

CARNALDISH 2018 MEDIA KIT

# *Carnal*Dish

BECAUSE FOOD IS SEXY



CARNALDISH.COM

# About CarnalDish

JUST A LITTLE INFO ABOUT MY BLOG

*CarnalDish* was established in 2011, and has been one of the top leading food blogs since it's debut.

Full of deliciously sinful, and super sexy recipes sure to get you lucky in many ways, *CarnalDish* offers a unique "adult" approach to food. When people need a "sexy dish", they visit us.

With an extremely diverse audience, we have humbly become the "go-to" for no-fail crowd favorites such as Bacon Mac & Cheese, Flaky Buttery Buttermilk Biscuits, and Fried Chicken & Waffles. Every recipe is made with love, and is fool-proof, allowing the most novice home-cook to whip up something amazing on the very first try.



ROASTED CHICKEN  
WITH MARSALA SAUCE



SWEET & SPICY  
GARLIC AND GINGER WINGS



CRANBERRY-ORANGE  
BUTTERMILK PANCAKES



CIDER-BRINED OVEN-FRIED  
CHICKEN SLIDERS

# Chef Resha

ABOUT ME

I'm Resha, the owner and creator of *CarnalDish*. I'm a mother, traveling personal chef, small party caterer, baker, YouTube vlogger, and well-rounded social media personality. I'm just here to be myself to the fullest extent of the law, and encourage people to cook their butts off. Whether I'm suggesting which recipe to make for your wife that you've pissed off so that you can get off the couch, or telling you which eye-cream works best for dark circles, I always do so with genuine sincerity and that is why my following has been so steady. Cooking is my #1 passion in life and I can't see myself doing anything else.

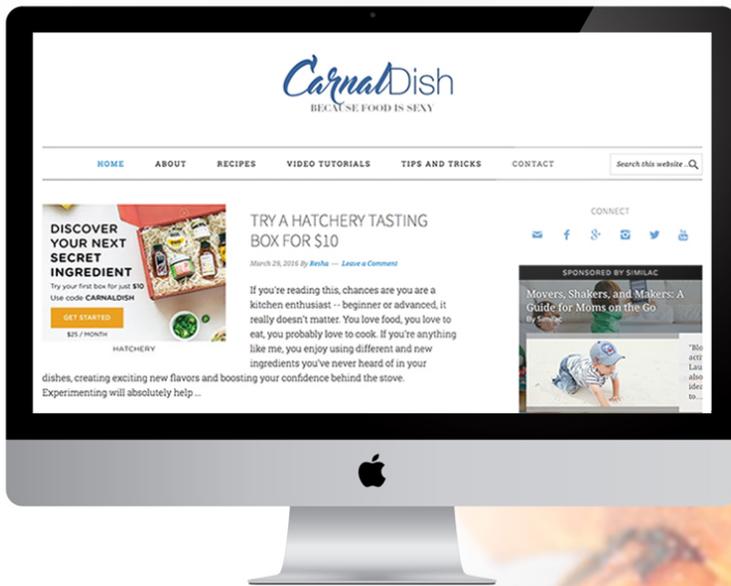
## QUICK STATS:

RESHA . NORTHERN VA . "COLORFUL" PERSONALITY  
BRUTALLY HONEST . DOG LOVER . SHORT STUFF  
RECIPE PEDDLER . CAST IRON ENTHUSIAST  
HERBES DE PROVENCE ADDICT . PLEASURE JUNKIE  
THRILL SEEKER . FREQUENT NAP TAKER



# The Numbers

WEBSITE AND SOCIAL MEDIA REACH



*Avg. month*  
**PAGE VIEWS:**  
**122k+**  
**UNIQUE VISITORS:**  
**90k+**

OVERALL  
*Social Media*  
FOLLOWING



17k



4.7k



2.5k



64.2k



33k



45k

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# Brands & Publications

COMPANIES I'VE WORKED WITH, PLACES I'VE BEEN FEATURED

**SHEKNOWS**

**ESSENCE**

**EBONY**



**HATCHERY**  
PURVEYORS OF ARTISAN INGREDIENTS



TASTESPOTTING

THE  
HUFFINGTON  
POST



**BuzzFeed**



## *A few celebrities I've worked with*

**KEVIN DURANT   CATHY HUGHES   CHEF ROBLE   CHAD "OCHOCINCO" JOHNSON**  
**CHAUNCEY "HITBOY" HOLLIS   LISA WU   BIG TIGGER   MICA HUGHES   TYLER PERRY**

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# Work With Me

MY AVAILABILITY & CONTACT INFO



- TELEVISION
- RADIO/PODCAST
- GIVEAWAYS
- SPONSORED POSTS
- AFFILIATE LINKS
- PRODUCT REVIEWS
- BRAND EMBASSADORSHIP
- SOCIAL MEDIA PROMOTION
- GUEST APPEARANCES
- LIVE COOKING DEMOS
- COOKING CLASSES
- RECIPE DEVELOPMENT
- PRIVATE CHEF/CATERING
- COOKBOOK PUBLISHING
- YOUTUBE COLLABORATIONS

*...and much more*

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