

## Swasth Jeevan SEO

<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>

---

### 1) Identify the primary keyword:

- A. Select one primary keyword that best fits the landing page intent (“free eBook: 21-Day Weight Loss Meal Plan”) while balancing search demand, ranking difficulty, and commercial intent.  
Platform use: Google keyword planner, ubersuggest.

### B. Keywords And Metrics (India):

Keyword	Avg Monthly searches	SEO Difficulty	CPC (₹)	Notes
21 day weight loss meal plan	100-1k	11 (very easy)	5.29-35.24	Long-tail, low competition, very low demand
Free weight loss meal plan	1k-10k	62 (moderate-high)	3.98-33.44	Solid volume, strong free intent, balanced difficulty
Healthy weight loss meal plan	1k-10k	75 (high)	2.62-32.57	Broad topic, high competition, slightly lower intent

Keywords	AVG MONTHLY SEARCHES	Low range	High range
		TOP OF PAGE BID	
21 day weight loss meal plan	100 – 1K	₹5.29	₹35.24
free weight loss meal plan	1K – 10K	₹3.98	₹33.44
healthy weight loss meal plan	1K – 10K	₹2.62	₹32.57

### C. Primary Keyword Chosen:

**“Free weight loss meal plan”**

Reason:

- Strong monthly searches (1K–10K).
- Lower difficulty than “healthy weight loss meal plan.”
- Matches landing page offer (“free eBook”).
- Higher CPC → better user intent for downloads/conversions.

### 2) Find 3-5 supporting (LSI) keywords:

SR.NO.	Page	Keywords	AVG MONTHLY SEARCHES (MIN)	(MAX)	Low range	High range	Competition
					TOP OF PAGE BID		
1		free weight loss meal plan	1K – 10K	1k	₹3.98	₹33.44	High
2		21 day weight loss meal plan	100 – 1K	100	₹5.29	₹35.24	Low
3		healthy weight loss meal plan	1K – 10K	1k	₹2.62	₹32.57	Medium
4		free diet plan for weight loss	1K – 10K	1k	₹3.98	₹33.29	High
5		best meal plan for weight loss	1K – 10K	1k	₹2.81	₹33.04	Medium
6		proper diet plan for weight loss	1K – 10K	1k	₹2.77	₹29.92	Medium
7		free diet plan for weight loss for female	100 – 1K	100	₹3.77	₹31.74	Medium
8		best diet plan for weight loss	1K – 10K	1k	₹2.61	₹33.04	Medium
9		healthy meal ideas for weight loss	1K – 10K	1k	₹5.01	₹47.78	Low
10		weight loss meal plan for women	1K – 10K	1k	₹2.48	₹32.17	Medium
11		healthy diet plan for weight loss	1K – 10K	1k	₹2.81	₹32.42	Medium
12		simple diet plan for weight loss	1K – 10K	1k	₹2.01	₹31.73	Low
13		healthy eating plan for weight loss	1K – 10K	1k	₹2.61	₹32.42	Medium
14		good diet plan for weight loss	1K – 10K	1k	₹2.61	₹32.42	Medium
15		weekly diet plan for weight loss	100 – 1K	100	₹3.01	₹32.85	Low
16		best food plan for weight loss	1K – 10K	1k	₹2.61	₹33.04	Medium
17		weight loss meal plan free pdf	10 – 100	10	₹2.03	₹18.75	Medium
18		meal plan for fat loss	1K – 10K	1k	₹1.74	₹28.54	Medium
19		perfect diet plan for weight loss	1K – 10K	1k	₹2.00	₹29.10	Medium
20		free eating plan to lose weight	1K – 10K	1k	₹3.98	₹33.29	High

### Supporting LSI Keywords:

- **21 day weight loss meal plan**

**Reason:** Directly tied to the ebook title. Users searching for a “21-day plan” have strong intent to follow a structured program. It also covers long-tail queries.

- **Healthy weight loss meal plan**

**Reason:** Many users look for “healthy” options instead of extreme diets. This keyword reflects their intent to lose weight safely and effectively.

