

Salads *for* Lunch

A BUSY MOM'S GUIDE TO FOOD, FITNESS AND BALANCE

janice smith

WWW.SALADS4LUNCH.COM

about the blogger

I have a Bachelor of Science degree in Kinesiology and a certificate in Athletic Therapy. I started blogging as a healthy lifestyle blogger in 2010 because nutritious food and exercise literally changed my life. I share my life of movement and my healthy recipes with anyone who is ready to make a positive change. I truly believe that exercise has the ability to energize and exhilarate.

about the blog

Salads for Lunch is part food blog, sharing healthy, easy to make recipes, and part healthy living blog sharing all things healthy living: easy home workouts, fitness products, eco-friendly household products etc. The focus is on living an active, healthy life with having fun!

audience



80% of blog traffic originates from the United States



Readers are 75% female. 75% are 25-44 years old,

audience reach



20k pv's/month



1,885



7,929



4,153



4,401

as of January 2018

services offered

Workout posts

Recipe creation

Product reviews

Social media sharing

Banner ads

A la carte campaigns - contact me to discuss



collaboration fees

Package A: Starting at \$500

Your fitness product or active wear featured in a workout post, with sharing on Instagram, Facebook, Twitter and two custom-made Pinterest pins

Package B: Starting at \$800

Your food product featured in a custom recipe post, with sharing on Instagram, Facebook, Twitter and two custom-made Pinterest pins

contact details

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