

eh vegan

INSPIRING A HEALTHY LIFESTYLE, THROUGH FOOD AND TRAVEL



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Hi! We're Victoria and Christopher.

We're travelers and foodies from Montreal, where we live with our husky, Blizzard. We take all our own photos and create all our own content, and we'd love to help you grow your brand.

Vegetarian since 2010, we committed to veganism in May 2016, which is when we created Eh Vegan on Instagram. Since then, we've grown to 40k+ followers and reached millions of people through collaborations, partnerships, and features.

There are tons of creative ways we can work together to bring fresh and engaging lifestyle content to your audience. We're excited to work with you, whether it's from home or on one of our trips!

Ready to take your content to the next level?

Vic & Chris





Collab with **Coconut Bowls**

Our recipe is published in the recently released and hugely popular book, *Vegan Bowls for Vegan Souls*, by Coconut Bowls.



Collab with **Bassé Nuts**

We presented Bassé as a sponsor of our live cooking demo at the Montreal Vegan Festival in November 2017.



Collab with **Chuffa Co & Sweetapolita**

Featured on:
 @eatdrinkvegan - 193k
 @vegandaily1 - 19k
 @idontwantsalad - 14k



Collab with **Blue Matcha**

Featured on:
 @bestofvegan - 1.3 million
 @veganfoodspot - 1.1 million
 @letscookvegan - 830k



Collab with **Nature's Path Organic**

We featured Nature's Path in a blog post, shared on Instagram and Facebook, announcing their free ebook, *Your Guide to a Vegan Diet*.



Collab with **VH Sauce**

Created three custom recipes and a video for VH Sauce to promote their vegan sauce options.



Collab with **Copper Branch**

Featured on:
 @daiyafoods - 172k



Collab with **Raw Nice**

Featured on:
 @veganworldshare - 840k
 @veganshares - 20k



Collab with **GoGo Quinoa**

We created a custom recipe and shared a blog post for the launch of GoGo Quinoa's new Fusilli pasta.



Collab with **Excalibur Dehydrators**

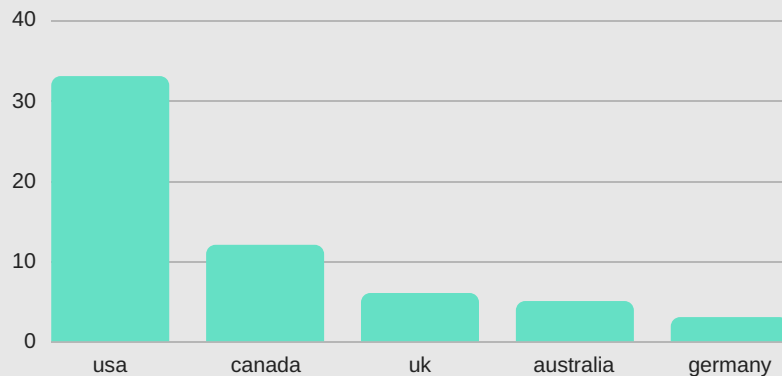
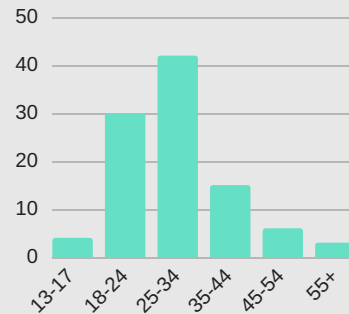
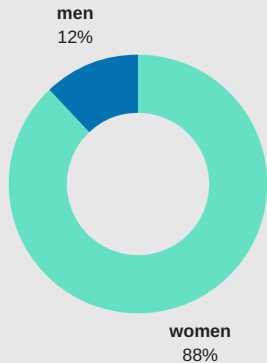
Reposted by:
 @vegan - 787k

THE NUMBERS

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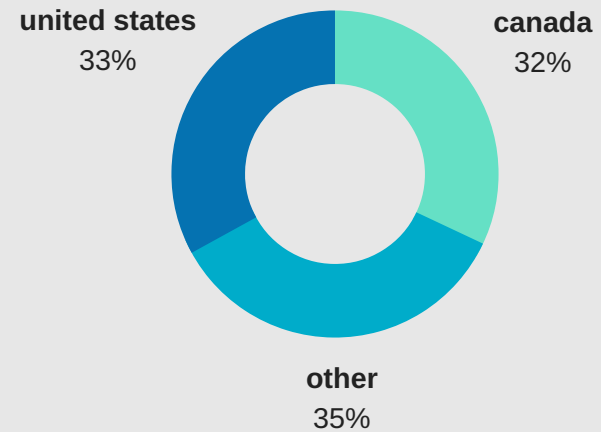
total followers **38 k**
monthly posts reach **336 k**
monthly reach via mentions & reposts **1.7 million**



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BLOG

monthly unique visitors **2.0 k**
total monthly sessions **2.4 k**
total monthly page views **4.6 k**



page likes **1.9 k**
monthly reach **455 k**

138

105

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by Victoria & Christopher

ehvegan.com

fb.com/ehveganofficial

instagr.am/ehvegan



Ready to get started?

hi@ehvegan.com