- **Free diet plan for weight loss**

**Reason:** Some people type “diet plan” instead of “meal plan.” This variation ensures we capture both types of searches. The word “free” matches perfectly with the ebook offer.

- **Best meal plan for weight loss**

**Reason:** Searchers using the word “best” are looking for high-quality, reliable solutions. This keyword helps target motivated users who are ready to try a proven plan.

- **Proper diet plan for weight loss**

**Reason:** Adds another variation with strong intent. People searching for a “proper” plan want something authentic, structured, and effective. This aligns with the credibility of a well-designed ebook.

### **Why These LSI Keywords Were Selected:**

- They are related terms and reflect questions/search variations people ask on Google.
  - They cover both “meal plan” and “diet plan” phrasing, capturing different search behaviors.
  - Each keyword aligns closely with the ebook’s promise (structured, healthy, free, effective).
  - This mix of keywords helps the landing page rank for multiple queries, increasing visibility and traffic.
-

### 3) Analyze keyword metrics:

**21 day weight loss meal plan**

SEARCH VOLUME: 1,600 (AVERAGE)

LOCATION BREAKDOWN: All Locations 18,100

Country	Search Volume	Percentage
United States	4,400	24%
India	3,600	20%
United Kingdom	3,600	20%
Others	4,780	26%

SEO DIFFICULTY: 11 (Last Updated: Over 6 Months)

PAID DIFFICULTY: 1 (EASY)

COST PER CLICK (CPC): ₹16.59

**free weight loss meal plan**

SEARCH VOLUME: 3,600 (AVERAGE)

LOCATION BREAKDOWN: All Locations 18,100

Country	Search Volume	Percentage
United States	4,400	24%
India	3,600	20%
United Kingdom	3,600	20%
Australia	1,000	5%
Canada	720	4%
Others	4,780	26%

SEO DIFFICULTY: 62 (Last Updated: 1 Month Ago)

PAID DIFFICULTY: 70

COST PER CLICK (CPC): ₹29.68

**healthy weight loss meal plan**

SEARCH VOLUME: 4,400 (AVERAGE)

LOCATION BREAKDOWN: All Locations 22,200

Country	Search Volume	Percentage
United States	5,400	24%
India	4,400	20%
United Kingdom	4,400	20%
Australia	1,300	6%
South Africa	720	3%
Others	5,980	27%

SEO DIFFICULTY: 75 (Last Updated: Over 6 Months)

PAID DIFFICULTY: 21 (EASY)

COST PER CLICK (CPC): ₹14.84

**free diet plan for weight loss**

SEARCH VOLUME: 3,600 (AVERAGE)

LOCATION BREAKDOWN: All Locations 18,100

Country	Search Volume	Percentage
United States	4,400	24%
India	3,600	20%
United Kingdom	3,600	20%
Australia	880	5%
Canada	720	4%
Others	4,900	27%

SEO DIFFICULTY: 81 (Last Updated: 2 Weeks Ago)

PAID DIFFICULTY: 70

COST PER CLICK (CPC): ₹29.61

**best meal plan for weight loss**

SEARCH VOLUME: 8,100 (HIGH)

LOCATION BREAKDOWN: All Locations 18,100

Country	Search Volume	Percentage
India	8,100	45%
Pakistan	1,600	9%
United States	4,400	24%
United Arab Emirates	390	2%
United Kingdom	2,400	13%
Others	1,210	7%

SEO DIFFICULTY: 83 (Last Updated: 4 Months Ago)

PAID DIFFICULTY: 47

COST PER CLICK (CPC): ₹43.54

**proper diet plan for weight loss**

SEARCH VOLUME: 1,900

LOCATION BREAKDOWN: All Locations 3,600

Country	Search Volume	Percentage
India	1,900	53%
Philippines	720	20%
United States	90	3%
Others	890	25%

SEO DIFFICULTY: 85 (Last Updated: 2 Weeks Ago)

