



Miriam Hahn

PLANT-BASED WELLNESS
COACH & INFLUENCER

MEDIA KIT

@YOU CARE.SELFCARE

Hi, I'm Meriam!

WELLNESS COACH & INFLUENCER

I'm the owner of YouCare-SelfCare, a private wellness practice, specializing in plant-based lifestyle and disease prevention. I am a certified wellness coach and a graduate of the Cornell University Plant-Based Nutrition Program.

I have helped thousands of people live a vibrant life through my wellness and cooking courses. I create dynamic recipes on social channels daily. I offer brand product partnerships, recipe development, and food photography.



Social Media

@YOU.CARE.SELFCARE



Reach people that your product will appeal to. I can show them how to use your product, give them a specific recipe to try, along with providing links to your company and products.



INSTAGRAM STATISTICS

20k
followers

MY AUDIENCE

94% women	52% 35-55 yrs old	85% USA
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AVERAGE REEL VIEWS

11K



RECIPE DEVELOPMENT, FOOD PHOTOGRAPHY & BRAND PARTNERSHIPS

I will highlight your company's product or ingredient with an original healthy recipe your audience will love. I will show your customers exactly how to use your product, and why it makes the perfect addition to a healthy diet.



I will inspire your audience by providing them detailed recipes with step-by-step food photography as well as lifestyle images of the final dishes to use in product marketing materials.

SAMPLING OF CLIENTS

Tasting Table
Cal-Organic
Revol Greens
Good Karma Foods
Sumo Citrus
Grimmway Farms
Shipetauken
Herbal Vineyards
Food Republic
Matcha Bloom
Mora Medical



WHO I WORK WITH

- Produce growers
 - Plant-based food and drink brands
 - Plant-based supplement brands
 - Fitness supplement brands
 - Athletic wear brands
 - Cookware companies
 - Cooking appliances brands
 - Dining & serving ware brands
 - Non-toxic cleaning products
 - Clean beauty brands
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WHAT YOU CAN EXPECT

A customized presentation of your brand incorporating beautiful photography, creative videos and relatable delivery to my health conscious audience.



GET IN TOUCH

I am eager to learn about your brand and discuss a customized partnership with you!

www.youcare-selfcare.com
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602-339-1645



Miriam