



Caitlin Havener

Plant-Preferred Recipe & Nutrition Content Creator
Precision Nutrition Certified Coach - Passionate About
Holistic Weight Loss

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

Ambassadorship
Affiliate Relationships
Video Content
Social Media Content & Collaborations
Product Reviews
Sponsored Posts

Contact

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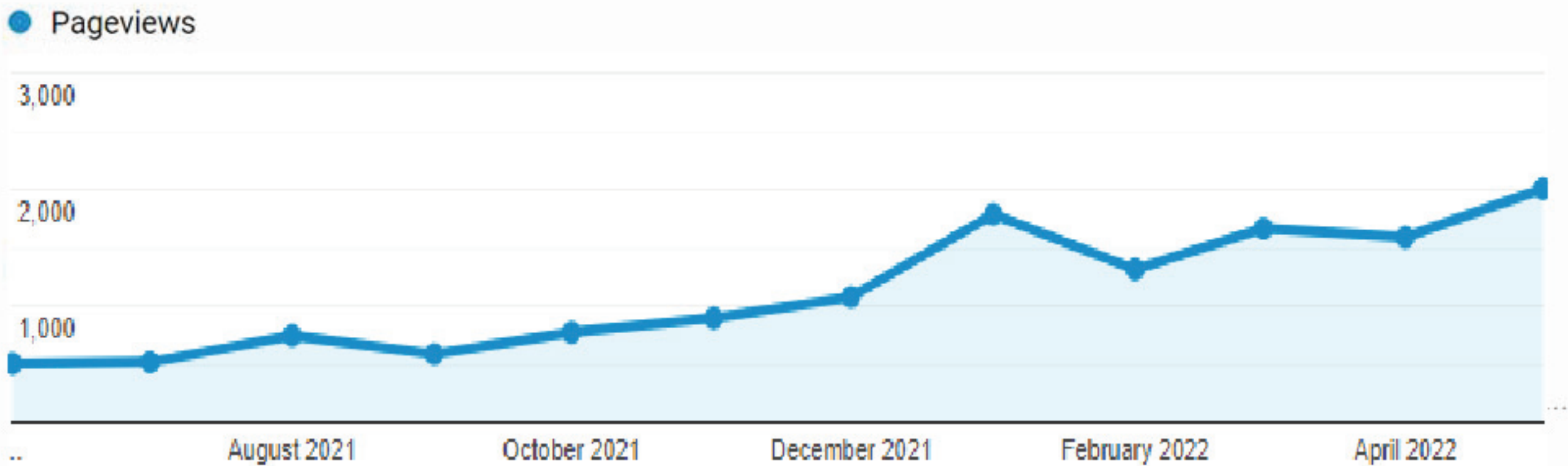
@cleancookingcaitlin