PAID DIFFICULTY: 41

COST PER CLICK (CPC): ₹26.99

Keyword	Avg Monthly Searches (India)	SEO Difficulty	CPC (₹)	Insights
<b>Free weight loss meal plan (primary)</b>	3600	62 (moderate-high)	29.68	Strong volume, matches E-book intent, solid user demand.
<b>21 day weight loss meal plan</b>	1600	11 (very easy)	16.59	Highly relevant to E-book title, low competition, great long-tail keyword
<b>Healthy weight loss meal plan</b>	4400	75 (High)	14.84	Large search base but high competition; shows user interest in "healthy" solutions.
<b>Free diet plan for weight loss</b>	3600	81 (High)	29.61	High demand but tough competition; still useful due to "free" intent.
<b>Best meal plan for weight loss</b>	8100	83 (High)	43.54	Biggest search volume; competitive, but "best" signals strong buyer intent.
<b>Proper diet plan for weight loss</b>	1900	85 (very high)	26.99	Moderate demand; high difficulty, but appeals to users wanting structured/authentic plans.

**A. Primary Keyword:** “Free weight loss meal plan” is the best balance of search demand, competition, and relevance to your landing page.

**B. Supporting Keywords:**

- **“21 day weight loss meal plan”** - easy to rank, long-tail, and directly aligned with your ebook.
  - **“Healthy weight loss meal plan”** - useful but very competitive.
  - **“Free diet plan for weight loss” & “Best meal plan for weight loss”** - high volume but harder to rank; good for long-term SEO.
  - **“Proper diet plan for weight loss”** - niche and intent-driven, despite difficulty.
-

#### 4) Competitor research:

The screenshot shows a Google search results page for the query "Free weight loss meal plan". The results are displayed in a dark-themed interface.

- Mayo Clinic Diet**  
https://diet.mayoclinic.org › personalized-plan ·  
**Free Personalized Plan**  
Based on your profile, we recommend **one of our 8 expert-designed meal plans for weight loss**. You're free to switch plans or customize meals anytime, giving you ...  
Meal Plans | Weight Loss Programs | Weight Loss Calculator | Pricing
- EatingWell**  
https://www.eatingwell.com › category › weight-loss-m... ·  
**Weight-Loss Meal Plans**  
Try our delicious weight-loss meal plans, **designed by EatingWell's registered dietitians and food experts** to help you lose weight.  
Simple 1200-Calorie Meal... | Simple 30-Day Summer Meal... | 1200 Calories
- Mount Sinai**  
https://www.mountsinai.org › MSHealth › Assets · PDF ·  
**My 30 Day Healthy Lifestyle Eating Plan**  
We have included a **sample 30-day meal plan** filled with delicious recipes for you and your family to share on your journey to optimal health. This guide also ...  
13 pages

#### Top 3 ranking pages:

1. **Web page: <https://diet.mayoclinic.org/us/personalized-plan/>**  
**Title:** Free Personalized Plan | Mayo Clinic Diet  
**Description:** Discover which of our weight-loss programs are best for you. We offer a 5-star rated digital program and support for people taking weight-loss medication.
2. **Web Page: <https://www.eatingwell.com/category/4305/weight-loss-meal-plans/>**  
**Title:** Weight-Loss Meal Plans  
**Description:** Try our delicious weight-loss meal plans, designed by EatingWell's registered dietitians and food experts to help you lose weight.
3. **Web page: <https://www.goodhousekeeping.com/health/diet-nutrition/g4351/1200-calorie-diet-plan/>**  
**Title:** 1,200 calorie diet menu: 7-Day Simple Meal Plan  
**Description:** Follow this 7-day, 1,200 calorie weight loss meal plan featuring healthy (and delicious!) food with nutritionist-approved breakfast, lunch, and dinner ideas.

## Basic SEO

### Title Tag

Title is too long (ideal: 50-60 characters).

Length: 66

- 21-Day Weight Loss Meal Plan – Swasth Jeevan with Healthy Yoga Gym
- 

### Meta Description

Meta description is too long.

