IN THE KITSCHEN WITH KIT KEENAN

MONTH 01

INSTAGRAM CONTENT CALENDAR

20 FEED POSTS

4-5 STORY DAYS / WEEK

	MON	TUE	WED	THU	FRI	SAT	SUN
W1	PODCAST **Podcast launch** Welcome to the Kitschen ● Trailer + question box	REEL **Recipe Reel** Kit's weeknight plate ● Ingredient poll	PHOTO **Kitchen candid** What is on the table	STORIES ● This or that: dinner	EDITORIAL **Magazine Vol. 01** Stilettos & Spatulas	COMMUNITY **Listener Notes** Verified podcast reviews ● Rate + review prompt	STORIES ● Dinner Dress Code poll
W2	PODCAST **Podcast clip** The group-chat answer ● Full episode link	RECIPE **Recipe card** The bread people save	FASHION **Dior x Kitschen** Fashion meets the menu	STORIES ● Kitschen question box	FOOD **Kit's Current Craving** One dish, one thought ● Add yours	STORIES ● Camera-roll extras	MOTIF **Vine motif** Editorial palate cleanser ● Wallpaper download
W3	EDITORIAL **Magazine Vol. 02** Pasta Before Plans ● Cover reveal	REEL **Recipe Reel** Cook with Kit	EDITORIAL **Blowout vs. Boilover** Beauty / kitchen editorial ● Which side are you?	STORIES ● Guest teaser + questions	CULTURE **Sole Food** Shoe x dish horoscope ● Find your pairing	STORIES ● Share your podcast review	MOTION **In Motion** Line-art animation Reel
W4	PODCAST **Podcast Guest** A seat at Kit's table ● Episode countdown	RECIPE **Recipe carousel** Saveable grocery list	PHOTO **Kit's Camera Roll** Food, fits and outtakes	STORIES ● Mini taste-test quiz	COMMUNITY **Review Board** Verified listener pull-quotes ● Vote on next topic	PODCAST **Kitschen Hotline** Kit answers the comments ● Submit a question	STORIES ● Next month teaser

KEY **PODCAST** clips + guests **EDITORIAL** mini-mag + concepts **RECIPE** cook + save **PHOTO** Kit + food **COMMUNITY** verified reviews ● Story support

STORIES RUN 4-5 DAYS WEEKLY. LISTENER QUOTES ARE PUBLISHED ONLY AFTER THEY ARE REAL, VERIFIED AND APPROVED.

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