Based in Orlando, Florida
910 Arrington Circle, Oviedo, FL 32765

Grow With Me



Blog Monthly *Organic* Pageviews



7.1k

Instagram followers
@cleancookingcaitlin

3.3k

Pageviews a month
cleancookingcaitlin.com

5.8k

Facebook Followers
Caitlin Havener

486

YouTube subscribers

Clean Cooking with Caitlin

53.1k

Pinterest monthly views

@cleancookingrecipes



Caitlin Havener
cleancookingcaitlin.com

TRAFFIC PER MONTH

2.5k
users

3k
sessions

4.3k
page views

AUDIENCE

76% female

25-35 years old

76% US
6% Canada
3% 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

5.8k

personal followers

763

page followers

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

7.1k
followers

1.9%
average post
engagement rate



INSTAGRAM AUDIENCE

65% female

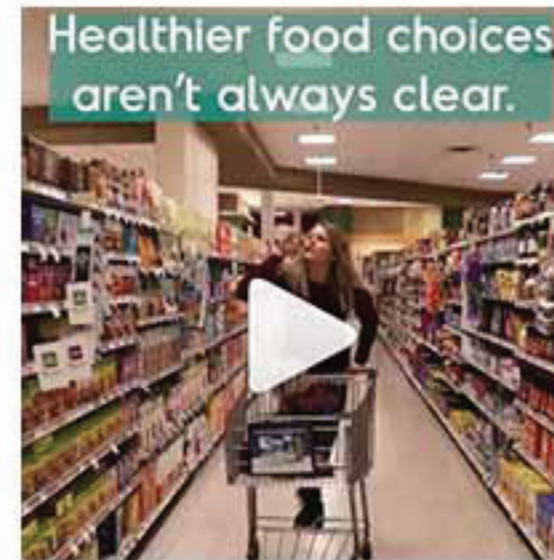
25-35 years old

70% US

4% India

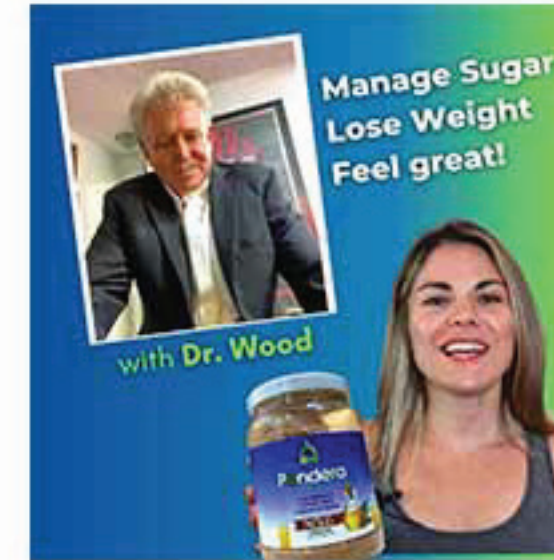
6% United Kingdom

INSTAGRAM COLLABORATIONS



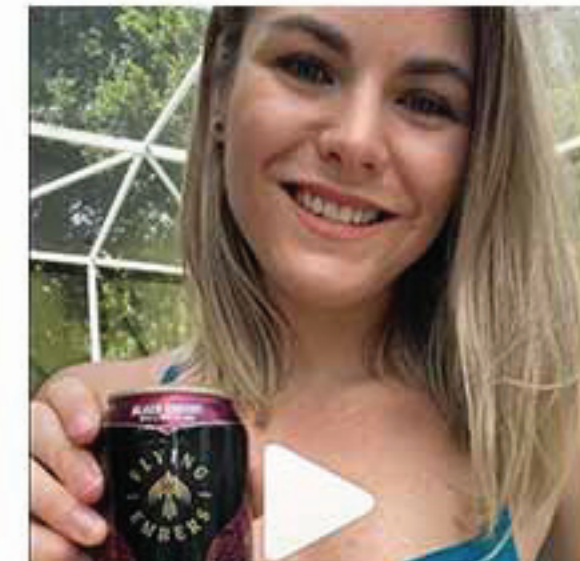
Meg AI

Sponsored Reel



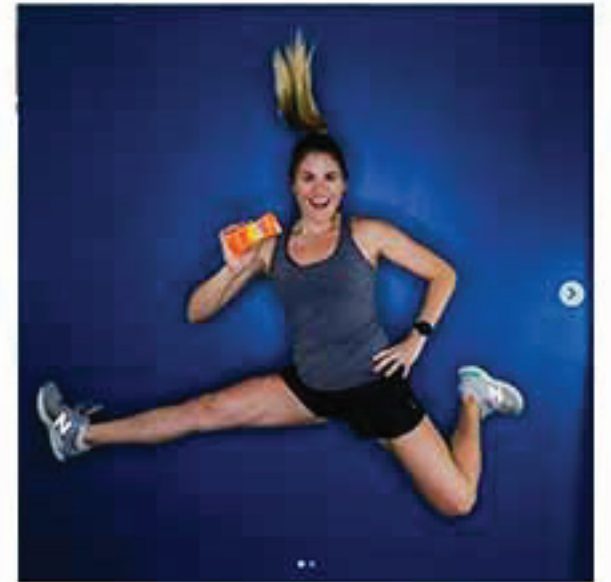
Pondera Wellness

Sponsored Video



Flying Embers

In-Kind



Core Foods

Sponsored Post

And More...



Let's Work Together

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