Length: 254

- Download your free 21-day weight loss meal plan with simple, healthy recipes. Eat better, feel lighter, and build lasting habits in just 3 weeks. Each day includes balanced meals and snacks to keep you energized, satisfied, and on track for real results.
- 

### H1 tag

H1 usage is good.

---

### Heading hierarchy

Consider improving your heading hierarchy. Use headings in order: <h1>, then <h2>, <h3>. You shouldn't have a <h4> after an <h1> or <h2> without having an <h3> in between.

- **h1** - Swasth Jeevan with Healthy Yoga Gym
  - **h2** - 21-Day Weight Loss Meal Plan
  - **h2** - Free diet plan for weight loss
  - **h2** - Healthy weight loss meal plan
    - **h4** - Your message has been sent
    - **h3** - What You'll Get in the Plan
    - **h3** - Reviews

- **h3** - I'm bhavesh
  - **h3** - Let's connect
  - **h3** - Join the fun!
  - **h3** - Recent posts
  - **h2** - Yoga vs Gym: What's Best for Your Health — Or Can You Do Both?
  - **h2** - Welcome to Swasth Jeevan: A New Path to Wellness with Yoga & Fitness
  - **h2** -
  - **h2** -
    - **h3** -
- 

## Empty headings

Some of your headings do not contain any text. Please make sure your headings are not empty.

---

## Canonical tag

Self-referencing canonical tag is present.

---

### Advanced SEO

## Image alt attributes

60% of images has an alt attribute. Add alt attributes to more images. Aim for 100%.

---

## Internal links

Good use of internal links.

- <https://healthyyogagym.wordpress.com/sing-up/>

- <https://healthyyogagym.wordpress.com>
  - <https://healthyyogagym.wordpress.com/>
  - <https://healthyyogagym.wordpress.com/blog/>
  - <https://healthyyogagym.wordpress.com/about-us/>
  - /cdn-cgi/l/email-protection#a086839099989bc886839099979b86839191929b86839191919  
bd486839094989b9086839094999b86839096949bc786839190999bc1868  
39190959b86839190989b8ec3868391919bcd
  - <https://healthyyogagym.wordpress.com/2025/08/04/yoga-vs-gym-whats-best-for-your-health-or-can-you-do-both/>
  - <https://healthyyogagym.wordpress.com/2025/08/04/welcome-to-swasth-jeevan-a-new-path-to-wellness-with-yoga-fitness/>
  - <https://healthyyogagym.wordpress.com>
  - <https://healthyyogagym.wordpress.com/>
  - <https://healthyyogagym.wordpress.com/blog/>
  - <https://healthyyogagym.wordpress.com/about-us/>
  - <https://healthyyogagym.wordpress.com>
  - <https://healthyyogagym.wordpress.com>
- 

## External links

12 external links found. 3 of them are nofollow. Make sure to use nofollow for untrusted, non-authoritative links.

---

### **Linking to:**

- <https://www.pexels.com>
  - <https://wordpress.org>
  - <https://automattic.com>
  - <https://wordpress.com>
  - <https://wp.me>
  - <https://subscribe.wordpress.com>
- 

### **Links with nofollow:**

- <https://www.pexels.com/photo/flat-lay-photography-of-three-tray-of-foods-1640775/>
  - <https://wordpress.org>
  - <https://automattic.com/cookies/>
- 

### **Links without nofollow:**

- [https://wordpress.com/log-in?redirect\\_to=https%3A%2F%2Fhealthyyogagym.wordpress.com%2Ffree-weight-loss-meal-plan%2F&signup\\_flow=account](https://wordpress.com/log-in?redirect_to=https%3A%2F%2Fhealthyyogagym.wordpress.com%2Ffree-weight-loss-meal-plan%2F&signup_flow=account)
- <https://wordpress.com/start/>
- [https://wordpress.com/log-in?redirect\\_to=https%3A%2F%2Fhealthyyogagym.wordpress.com%2Ffree-weight-loss-meal-plan%2F&signup\\_flow=account](https://wordpress.com/log-in?redirect_to=https%3A%2F%2Fhealthyyogagym.wordpress.com%2Ffree-weight-loss-meal-plan%2F&signup_flow=account)
- <https://wp.me/PgCgyW-4F>
- [https://wordpress.com/abuse/?report\\_url=https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/](https://wordpress.com/abuse/?report_url=https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/)

