



INSTA FRESH

M E A L S

Media Kit

Thank you for your interest in working with InstaFresh Meals!

My name is Marci and I am the author, creator, and photographer of InstaFresh Meals (formerly the food side of TIDBITS).

Through my popular food blog and cookbooks, I share deliciously easy and nutritious electric pressure cooker recipes designed to bring families to the table and free up time and energy to truly savor family time.

I have a passion for healthy, whole grain and naturally sweetened food and I love to create recipes that prove wholesome food is not only extraordinary, but accessible to all.



PUTTING
PRESSURE
ON THE FOOD
NOT THE COOK





HEARTY & HEALTHY

I want to bring about a world where families consistently sit down to dinner together, building strong bonds that provide loving foundations for our children's' bright futures.

That's why, through InstaFresh Meals, I create recipes that are not only simple, nutritious and incredibly flavorful, but they use the electric pressure cooker to ensure that it's also fast and easy for busy moms to make this dream a reality.

Blog Niche & Topics

Fast, flavorful & full of nutrients.

InstaFresh provides recipes for the Electric Pressure Cooker, AKA Instant Pot, with a focus on meals that are wholesome, family-friendly, and bursting with flavor!

Instant Pot Recipes



Hearty & Healthy



Light & Delicious



Audience & Demographics

The InstaFresh Meals audience consists primarily of busy moms who want to feed their families meals that will bring them happily to the dinner table every day. We help families unite every day over good food that doesn't require a lot of time and energy.

These recipes will appeal to the growing Instant Pot fans all over the world! We make Instant Pot cooking feel accessible to everyone from the beginner to the expert.





Blog Statistics

Monthly Sessions
153,000+

Monthly Users
112,000+

Monthly Page Views
194,000+



22,400+



17,500+



8,800+



9,100+

As Seen In...

Country
Living

Instant
Pot®



PureWow



Notable Achievements

Publishing

- Co-creator of **Master the Electric Pressure Cooker Cookbook**. Sold on **Amazon, Barnes & Noble, Indie Books**, or wherever books are sold
- Recipes featured on popular websites such as **Pressure Cooking Today**, the **Instant Pot recipe app**, and in **Fagor America recipe books**

TV Appearances

- **Studio 5**, Utah's #1 lifestyle show Presenter at Pinner's Conference 2016 and 2017
- Interviewed and featured in the **Happy Healthy Mom Summit** September 2017





Opportunities

I work hard to make a good match between my readers and the companies I work with, to benefit us all.

- Brand Ambassador
- Affiliate Marketing
- Sponsored Posts
- Advertising space
- Social Media Promotion
- Reviews & Giveaways

Pricing is determined is customized based on the promotional needs of each collaboration. I would love to discuss the possibilities of collaborating together.



Thank You

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