

Welcome

**WE HEARD YOU WANT
CONTENT THAT SELLS**

STUFF LIKE...







THEN
THIS

[Click here for full campaign](#)

CHUKKA

ADVENTURE CLUB

ZIPLINE
FROM
99USD

BOOK NOW

CHUKKA

OCCASIONS

CRUISE
FROM
69USD

CHUKKA

ADVENTURE CLUB

RIDE
FROM
189USD

AND
THIS

FUEL YOUR FAST



3 OZ 85% LEAN GROUND
BEEF, COOKED = 20G PROTEIN



3 OZ BONELESS CHICKEN
BREAST, GRILLED =
24G PROTEIN



3OZ BONELESS PORK CHOP,
BROILED = 23G PROTEIN



4 OZ ATLANTIC SALMON
= 23G PROTEIN

**BOOST HIGH PROTEIN
= 20G PROTEIN**



boostnutrition.tt



boostnutrition.tt Fasting from meat this Lent? 🙄 To fill significant protein gaps in your diet, Boost High Protein is the top choice! 🏆

💡 It's recommended to divide your overall protein intake across meals and snacks throughout the day. This equates to roughly 20-35g per meal depending on your individual needs.

One serving of Boost High Protein provides 20g of high-quality protein 🤯 That's enough for a between-meal snack or to supplement into your daily meals! 🌈

Here's how we match up against common meat protein sources 👉

#BoostNutrition #ProteinSupplement #ProteinDrink #LentFasting #IntermittentFasting #Lent #Easter

*Boost is not a meal replacement but an excellent choice to include into diets to meet daily nutritional needs.

12h



jonettacharles Thanks for this!!

10h 1 like Reply

[View insights](#)

Ad scheduled



8 likes

12 hours ago



Add a comment...

Post

THIS
TOO



dilmahcaribbean



dilmahcaribbean Take your pick from our delicious variety of flavored black teas! 🍏🍓🍵

Whether you're in the mood for the sweet taste of apple, the spice of cinnamon, the refreshing coolness of mint, or the warmth of ginger & honey, we've got a flavor for every moment.

Which one will you choose today? 🍵✨

#DoTryIt
#Dilmah
#DilmahTea
#DilmahCaribbean
#TheFinestTeaInTheWorld

17w



beautybee.ty 🍵 All!



17w Reply



staceylalchan Mint please



17w Reply



celestial_sophd Plz do dandelion 🍵❤️



15w Reply

— View replies (1)