- <https://wordpress.com/reader/blogs/245541510/posts/289>
  - <https://subscribe.wordpress.com/>
  - [https://wordpress.com/?ref=marketing\\_bar](https://wordpress.com/?ref=marketing_bar)
  - [https://wordpress.com/?ref=marketing\\_bar](https://wordpress.com/?ref=marketing_bar)
- 

## Invalid links

6 links with a missing or invalid URLs in their href attribute are found.

Invalid links:

- <a data-wp-bind--href="context.item.anchor" data-wp-on--click="actions.scrollIntoView" data-wp-text="context.item.label"></a>
- <a class="actnbr-action actnbr-actn-follow" href=""> <svg class="gridicon" height="20" width="20" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 20 20"><path clip-rule="evenodd" d="M4.5h12v6.5h1.5v-6.5-1.5h-1.5-12.5v1.5 10.5c0 1.1046.89543 2.2h7v-1.5h-7c-.27614 0-.5-.2239-.5-.5zm10.5 2h-9v1.5h9zm-5 3h-4v1.5h4zm3.5 1.5h-1v1h1zm-1-1.5h-1.5v1.5 1.5h1.5 1 1.5v-1.5-1.5h-1.5zm-2.5 2.5h-4v1.5h4zm6.5 1.25h1.5v2.25h2.25v1.5h-2.25v2.25h-1.5v-2.25h-2.25v-1.5h2.25z" fill-rule="evenodd"></path></svg> <span>Subscribe</span> </a>
- <a class="actnbr-action actnbr-actn-following no-display" href=""> <svg class="gridicon" height="20" width="20" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 20 20"><path fill-rule="evenodd" clip-rule="evenodd" d="M16.45H4V15C4 15.2761 4.22386 15.5 4.5 15.5H11.5V17H4.5C3.39543 17 2.5 16.1046 2.5 15V4.5V3H4H16H17.5V4.5V12.5H16V4.5ZM5.5 6.5H14.5V8H5.5V6.5ZM5.5 9.5H9.5V11H5.5V9.5ZM12 11H13V12H12V11ZM10.5

9.5H12H13H14.5V11V12V13.5H13H12H10.5V12V11V9.5ZM5.5  
12H9.5V13.5H5.5V12Z" fill="#008A20"></path><path class="following-  
icon-tick" d="M13.5 16L15.5 18L19 14.5" stroke="#008A20" stroke-  
width="1.5"></path></svg> <span>Subscribed</span> </a>

- <a class="actnbr-action actnbr-actn-follow" href=""> <svg class="gridicon" height="20" width="20" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 20 20"><path clip-rule="evenodd" d="m4 4.5h12v6.5h1.5v-6.5-1.5h-1.5-12-1.5v1.5 10.5c0 1.1046.89543 2 2h7v-1.5h-7c-.27614 0-.5-.2239-.5-.5zm10.5 2h-9v1.5h9zm-5 3h-4v1.5h4zm3.5 1.5h-1v1h1zm-1-1.5h-1.5v1.5 1 1.5h1.5 1 1.5v-1.5-1.5h-1.5zm-2.5 2.5h-4v1.5h4zm6.5 1.25h1.5v2.25h2.25v1.5h-2.25v2.25h-1.5v-2.25h-2.25v-1.5h2.25z" fill-rule="evenodd"></path></svg> <span>Subscribe</span> </a>
  - <a class="actnbr-action actnbr-actn-following no-display" href=""> <svg class="gridicon" height="20" width="20" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 20 20"><path fill-rule="evenodd" clip-rule="evenodd" d="M16 4.5H4V15C4 15.2761 4.22386 15.5 4.5 15.5H11.5V17H4.5C3.39543 17 2.5 16.1046 2.5 15V4.5V3H4H16H17.5V4.5V12.5H16V4.5ZM5.5 6.5H14.5V8H5.5V6.5ZM5.5 9.5H9.5V11H5.5V9.5ZM12 11H13V12H12V11ZM10.5 9.5H12H13H14.5V11V12V13.5H13H12H10.5V12V11V9.5ZM5.5 12H9.5V13.5H5.5V12Z" fill="#008A20"></path><path class="following-  
icon-tick" d="M13.5 16L15.5 18L19 14.5" stroke="#008A20" stroke-  
width="1.5"></path></svg> <span>Subscribed</span> </a>
  - <a href="">Collapse this bar</a>
-

