



**NUTRITION + HORMONE HEALTH COACH
& HEALTHY LIFESTYLE BLOGGER
LAUREN CHAMBERS**

so fresh *N* so green

EAT WELL. FEEL WELL. LIVE WELL.



Food that tastes good + makes you feel good too

Lauren Chambers is the Certified Nutrition + Hormone Health Coach, Feel Good Food + Healthy Lifestyle Blogger of [So Fresh N So Green](#).

After spending most of her life suffering from stomach cramps, bloating, digestive issues, fatigue, sugar cravings, headaches and hair loss, Lauren decided it was time for a change. She stopped dieting and started cooking and eating real food while removing most processed foods and toxins from her life. She felt better almost immediately and was able to easily stabilize a healthy weight, alleviate digestive issues and headaches, clear up her skin, sleep soundly and boost her energy and focus.

She was so inspired by this radical change in her health that in 2014 she started her feel good food + healthy lifestyle blog, *So Fresh N So Green* and went back to school to become an accredited Nutrition + Hormone Health Coach. She then launched her coaching business in order to support others

in making realistic changes to help them feel and look their best.

She takes a unique approach with her feel-good-food recipes, **so that they not only taste good but help others feel good too**. All of her recipes are designed to be easy, delicious and have specific healing properties, so those with digestive issues or hormonal imbalances can use them as medicine, instead of relying on over the counter pills or prescriptions for relief.

She also includes a variety of healthy lifestyle content in order to provide awareness and education to women, especially shedding light on taboo topics and sharing personal stories such as her own journey with dieting, postpartum recovery, hypothyroidism and hormone imbalances, etc. **Her mission is to empower and inspire you to eat well and treat yourself even better, so you can feel great and ultimately live your best life.**

STATS

- ◆ FACEBOOK FOLLOWERS = 629
- ◆ INSTAGRAM FOLLOWERS = 7,737
- ◆ WEBSITE VIEWS = 3K MONTHLY
- ◆ PINTEREST FOLLOWERS = 715

- ◆ EMAIL SUBSCRIBERS = 554
- ◆ VISITORS PER MONTH = 2500, GROWING 7% MONTHLY
- ◆ BLOG VISITS PER MONTH = 3000
- ◆ TOTAL SPHERE OF INFLUENCE = 12, 166



BLOG STATS

- 80% women
- 80% US or Canada
- 41% 25-34 year old
- 25% 35-44 year old
- 3K montly page views
- 12.5% click on outbound link



PARTNERSHIP OPPORTUNITIES

- Sponsored Social Posts
 - Instagram - \$150 (stories \$30)
 - Pinterest - \$95
 - Facebook - \$75
- Sponsored Blog Posts - \$250 +
- Food Styling - \$250 +
- Recipe Content Creation - \$450 +
- Product Reviews -- TBD
- Giveaways -- TBD
- Termed Brand Ambassadorship -- TBD
- Media Opportunities /Event Attendance -- TBD
- Workshops/Cooking Demos -- TBD
- Speaking Opportunities -- TBD



NOTABLE BRANDS

- Nutpods
- Primally Pure
- Ground Up PDX
- Jujubeet
- Bellevue Lifestyle
- Vital Proteins
- Bonafide Provisions
- Soul Addict
- IIN
- Gather Seattle
- Boma Jewelry
- Birch Benders
- Thrive Market
- Ancient Nutrition

TESTIMONIALS

"First and foremost, all of her recipes are absolutely delicious. The recipes are healthy and use our product in creative ways. Lauren's Dark Chocolate Avocado Mousse recipe using nutpods Original flavor is one of our most successful social posts. It is our #1 Instagram recipe, and our #1 recipe to drive traffic to nutpods.com. We are featuring both this recipe and Lauren in One Green Planet's cookbook to represent the versatility of our dairy-free creamer. Lauren works quickly and is extremely professional. It is clear she takes pride in her work and enjoys thinking of new and inventive ways to showcase her clients products. We would recommend Lauren to anyone looking for recipe content, it's some of the most delicious food we've eaten!"

— HELEN JOEL, NUTPODS DIGITAL

"Lauren is always such a joy to work with! She's gone above and beyond to create delicious and creative recipes with our nut butters. The photography she's produced for us to pair with the recipes has been beautiful and totally aligned with our aesthetic. She brings such fun and innovative ideas to the table and we're so grateful to partner with her!"

— ADRIENNE, PRODUCTION MANAGER AT GROUND UP PDX

"Working with Lauren is always a delightful experience. We have collaborated on multiple events and promotions. It is always a breath of fresh air to not only have a partner pull his/her weight, but to go above and beyond to take initiative. Lauren brings innovative, yet realistic ideas to the table and follows through to implement them. She is also reliable and timely in response. Most importantly the energy she has brought to every project is contagious, which makes work feel a little less like "work" and more about fun and passion. I hope to work together on more projects with Lauren in the future!"

— MADISON GOULD, MARKETING MANAGER AT JUJUBEET

POPULAR TOPICS

RECIPES — Easy, delicious + beautiful recipes designed to taste good and make you feel good too

HORMONE HEALTH — Content that provides awareness and education to women around fertility + postpartum, menstruation and balancing hormones for optimal wellness

CLEAN/NON-TOXIC PERSONAL PRODUCTS + FOOD BRANDS — authentically sharing my favorite clean food and personal care products to make your life easier without sacrificing your safety, hormone health or wellbeing



LET'S WORK TOGETHER!

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