



Bethany's Health

Plant-Based Cook & Health Coach

About Bethany

Bethany has a B.S. in Sociology from Vanderbilt University. She received her Health and Life Coach Certification from IAPO (International Association of Professional Organizations). Bethany was previously the owner as well as Creative & Decorating Director at Beautiful Cakes & Bridals, a cake decorating and wedding planning business, for two decades.

Bethany handled all areas of the business including website development, marketing, accounting and decorating.

Bethany Ann Lewis

www.bethanyshealth.com

bethanyannlewis@gmail.com

Instagram: @bethanyshealth

Facebook: /BethanysHealth

Twitter: @BethanysHealth

TikTok: @bethanyshealth

SOCIAL MEDIA STATS (2022)



4,580+ Instagram Followers

400+ Pinterest Followers

475+ Facebook Followers

1,270+ TikTok Followers

INSTAGRAM AUDIENCE (2022)

74% Female

41.2% US

25-34 years old

18.9% UK

5.3% Canada

4,580

Followers

2.90% average

post engagement

Available for:

Social Media Content & Collaborations

Product Reviews

Ambassadorship

Blog and Social Media Posts



RATE CARD

Services

USD

IG Post + Story

\$150

IG Carousel + Story

\$175

IG Reel +Story

\$250

Let's Work Together!

@bethanyshealth

bethanyannlewis@gmail.com



INSTAGRAM COLLABORATIONS - 2021



forksoverknives

...



Liked by inmyhomeandgarden and 6,721 others

forksoverknives Get a savory start to the day with a veggie-loaded chickpea omelette 🌞 Full recipe linked in bio.

📷: @bethanyshealth

Forks Over Knives

Chickpea Omelet

February 27, 2021

Flora Plant U.S.

Loaded Hasselback Potatoes

March 5, 2021



floraplantus

...



Liked by karishmas.kitchen and 212 others

floraplantus This Flora Fan Friday we are diving into @bethanyshealth Loaded Baked Hasselback Potatoes 🥔 How perfect do they look? 😋

Field and Farmer Co.
Creamy Vegan Spinach and Onion
Quiche
November 16, 2021



fieldandfarmerco

...



...



Liked by dashofdanielle_ and 39 others

fieldandfarmerco Check out this Creamy Vegan Spinach & Onion Quiche recipe from @bethanyshealth... more



daiyafoods

...



...



Liked by dedetable and 568 others

daiyafoods We might not be able to recite all of the numbers in Pi, but we can show you delicious photos of plant-based pizza pies! 🍕



Celebrate #PiDay with this collection of pizzas created by our amazing community.

@dedetable

@veganvida23

@bethanyshealth

Daiya Foods

Buffalo Cannellini Beans Pizza

March 15, 2021