## **Schema markup**

Add JSON-LD schema markup.

---

## **Broken links**

2 out of 50 tested links are broken. We tested these 21 links.

Broken links:

- Status code: 404 - <https://healthyyogagym.wordpress.com/sing-up/>
  - Status code: 403 - <https://www.pexels.com/photo/flat-lay-photography-of-three-tray-of-foods-1640775/>
- 

## **Sitemap**

You have at least one sitemap linked in your robots.txt and all sitemaps are accessible and valid.

---

## **Robots.txt**

Robots.txt is accessible.

---

## **Performance**

### **HTTPS**

HTTPS is properly configured.

---

(<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>)

## Issues & Errors

### Page availability

Page is available.

(<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>)

The Yoast SEO dashboard displays the following audit results for the URL https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/:

- Title tag:** Title is too long (ideal: 50-60 characters). Length: 66.  
Content: 21-Day Weight Loss Meal Plan – Swasth Jeevan with Healthy Yoga Gym
- Meta Description:** Meta description is too long. Length: 254.  
Content: Download your free 21-day weight loss meal plan with simple, healthy recipes. Eat better, feel lighter, and build lasting habits in just 3 weeks. Each day includes balanced meals and snacks to keep you energized, satisfied, and on track for real results.
- H1 tag:** H1 usage is good.

The Yoast SEO dashboard displays the following audit results for the URL https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/:

- Heading hierarchy:** Consider improving your heading hierarchy. Use headings in order: <h1>, then <h2>, <h3>. You shouldn't have a <h4> after an <h1> or <h2> without having an <h3> in between.  
Content:
  - h1 - Swasth Jeevan with Healthy Yoga Gym
  - h2 - 21-Day Weight Loss Meal Plan
  - h2 - Free diet plan for weight loss
  - h2 - Healthy weight loss meal plan
  - h4 - Your message has been sent
- Empty headings:** Some of your headings do not contain any text. Please make sure your headings are not empty.
- Canonical tag:** Self-referencing canonical tag is present.

**Advanced SEO**

● **Image alt attributes** 60% of images has an alt attribute. Add alt attributes to more images. Aim for 100%.

● **Internal links** Good use of internal links.  
<https://healthyyogagym.wordpress.com/sign-up/>  
<https://healthyyogagym.wordpress.com>  
<https://healthyyogagym.wordpress.com/>  
<https://healthyyogagym.wordpress.com/blog/>

● **External links** 12 external links found. 3 of them are nofollow. Make sure to use nofollow for untrusted, non-authoritative links.  
Linking to:  
<https://www.pexels.com>  
<https://wordpress.org>  
<https://automattic.com>  
<https://wordpress.com>

**Invalid links** 6 links with a missing or invalid URLs in their href attribute are found.  
Invalid links:  

```
<a data-wp-bind--href="context.item.anchor" data-wp-on--click="actions.scrollIntoView" data-wp-text="context.item.label"></a>
<a class="actnbr-action actnbr-actn-follow" href=""> <svg class="gridicon" height="20" width="20" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 20 20"><path clip-rule="evenodd" d="m4 4.5h12v6.5h1.5v-6.5-1.5h-1.5-12-1.5v1.5 10.5c0 1.1046.89543 2.2 2h7v-1.5h-7c-.27614 0-5-.2239-.5zm10.5 2h-9v1.5h9zm-5 3h-4v1.5h4zm3.5 1.5h-1v1h1zm-1-1.5h-1.5v1.5 1 1.5h1.5 1 1.5v-1z" /></svg></a>
```

● **Schema markup** Add JSON-LD schema markup.

