and I'm a Brazilian living on the sunny Gold Coast, Australia.

My journey on sustainable living began almost 6 years ago when I started to get more and more informed about the food industry. On the very next day, I decided I would no longer support the industry and eat meat again.

After all these years I'm extremely glad for each day I decided to take on this lifestyle. I'm happy to being able to help the planet and provide information to others.

*4K*

WEBSITE HITS

Per month

*13K+*

IG FOLLOWERS

Data updated in March 2019.

*4%*

ENGAGEMENT

Rate on Instagram

### *About my blog*

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EAT  
YOURSELF  
GREEN

Eat Yourself Green is a blog focused on healthy plant-based eating and sustainable living. No matter what you eat or do, I believe that we all have a chance to make a change.

I only work with brands and products I know, trust and believe to share them with my audience.

## MY AUDIENCE

### MY MOST FREQUENT VISITORS

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Most of my followers come to Eat Yourself Green for recipes and sustainable lifestyle reads. The majority of my readers are women with almost half being 25-35 years old.

Most followers are also from the US and Australia.

My audience consists of environmentally and health conscious women who want to learn more and educate themselves on sustainable practices and find vegetarian/vegan recipes.



## MY RATES

### THE NUMBERS

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#### INSTAGRAM

Dedicated post: \$130

#### FACEBOOK

Post with 1 image: \$100

#### PINTEREST

Pin with short description: \$100

#### BLOG

Post with 500-800 words + 3 images  
\$300

*More information?*

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# SEE IT FOR YOURSELF

Want to know more or discuss future partnerships?

Email me on [eatyourselfgreen@gmail.com](mailto:eatyourselfgreen@gmail.com)

Check me out on Fohr Card

Check me out on Social Blue Book

*Thank you!*