

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 over 8 years ago when I started to get more and more informed about the food industry and decided to become vegetarian.

Since then, I've turned into an advocate for sustainable and plastic-free living. Now, as a mother I work to promote intersectionality while focussing on the good each individual can make for a better future.

12K+

IG followers

Updated in Nov 2021

1.7%

engagement

Rate on Instagram

1.1K

Pinterest Followers

Updated in Nov 2021

About my blog



Eat Yourself Green is a blog focused on conscious and sustainable living. No matter what you do, eat, believe, I think we all can contribute to make a change. No action is too small.

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

MY AUDIENCE

MY MOST FREQUENT VISITORS

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 savvy and conscious women who want to learn more and educate themselves on sustainable practices and find helpful and relevant solutions.



MY RATES

THE FINE PRINT

INSTAGRAM

Dedicated post: \$150

VIDEO (IGTV OR REELS)

1-3 minute video: \$250

BLOG POST

500-800 words + 3 images: \$300

*all paid/sponsored posts include 1-3 Story frames

More information?

SEE IT FOR YOURSELF

Want to know more or discuss future partnerships?

Email me on eatyourselfgreen@gmail.com

See the brands I worked with [here](#).

[Check me out on Fohr Card](#)

I look forward to working with you.