● **Broken links** 2 out of 50 tested links are broken.  
► We tested these 21 links.  
Broken links:  
[Status code: 404 - https://healthyyogagym.wordpress.com/sign-up/](#)  
[Status code: 403 - https://www.pexels.com/photo/flat-lay-photography-of-three-tray-of-foods-1640775/](#)

[Learn more about status codes](#)

● **Sitemap** You have at least one sitemap linked in your robots.txt and all sitemaps are accessible and valid.

● **Robots.txt** Robots.txt is accessible.

**Performance**

● **HTTPS** HTTPS is properly configured.

**Issues & Errors**

● **Page availability** Page is available.

## On page SEO

(<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>)

### 1. Research the primary keyword and 2–3 supporting keywords.

- **Given Title**
  - » The landing page title as:  
**“21-Day Weight Loss Meal Plan – Eat Healthy, Feel Lighter, Get Stronger.”**
  - » This is the official eBook title and needs to remain visible on the page (H1).
  - » It’s user-friendly and strong for branding, but not necessarily the best keyword for SEO ranking.
- **Keyword Research Findings**
  - » From keyword research (Google Keyword Planner & Ubersuggest):
  - » Primary Keyword Chosen:  
**“Free weight loss meal plan”**
  - ✓ Avg. monthly searches: ~3,600 (India)
  - ✓ Moderate difficulty, good demand
  - ✓ Matches the offer (“free eBook”) → strong download intent
- **Supporting Keywords (2–3 LSI terms):**
  - » **21 day weight loss meal plan**  
Directly matches the eBook title; low competition, long-tail query.
  - » **Healthy weight loss meal plan**  
High search volume; users look for safe, sustainable plans.
  - » **Free diet plan for weight loss**  
Variation of “meal plan” vs. “diet plan,” captures additional searches.

SR.NO.	Page	Keywords	AVG MONTHLY SEARCHES (MIN)	(MAX)	Low range		High range		Competition
					1k	10k	₹3.98	₹33.44	
1		free weight loss meal plan	1K – 10K	1k	10k	₹3.98	₹33.44	High	
2		21 day weight loss meal plan	100 – 1K	100	1k	₹5.29	₹35.24	Low	
3		healthy weight loss meal plan	1K – 10K	1k	10k	₹2.62	₹32.57	Medium	
4		free diet plan for weight loss	1K – 10K	1k	10k	₹3.98	₹33.29	High	
5		best meal plan for weight loss	1K – 10K	1k	10k	₹2.61	₹33.04	Medium	
6		proper diet plan for weight loss	1K – 10K	1k	10k	₹2.77	₹29.92	Medium	
7		free diet plan for weight loss for female	100 – 1K	100	1k	₹3.77	₹31.74	Medium	
8		best diet plan for weight loss	1K – 10K	1k	10k	₹2.81	₹33.04	Medium	
9		healthy meal ideas for weight loss	1K – 10K	1k	10k	₹5.01	₹47.78	Low	
10		weight loss meal plan for women	1K – 10K	1k	10k	₹2.48	₹32.17	Medium	
11		healthy diet plan for weight loss	1K – 10K	1k	10k	₹2.81	₹32.42	Medium	
12		simple diet plan for weight loss	1K – 10K	1k	10k	₹2.01	₹31.73	Low	
13		healthy eating plan for weight loss	1K – 10K	1k	10k	₹2.81	₹32.42	Medium	
14		good diet plan for weight loss	1K – 10K	1k	10k	₹2.61	₹32.42	Medium	
15		weekly diet plan for weight loss	100 – 1K	100	1k	₹3.01	₹32.85	Low	
16		best food plan for weight loss	1K – 10K	1k	10k	₹2.81	₹33.04	Medium	
17		weight loss meal plan free pdf	10 – 100	10	100	₹2.03	₹18.75	Medium	
18		meal plan for fat loss	1K – 10K	1k	10k	₹1.74	₹28.54	Medium	
19		perfect diet plan for weight loss	1K – 10K	1k	10k	₹2.00	₹29.10	Medium	
20		free eatinn plan tn lose weinht	1K – 10K	1k	10k	₹3.98	₹33.29	High	

