



Om Nom Ally

Your whole health journey, one mouthful at a time

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Om Nom Ally is a wholefood recipe blog utilising a range of nutrient-rich ingredients and written with the aim of increasing food-based health knowledge. By promoting real food recipes, holistic natural remedies and kitchen gardening techniques, this blog encourages self-sufficiency and an increased sense of wellbeing.

Alison Murray

Alison is a Health & Wellness Coach, a Spiritual Healer and final-year naturopathy student who helps her readers and clients discover their healthiest, happiest and most successful selves. She is the store manager of the Gluten Free Shop, Australia's largest allergy-friendly health food store and is a crusader for making a 'real food diet' accessible and desirable for everyone through her simple, delicious and economical recipes and lifestyle tips.

Media

My work has appeared in Raw Food Magazine, Healthy Living Magazine and Willow and Sage; Om Nom Ally has also appeared on websites such as The Kitchn, Women's Health Magazine and Bethenny.

Services

- Brand Ambassadorships
- Product Reviews and Giveaways
- Recipe Development
- Social Media Promotion
- Guest Posting and Sponsored Posts

Note: Service pricing available upon request.

Analytics

- Daily Views: 700+
- Monthly Views: 20,000+
- Unique Visitors: 10,000+
- Target Demographics: Female, Age 25 - 54

Traffic Sources: Pinterest, Foodgawker, Tastepotting, Healthy Aperture, Foodie

Social Media Followers

- Facebook: 3,700+
- Instagram: 700+
- Twitter: 500+
- Pinterest: 2,100+
- Subscribers: 600+

Alison is a member of the blog networks Healthy Living Blogs, BlogHer, Food Bloggers Australia and Australian Women's Blogger Network