

THE FOODIE AND THE FIX

Eat healthy. Eat happy.

thefodieandthefix.com | Stephanie@thefodieandthefix.com

About The Foodie and The Fix

The Foodie and The Fix is a healthy recipes blog that is centered around the 21 Day Fix meal plan, which focuses on whole foods and uses portion control containers. It's a very specific, niche market with a loyal following. My audience is mostly females, aged 25 -44, living in the US.

I'd love to be of value to both your brand and my readers by introducing them to your 21 Day Fix approved product(s)!

SERVICES I OFFER: Sponsored posts, brand ambassadorship, recipe creation, recipe testing. Have another idea for collaboration? I'm open to it, just ask!

46,000+

MONTHLY UNIQUE VISITORS

79,000+

MONTHLY PAGE VIEWS

18,800+

SOCIAL MEDIA FOLLOWERS



11.9K

@thefodieandthefix



3.6K

@thefodieandthefix



2K

@thefodieandthefix



1K

@thefodieandthefix



Stephanie

I am a 35-year old home cook, currently living (and hiking and fishing and eating!) in the great state of Alaska with my Coast Guard hubby and our two daughters.

I've always considered myself a healthy eater, but two years ago I went all-in with Beachbody's 21 Day Fix. It includes workouts and an eating plan that focuses on whole foods and portion sizes (you may have seen the colorful, portion-control containers around!). I started changing and creating recipes that I loved to fit around this plan and knew that others would love them too.