



Caitlin Havener

Plant-Preferred Recipe Creator & Influencer
Precision Nutrition Certified Coach - Family,
Weight Loss, Endurance, 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 passionate about influencing the world in making an impact on the obesity epidemic. I am determined to help those struggling to adopt a healthy lifestyle with my recipes and coaching. Making healthy living more accessible and practical for everyone 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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Social Statistics



Grow With Me



5.7k

Instagram followers
@cleancookingcaitlin

2.3k

Pageviews a month
cleancookingcaitlin.com

3.8k

Facebook friends
Caitlin Havener

360

YouTube subscribers
Clean Cooking with Caitlin

500

Pinterest followers
@cleancookingrecipes



Caitlin Havener
cleancookingcaitlin.com

TRAFFIC PER MONTH

1.3k
users

1k
sessions

2.7k
page views

AUDIENCE

76% female

25-35 years old

74.9% US
6.4% Canada
3.1% 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

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



Instagram + Audience



@cleancookingcaitlin

5.7k
followers

1.9%
average post
engagement rate



INSTAGRAM AUDIENCE

65% female

25-35 years old

49.1% US

9.4% Argentina

7.3% United Kingdom

INSTAGRAM COLLABORATIONS

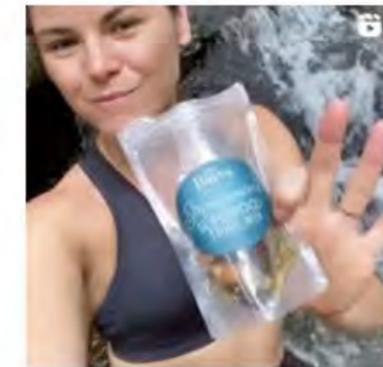


Jalifruit

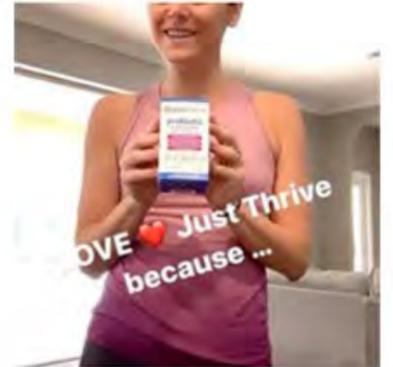
Affiliate relationship



Splendid Spoon



N



Just Thrive

Affiliate relationship

And More...

Let's Work Together

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