

Ana Potard

*Easy, colourful recipes inspired by a life
lived across cultures*





A global table, made for every day.

Born in Uzbekistan and now based in Antibes, Ana has lived in Singapore, London and Paris. Her recipes bring together Uzbek, Korean, Russian and Mediterranean influences with an easy, everyday approach to cooking - vibrant food that feels both inspiring and achievable.

WHAT MY CONTENT BRINGS

- *Approachable recipes with a distinctive international point of view*
- *Warm, appetising content designed to inspire saves and shares*
- *Natural product integration that feels useful, relevant and authentic*

BUILT FOR DISCOVERY

Thirty-day Instagram insights | 18 August - 16 September 2026

99K

*Instagram Followers
@ana.potard*

9.1M

Views

564K

Interactions

248K

Saves

97K

Shares

+21K

New followers

A VALUABLE, INTERNATIONAL
FOOD-LOVING COMMUNITY.

EVERYDAY INSPIRATION

*Practical recipes created to be
saved, shared and recreated.*

MAIN DEMOGRAPHIC

90.3%
Woman Followers

35 - 64
Core Age

TOP COUNTRIES

9.2%
US

5.3%
France

6.4%
UK

4.9%
Germany

6.0%
Spain



COLLABORATION OPPORTUNITIES



SPONSORED REELS

*Natural product integration
through original recipe
content.*



UGC CONTENT

*Authentic vertical video
created for your brand's own
channels.*



RECIPE DEVELOPMENT

*Original, approachable
recipes thoughtfully created
around your product and
campaign.*



CONTACT ME!

LET'S CREATE SOMETHING DELICIOUS.

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Custom packages and rates

available upon request