LL

Lime & Ladle

Quick vegetarian dinners for small kitchens

18,400
TikTok followers
6,200 average views · 9.3% engagement

4,100
Instagram followers
1,300 average views

Engagement: (average likes + average comments) ÷ average views per post
Date and sample: September 2026 · last 15 videos on each platform
Source: TikTok and Instagram analytics, entered by the creator

About Lime & Ladle

I film one-minute vegetarian dinners with five ingredients or fewer, cooked with one pan and a rice cooker in a rented apartment kitchen.

Audience and reach

Renters and students who cook for one or two and want cheap, fast meals without special equipment.

Top countries	United States 46%, United Kingdom 14%, Canada 9%
Age	18-24 (39%), 25-34 (37%)
Gender	71% women, 28% men

Partnership options

One recipe video on TikTok
USD 450

One recipe video on TikTok and Instagram
USD 600

Rates cover one video, one round of edits and organic posting on my accounts. Paid usage and ad rights are quoted separately.

Work samples

Available on request: a pantry staples series and a one-pan dinner series filmed in my own kitchen.

Let's work together hello@limeandladle.example