

REAL MEN EAT PLANTS PODCAST



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Founding Partners Real Men Eat Plants (RMEP)

Be there from the beginning to lock in the best rates

As a RMEP Podcast Founding Partner, your product and services will be promoted to our audience through the website, the daily blog, during the podcast, on our Youtube channel, through social media, and in our weekly newsletter.

The podcast team has over 100 combined years of audience-building/broadcasting experience, and have been seen and heard in markets like: Chicago, Atlanta, Phoenix, Milwaukee, Madison, and more.

“Adopting a vegan lifestyle is an evolution, its a growth.”

– Timothy Shieff

Real men grill vegetables not dead animals



After becoming plant-based in November of 2019, RMEP Podcast Host Rich Reynolds has set out to educate as many people as he can to the benefits of ditching meat and dairy. He realized that he can influence people when he converted two of his cousins during a road trip in 2021. Rich was also able to convince his son, a college athlete, to become plant-based, too.

Now, Rich will use his decades of broadcast experience to grow an audience that will be influenced to use your products. His assembled team is one of the most talented and experienced that you will find anywhere in podcasting, and they're ready to go to work for you.

From Sports to Pop Culture and more

While some podcasts stick to narrowcasting, meaning they only hit on a single topic, RMEP is broadcasting so we can generate the largest audience possible. The topics will center on sports, pop culture, and men's health, but can really be open to anything that creates interesting and compelling content.

Plus, each podcast will finish off with Sarah's news segment, which will revolve around plant-based companies, athletes, actors, and the growing segment of vegans. Although based in Madison, Wisconsin, we are a national show that will focus on the population at large.

REAL MEN EAT PLANTS PODCAST

Talk
to Us



RICH REYNOLDS
The Host and a Plant-Based Man



SARAH CARLSON
Newswoman, Vegetarian and Co-Host



ERIC ROGERS
Co-Host, Producer, and Omnivore

A PODCAST LIKE NO OTHER

Irreverent, unafraid, and always funny, the RMEP Podcast destroys the stereotype that *"You need to eat meat to be a man,"* one show at a time.

This podcast is for people who live a plant-based lifestyle, those who are considering it, and for anyone that wants to be entertained. RMEP brings a daily mix of sports, pop culture, humor and high-profile guests.

1
**REACH
MEN**

The target demographic is men ages 25-54

2
**ALL
PLATFORMS**

Can be heard anywhere podcasts are heard, plus YouTube

3
VALUE

Partners enjoy bang for their buck, with visibility across a myriad of digital media.

SPONSORSHIP OPPORTUNITIES

Advertisement Options	Per Month	Annual Contract 10% off
1 per month	\$30	\$324
1 per week	\$120	\$1,296
3 per week	\$360	\$3,888
Take Over One Episode	\$100	N/A
Website Add On	\$25	\$270
Newsletter Add On	\$25	\$270

RMEP PODCAST

STATISTICS

REAL MEN EAT PLANTS PODCAST STATISTICS

(BASED ON STATISTICS FROM AUGUST 1,2022 TO DECEMBER 31,2022)



2,301

Total Downloads

60

Average Episode Downloads

767

Average Monthly Downloads

LISTENING APP



1052
46%

Total Downloads on
Apple Podcasts App

Listening on
Apple Podcasts App

LISTENING DEVICE



1542
67%

Total Downloads on
Mobile Device

Listening on
Mobile Device

Chrome



340
15%

Total Downloads
of Total

Unknown



337
15%

Total Downloads
of Total

Spotify



263
11%

Total Downloads
of Total

Safari



102
4%

Total Downloads
of Total

Desktop



393
17%

Total Downloads
of Total

Unknown



361
16%

Total Downloads
of Total



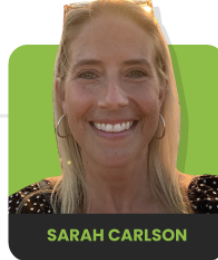
MEET THE TEAM

REAL MEN EAT PLANTS PODCAST



RICH REYNOLDS

Started his broadcast career at 17 in Chicago when he hosted a sports talk show. Has hosted sports and political talk shows, sports play-by-play on TV and radio, sports editor for two newspapers, and is a PA announcer for UW-Madison.



SARAH CARLSON

A veteran of three television stations and networks, Sarah has been a reporter and anchor across various time slots and markets. A brain cancer survivor who runs marathons and is a long-time vegetarian. Sarah has also been able to accomplish these things while managing epilepsy.