Liked by **beautybee.ty** and 418 others

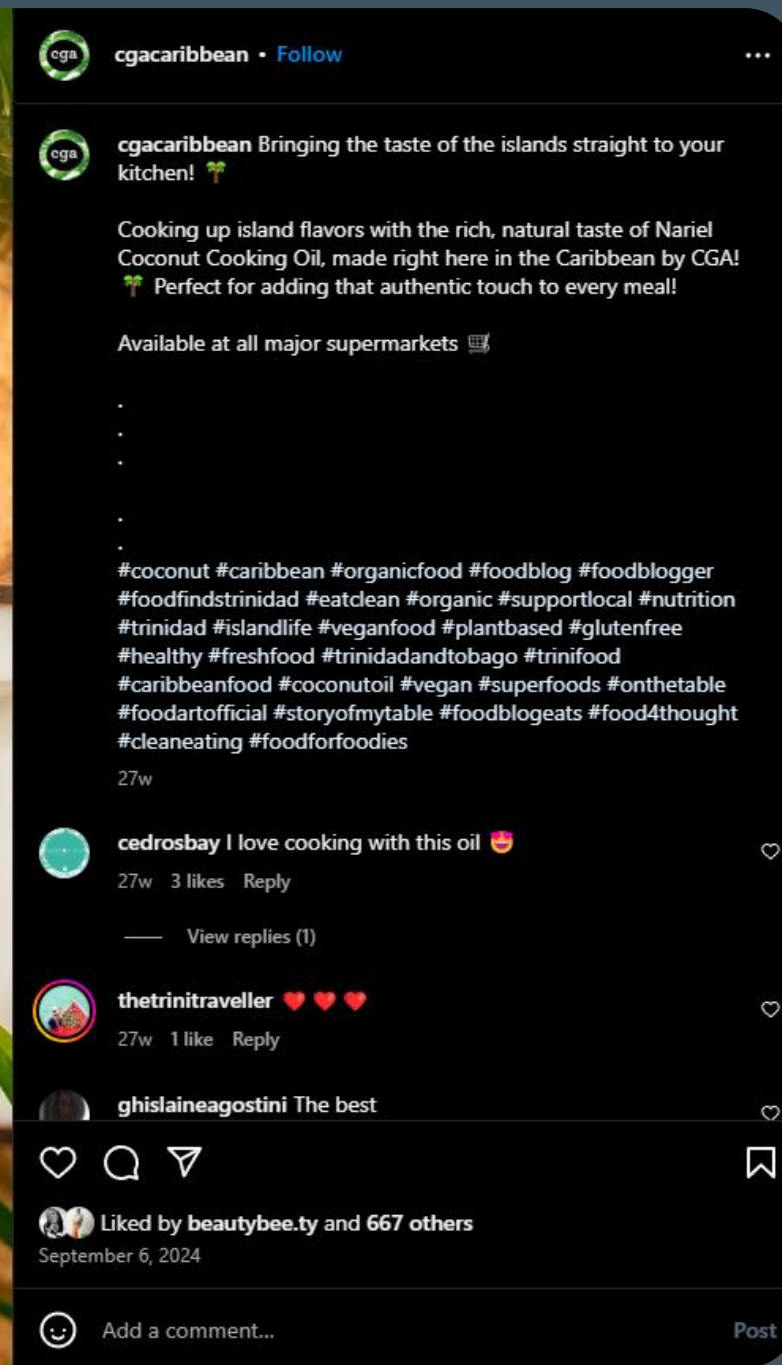
November 17, 2024



Add a comment...

Post

ALSO,
THIS



AND OF COURSE, VIDEOS LIKE THIS

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Machel Montano • PARDY



cgacaribbean We deserve a pardyyy with Simply Natural Coconut Oil 🌴 a must if you're bubbling a pot! 🍲🔥

Excellent for cooking geera chicken, frying plantain, aloo pies, roti, fish, chicken you name it 🍲

And it's the perfect ingredient for ice cream and sweets 🍦🍌

Try it at your next lime for the carnival 🎉
Available at all leading supermarkets .

#coconut #caribbean #organicfood #foodblog #foodblogger
#foodfindstrinidad #eatclean #organic #supportlocal #nutrition
#trinidad #islandlife #veganfood #plantbased #glutenfree
#healthy #freshfood #trinidadandtobago #trinifood
#caribbeanfood #coconutoil #vegan #superfoods #onthetable
#foodartofficial #storyofmytable #foodblogeats #food4thought
#cleaneating #foodforfoodies

3w



beautybee.ty Aye! Good food, rel vibes... what more yuh want?! 🍲🔥

3w Reply



cedrosbay Where was my invite ? This is so good 🍲

3w Reply



thecandytablett 🍲🔥



Liked by **beautybee.ty** and 240 others

February 17



Add a comment...

Post

AND THIS.

View on Instagram



brydenpifoodandgrocery • Follow

Original audio



brydenpifoodandgrocery Got cheat day cravings? 🍰👉

Take a break from the grind and treat yourself to a delicious mug cake in just 1 minute!

Our 1-Minute Health Mix Mug Cake is made with whole wheat flour, free from artificial flavors, and ready in only 70 seconds.

Just add milk, microwave, and indulge in a guilt-free dessert that's as quick as your hustle!

Perfect for those gym-to-treat moments when you need a little sweetness to power your day.

- 🌟 Ready in 1 minute
- 💎 Guilt-free, wholesome ingredients
- 🥛 Just add milk
- 🔥 Microwave-friendly

#CheatDayApproved #HealthyIndulgence #1MinuteDessert #TreatYourself #WholesomeSnack #HealthMix

14w



shalom.girdharie Soo yummy! 🍷🍷

14w 2 likes Reply



nandanie86 I'm trying to find this mix 🤔

14w Reply



Liked by beautybee.ty and 115 others

December 7, 2024



Add a comment...

Pos

BECAUSE:

You have a brilliant product.

Now you want to share its benefits
so that people understand its value
and buy it.

We'll help you create content:

- reels & posts for IG, FB and LinkedIn
- newsletters
- landing pages
- product photography

GOAL:

To help you present your product so that it's **easy** to understand, because confused people don't **buy**.

So, here's a diagram.

Let's make your value obvious and access to your product as simple as possible.

Then let's make your price clear and reduce as much risk for your customer so they feel comfortable buying from you.

We'll help you with clarity because our content is how we enable people to make a decision.



WE SPECIALIZE IN CONTENT FOR CONSUMER PRODUCTS

Our studio is built in-house, so we control the entire production process, ensuring the highest quality.

