

CONTENT PILLARS FOR SOCIAL MEDIA

Example	Pillar #1	Pillar #2
Meal-prepping		
Sub-Topics	Sub-Topics	Sub-Topics
<ul style="list-style-type: none"> • Health benefits of meal-prepping • Meal-prepping for busy families • Sustainable Meal prepping • Versatile preparation options for healthy foods 		
Influencers / Popular Accounts	Influencers / Popular Accounts	Influencers / Popular Accounts
@fitwomeneat @workweeklunch @c_j_miller @peanutbutterandfitness @fresh.eric		
Hashtags	Hashtags	Hashtags
#mealprepping #sundaymealprep #mealprepprmonday #mealpreppideas #bariatricmealprep #nutrition		



CONTENT PILLARS FOR SOCIAL MEDIA

Pillar #3:

Pillar #4:

Pillar #5:

Sub-Topics

Sub-Topics

Sub-Topics

**Influencers /
Popular Accounts**

**Influencers /
Popular Accounts**

**Influencers /
Popular Accounts**

Hashtags

Hashtags

Hashtags