ERIC ROGERS

Started his career in radio with Good Karma Brands when he was 18. Has worked at several radio and television outlets throughout Madison, WI, with experience as a reporter, talk show host, TV studio show host, producer, and media marketing. Is also a high school track and field coach.



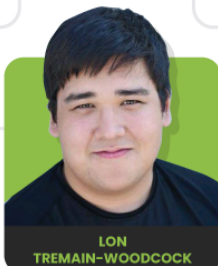
DEE BIZNATCH

The self-proclaimed "Voice Over Queen" of the podcast, Dee is the co-host of the top-rated "Johnny and Dee" morning show on WJJO in Madison, WI. Has also hosted her own podcast, announces at rock concerts, and is a beer connoisseur.



SEAN THOMPSON

Former co-host of "The Madhouse" with Rich Reynolds. A seasoned veteran who will work as a weekly on-air contributor. Currently serves as the Program Director for ESPN 620 in and 98.7 Arizona's Sports Station in Phoenix, AZ. Recently was an assistant PD in Atlanta, GA.



**LON
TREMAIN-WOODCOCK**

An actor, stand-up comedian, improv comic, ukulele player, singer, and more. Lon will be bring his special brand of humor to the podcast as a weekly contributor. His love for the Detroit Lions should be funny enough to carry him through most segments.



**HARRIS LEMBERG,
AKA "THE GREAT HARRISIMO"**

An accomplished keyboardist, singer, songwriter, and poet. Has performed in dozens of bands and as a solo act throughout his six-decades long career. Harris will be writing and performing theme music and jingles for the podcast.

AMAZING GUESTS

THAT HAVE APPEARED



CHEF AJ

Chef AJ has been devoted to a plant-exclusive diet for over 43 years. A professional chef, culinary instructor, and professional speaker, and the author of *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*, which chronicles her journey to a healthier lifestyle.



ALEXANDRA PAUL

Alexandra Paul is an actress that has appeared in more than 100 feature films and television programs. She is internationally recognized for her 5-year starring role as Lt. Stephanie Holden in the tv series *Baywatch*. She's also a Health Coach that personally coaches clients on the phone all around the globe, and speaks to different groups on how to create a healthy lifestyle and the best versions of themselves.



HADAS KUZNITS

Hadas Kuznits has been as a news writer/reporter for KYW Newsradio since September 2002, and has traveled the city -- and the world -- while covering stories for Newsradio. She is also the host of the series "What's Cooking on 1060!" -- covering stories related to food and restaurants.



DR. ANGIE SADEGHI

Dr. Angie's own personal journey fueled her desire to help patients. In 2014 she switched to whole food a plant-based lifestyle and adopted regular fitness into her life. She started eating a whole food plant-based diet, and transformed her health and body in a short time span. This allowed her to completely restore her health and even compete and place in a fitness competition.

GUESTS LINE-UP

FOR THE GLEN MERZER SHOW

**New
Podcast!**



DR. JOHN TANNER

Dr. John Tanner is the founder and Director of NuSci, The Nutrition Science Foundation, a non-profit organization dedicated to saving lives through education of nutrition science. More recently he founded the healthy meal delivery company Little Green Forks.



BRIAN HERSKOWITZ

Brian Herskowitz award winning writer, producer, director, and teacher. His credits include both film, TV, and books. He's taught for the last 18 years for Boston University in Los Angeles. When he's not working, writing, or with family he's training in judo and Brazilian JiuJitsu. Brian has always been an animal lover and more recently stopped eating them.



TAMI & TOM KRAMER

Tami & Tom Kramer the power couple who created the Nutmeg Notebook Plant Based Blog. Tami started doing blogs about the Standard American Diet but after reading several Whole Food Plant-Based Books, she then spoke to Tom to transition into the lifestyle.

Do you know some amazing guests? Contact us today!

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We have many options to choose from for you to partner with us. From a la carte options to full blown presenting sponsorship, you can be seen and heard by the coveted men 25-54 demographic. We also have opportunities to pair with us on social media, our websites, and our blogs.

The Real Men Eat Plants Podcast can be found anywhere that podcasts are enjoyed, as well as in video form on our YouTube channel. With our experienced broadcasters, talented design team, and creative social media, we can get your product branded with our audience. Let's grow together!

For more information and spot rates, please use the accompanying email's information to contact Rich Reynolds directly. He will be happy to help you with a campaign that fits you.

Get in touch with us now

Visit our social media page and website



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