



Caitlin Havener

Plant-Preferred Recipe Creator & Influencer
Precision Nutrition Certified Coach - Family,
Weight Loss, Plant-Based

www.cleancookingcaitlin.com | [@cleancookingcaitlin](https://www.instagram.com/cleancookingcaitlin)



About Caitlin

Inspired by my own massive life, health, and weight loss transformation, I developed an intense passion for nutrition and helping others adopt a healthy lifestyle. Formerly a web developer and UX designer, I left my corporate life behind to pursue my mission to change the lives of others for the better, as I did mine.

I am now a Precision nutrition certified coach, healthy lifestyle influencer, and "plant-preferred" recipe creator. I am also a busy mom of 4, often promoting nutrition and healthy habits to my own family as well as others.

I am a firm believer, that in order to influence the world in making an impact on the obesity epidemic, much effort should be focused on the family. For this reason, my intended audience are parents, and I am determined to help them, and subsequently, they're children and the habits they instill for life. Making healthy living more accessible and practical for families are challenges I aim to resolve.

Another passion of mine is endurance sports, and so likewise, I am also active with the local running community. I have further established the strength of my own purpose while helping others by fundraising for a couple of my half marathons in the past. I often gravitate to working with charitable and ethical organizations and brands.

Available for

Speaking Events
Ambassadorship
Social Media Content & Collaborations
Product Reviews
Sponsored Posts
Coaching

Contact

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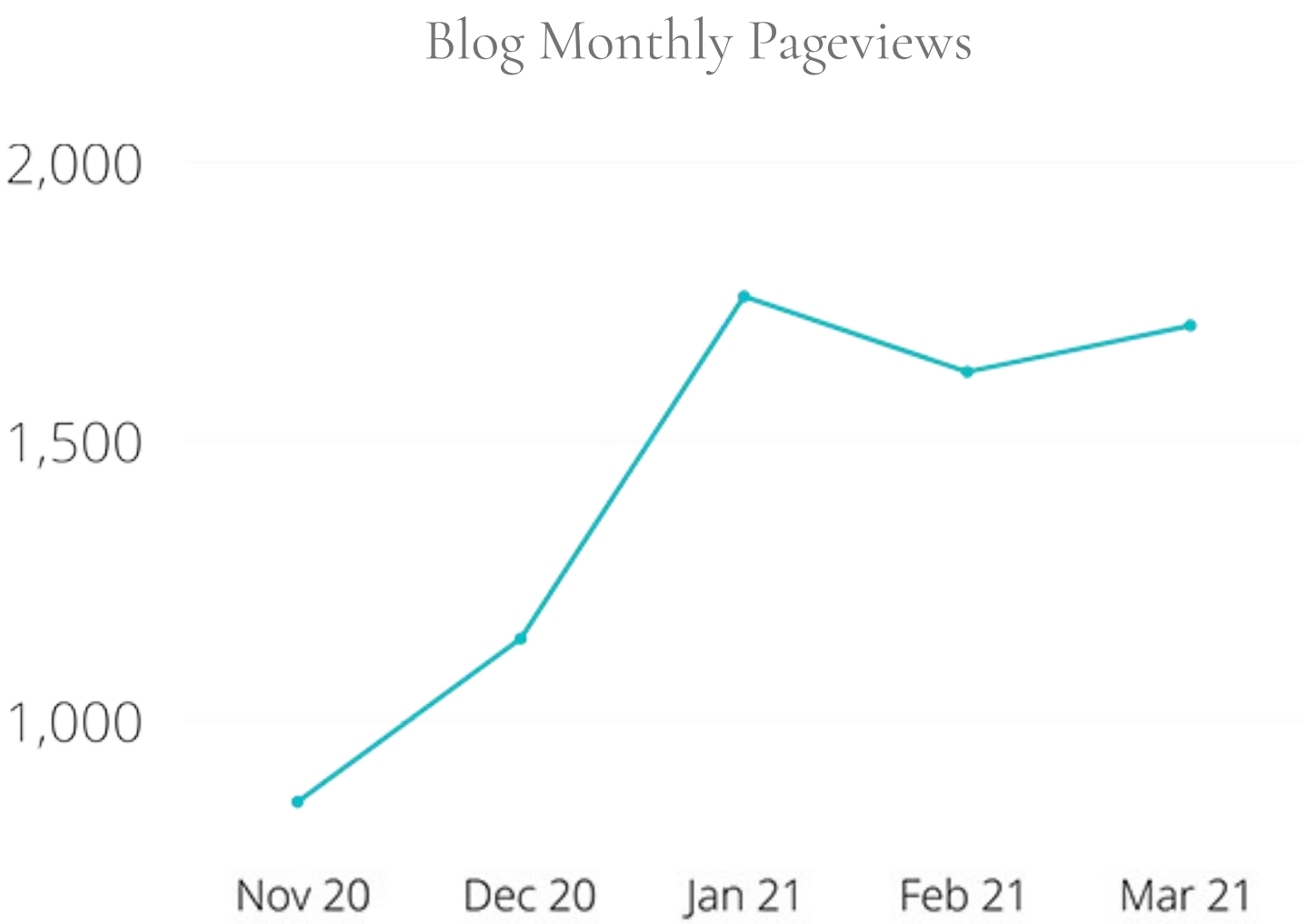
[@cleancookingcaitlin](https://www.instagram.com/cleancookingcaitlin)

Based in Orlando, Florida
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Social Statistics



Grow With Me



3.7k

Instagram followers
@cleancookingcaitlin

1.7k

Pageviews a month
cleancookingcaitlin.com

3.7k

Facebook friends
Caitlin Havener

81

YouTube subscribers
Clean Cooking with Caitlin

821

Pinterest followers
@cleancookingrecipes



TRAFFIC PER MONTH

900	1k	1.7k
users	sessions	page views

AUDIENCE

76% female	66.4% US
25-35 years old	8.8% Canada
	4.4% UK

TOP PERFORMING POSTS

Savory Neatloaf with Lentils, Chickpeas, Mushrooms, and Veggies

Beet Date Carrot Cake

3 Easy and Healthy Summer Salads for Mother’s Day Outdoor BBQ Picnic

Caitlin Havener

cleancookingcaitlin.com

Facebook + Audience



Clean Cooking with Caitlin

3.7k

friends

730

page followers

78%

post engagement

FACEBOOK AUDIENCE

44% female

25-45 years old

92% US

FACEBOOK COLLABORATIONS



Run with Erica

Cooking show collaboration and local cooking events





@cleancookingcaitlin

3.7k

followers

1.4%

average post
engagement rate

INSTAGRAM AUDIENCE

63% female

25-35 years old

60.9% US

5.6% UK

4.4% Canada

INSTAGRAM COLLABORATIONS



Jalifruit

Affiliate relationship



Affiliate relationship

Let's Work Together

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