**HERE'S HOW WE
CREATE CONTENT
FOR YOU:**

STEP 01

WORKSHOP

We dive deep into your brand and business to understand the good, the bad, and opportunities for growth. We analyze everything from your ads, website, socials, funnel, and content design — to your deliverability, conversion rates, open rates, CTRs, and more.

STEP 02

CUSTOM PLAN

Based on our analysis, we create a plan to supercharge your growth. Our plans are holistic and cover more than just vanity metrics. This ensures the audience we build for you leads to revenue and brand affinity.

STEP 03

EXECUTION

We do all the work to implement and execute the plan. Ciinq replaces a multi-person marketing team so you can focus on creating great products and running your business. Plus, we keep optimizing your growth plan and share weekly reports with you.

PLATFORMS



A note on platforms:

The technology that powers them changes every day. Best practices become obsolete by the week, especially with the rate of change that AI is inducing. To balance this, we focus on the structure of information. All marketing technology follows the same information structure. Once your information is organized into proper campaign, ad group and product detail structures, your ads will work on any platform. Your reports also come out much cleaner and your insights go much deeper.

PRICING

We do everything \$16k/mo

You need everything done for you. You probably don't have a content person on staff.

What we do:

- ✓ Content strategy
- ✓ Content calendar
- ✓ Write the captions
- ✓ Shoot the products
- ✓ Design the posts
- ✓ Schedule the content
- ✓ Respond to DM's
- ✓ Keep an eye on the page daily
- ✓ Send you a monthly report
- ✓ Manage your boost budget

What you do:

- ✓ Nothing

We make, you post \$12k/mo

You have a content person, but they need help with the production.

What we do:

- ✓ Content calendar
- ✓ Write the captions
- ✓ Shoot the products
- ✓ Design the posts
- ✓ Send you a monthly report

What you do:

- ✓ Content strategy
- ✓ Schedule the content
- ✓ Respond to DM's
- ✓ Keep an eye on the page daily
- ✓ Manage your boost budget

We guide \$7k/mo

You have a content team, but you need someone to guide them on what to make.

What we do:

- ✓ Content strategy
- ✓ Content calendar
- ✓ Write the captions
- ✓ Send you a monthly report

What you do:

- ✓ Schedule the content
- ✓ Respond to DM's
- ✓ Keep an eye on the page daily
- ✓ Shoot the products
- ✓ Design the posts
- ✓ Manage your boost budget

For the best audience engagement, we recommend you post at least 3 times per week.

Our packages cover this with 12 posts per month: 10 static and 2 reels.

Ad spend is determined according to your needs. We guide on what should be spent, but due to Trinidad and Tobago's forex limitations, we encourage clients to handle this bill directly.

Additional video production is quoted per video.

OTHER SERVICES

Service	Description	Fee TTD	Time
Logo	Crafting a unique and memorable visual identity for your brand.	5,100.00	2 weeks
Identity Design Package	Comprehensive branding, including logo, colors, and typography for a cohesive look.	16,320.00	8 weeks
Landing Page	High-converting, visually engaging web pages tailored to your audience.	7,720.00	1 week
Signage	Attention-grabbing visuals for indoor and outdoor signage.	2,040.00	1 week
T-shirt/Apparel	Custom designs to turn apparel into a statement.	544.00	1 week
Google Display Ad Set (6 ads)	Creating ad banners to drive traffic and boost conversions across the Google Display Network.	2,040.00	1 week
Flyer/Brochure/Poster	Eye-catching print materials that communicate your message effectively.	1,632.00	1 week
Presentation (PowerPoint)	Polished slides that make your ideas shine. (10-20 slides)	2,040.00	2 weeks
Product Photography (per image)	High-quality images showcasing your products with style.	272.00	2 weeks
Social Media Post (single)	Engaging, ready-to-post visual and copy for your platforms.	544.00	1 week
Social Media Content (15 static pieces)	Engaging, ready-to-post visual and copy for your platforms.	4,760.00	2 weeks
Social Media Content (30 static pieces)	A full month's worth of compelling, on-brand social media content.	8,160.00	3 weeks
Monthly Design Subscription	Unlimited design requests delivered 1 at a time to keep your brand fresh and consistent.	10,200.00	Ongoing
Article Writing	Crafting compelling, well-researched content to inform, engage, and inspire your audience.	1,020.00	1 week

For the humans

THE BIG WHY

WE DO THIS:

To empower people

We're here to help, to guide and to give you the resources to grow your business, your own way.

To bring clarity

Forget the jargon. We will always communicate with simple language and easy stories.

IDEAS!

[Click here](#) to check out our blog called People Tutorials, for ideas about improving your communication 1% at a time

