



Monique Koch

Vegan Coach | Podcaster | YouTuber

Monique is a home cook and vegan family coach.

In 2010, after being a vegetarian for 2 years, she decided to become an ethical vegan with her husband and 3 school-aged sons.

After seeing how easy it was to enjoy delicious vegan meals as a family, she started a YouTube channel and blog to help thousands of people start their own vegan life.

When she's not testing recipes, coaching families or speaking at live events, Monique enjoys listening to podcasts and traveling with her family.

Let's Work Together

About Brown Vegan

Teaching families how to embrace a simple, delicious and long-term vegan life.

Brown Vegan has a simple and down-to-earth approach to vegan life. Through careful curation, engagement through social media, written content and video, Brown Vegan strives to take the apprehension out of the starting a vegan journey.

43,000	YouTube subscribers
18,305	Facebook followers
19,803	Instagram followers
15,000	Podcast downloads/mo
3,937	Newsletter subscribers

If you think Brown Vegan aligns with your brand, please reach out so we can talk about creating a unique online experience for your products.

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