



# Grass Fed Girl

Paleo | Keto | Healthy Lifestyle



## About Caitlin Weeks & Grass Fed Girl



Caitlin Weeks is the author of 5 books including the bestselling **Mediterranean Paleo Cooking**. She is certified as a holistic nutrition consultant and personal trainer with many years experience working in San Francisco, CA. She learned to cook from her husband, Chef Nabil Boumrar who specializes in Mediterranean cuisine. After being diagnosed with Hashimoto's thyroid disease in 2010 she adopted a gluten free, low carb Paleo and keto diet in an effort to heal her body.

Because of the profound impact changing her lifestyle had on her health, Caitlin created grassfedgirl.com as a wellness hub to spread ancestral wisdom and nutrient dense, real food recipes. She also shares information about essential oils and non-toxic living to detoxify the home naturally. She currently lives in Nashville, TN surrounded by close family and friends.

[grassfedgirl.com](http://grassfedgirl.com)

[caitlin@grassfedgirl.com](mailto:caitlin@grassfedgirl.com)



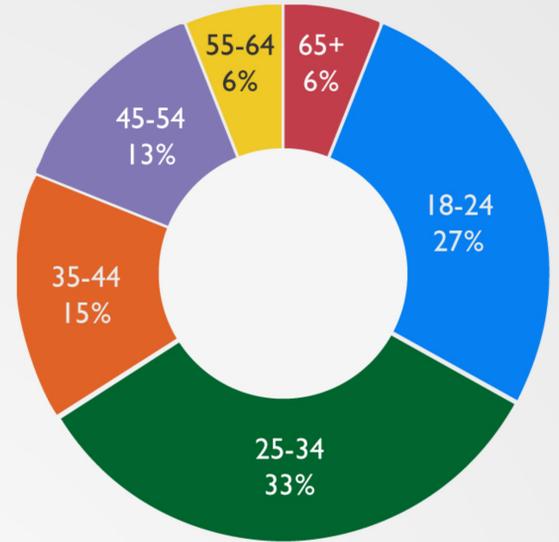
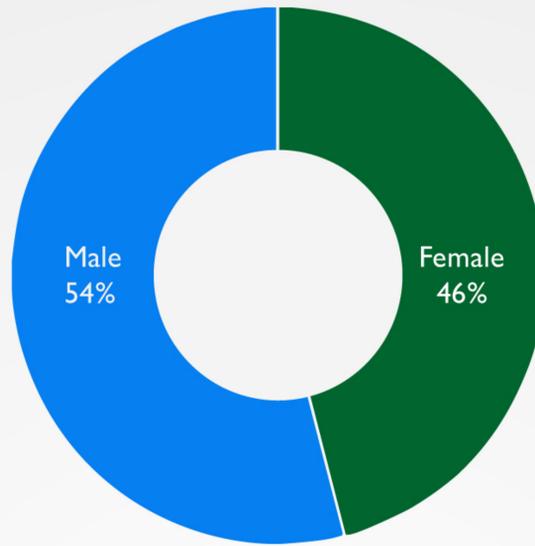
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## Blog Stats

Monthly Unique Pageviews:  
**409K**

Monthly Unique Visitors:  
**250K**



## Social Stats



**32 k**  
newsletter subscribers



**83 k**  
grassfedgirl: 76k  
grassfedchef: 6k  
grassfedtravels: 500



**1 million**  
Monthly viewers  
Monthly users: 63k



**105 k**



**20 k**  
grassfedgirl: 16k  
grassfedchef: 4k



**300**  
Subscribers



**2 k**



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## Top Brands We Have Worked With



## Advertising Packages

Package	Price
<b>A</b> Instagram Giveaway, your brand tagged in post + stories mention	\$350
<b>B</b> Social media blast across all channels + giveaway	\$500
<b>C</b> Dedicated newsletter blast with follow up mention in a 2nd newsletter	\$500
<b>D</b> Recipe development OR review/giveaway on the blog with high resolution photos of your products	\$800
<b>E</b> Recipe development OR review/giveaway on the blog with high resolution photos of your products + social media blast + feature in newsletter	\$1000

Send Samples To:

Caitlin Weeks  
219 Fairway Dr.  
Nashville, TN 37214