

SAVAGE

— MARKETER —



**HOW
TO GET
1 MILLION
INSTAGRAM
FANS THAT
AREN'T
FAKE**

with **NICK QUINTERO**

from Meal Prep on Fleek

FROM 0 TO 100K

Everything I'm doing on Instagram right now:

1 POST PER DAY

1



70/30 CONTENT IN THE FEED

(70% collabs / reposts - 30% own)



2

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COLLABORATIONS IN IG STORIES

(the new S4S)

3



INFLUENCER COMMENTING GROUPS



4

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SHARING IG POSTS TO TWITTER (IFTTT)

5



SHARING IG POSTS TO FACEBOOK (IFTTT)

6



FREQUENT OUTREACH TO LIKE PAGES FOR COLABORATION

(adding value to others is key!)

7



USING STORIES SEMI-REGULARLY

(2-3x per week)



8

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EMBEDDING IG POSTS IN MY BLOG

9



TESTING HASHTAGS... CHOOSE
HASHTAGS WITH 20K-400K
PHOTOS (GENERALLY)



10

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MONTHLY VIDEOS

(hoping to get to 1 weekly video post)

11



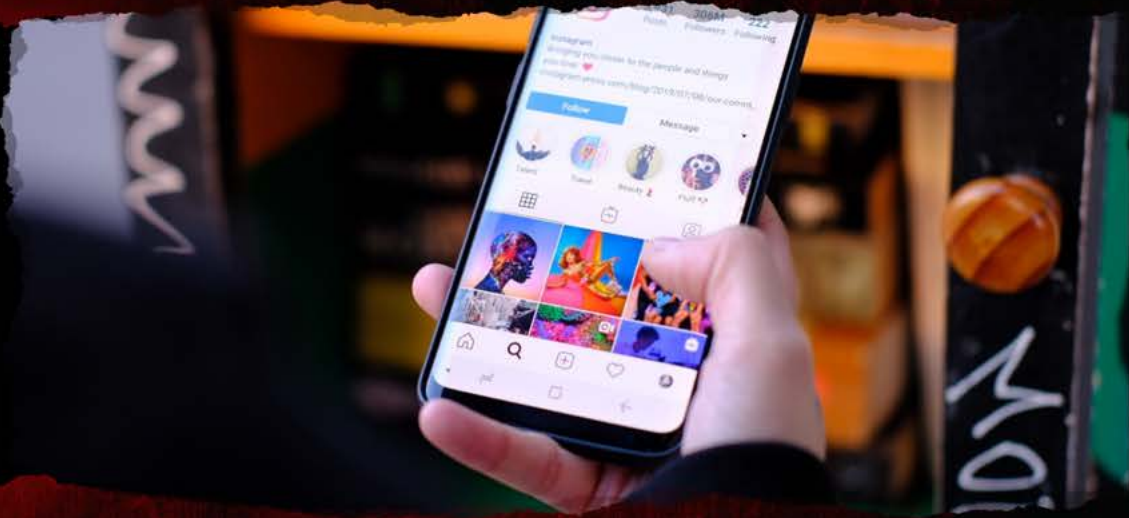
TESTING POST CAPTIONS



12

SHORT VS. LONG

13



MENTIONS VS. NO MENTIONS



14

HASHTAGS IN THE DESCRIPTION VS. HASHTAGS IN THE FIRST COMMENT (OR BOTH)

15



DIFFERENT CTA'S



16

POST TYPES /

QUOTES

17



RECIPES



18

BEAUTIFUL DISHES

19



VIDEO



20

CAROUSEL

21



INFOGRAPHIC



22

LISTS

23



DISCLAIMER:

Doing these things will not guarantee growth but it's what I've done to grow [@mealpreponfleek](#)

I've done about 50% of this on another account and grew it to 80k in 12 months. [@easymealpreprecipes](#)



MEAL PREP ON FLEEK

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