- **On-Page SEO Strategy**

Since we wants to use given title used on the site, we balance branding with SEO optimization:

  - » **On-page Title (H1):**

“21-Day Weight Loss Meal Plan – Eat Healthy, Feel Lighter, Get Stronger.”

(Keeps branding intact.)

  - » **Meta Title (SEO Title Tag):**

“Free Weight Loss Meal Plan | 21-Day Healthy Diet eBook”

(Uses the primary keyword first, while still tying back to the eBook theme.)

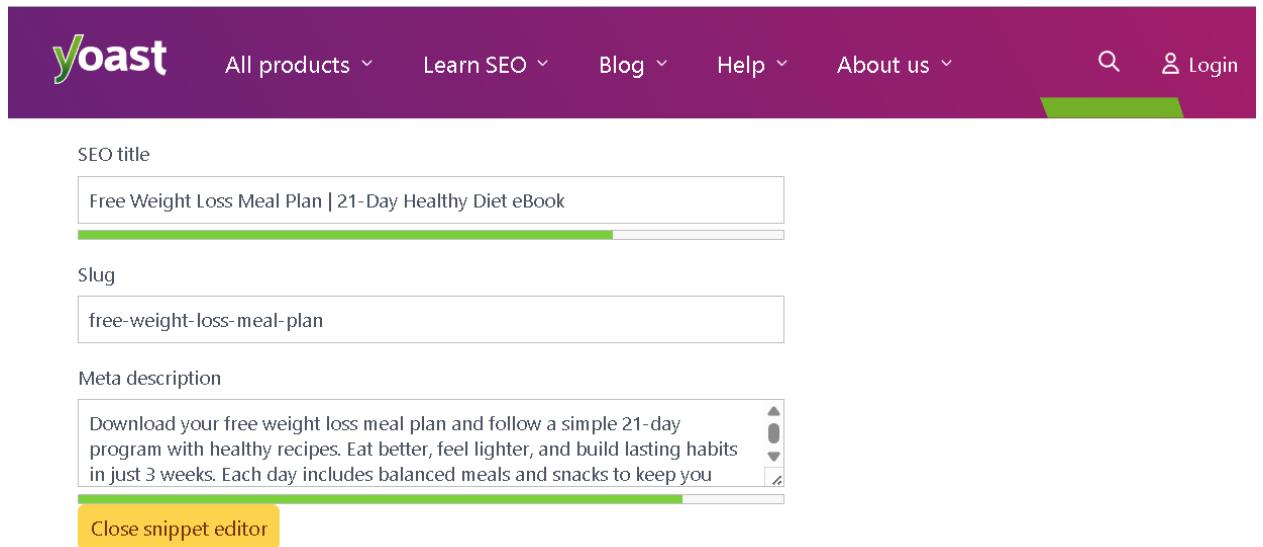
  - » **Meta Description Example:**

Download your free 21-day weight loss meal plan with simple, healthy recipes. Eat better, feel lighter, and build lasting habits in just 3 weeks. Each day includes balanced meals and snacks to keep you energized, satisfied, and on track for real results.

- **Keyword Placement:**

  - » Primary keyword in meta title, description, URL, first 100 words, and CTA.
  - » Supporting keywords in H2s, subheadings, image alt tags, and body content naturally.
  - » Example: H2 - “Healthy Weight Loss Meal Plan” (above email capture form).

## 2. Add SEO-optimized meta title and description using Yoast.



SEO title: Free Weight Loss Meal Plan | 21-Day Healthy Diet eBook

Slug: free-weight-loss-meal-plan

Meta description: Download your free weight loss meal plan and follow a simple 21-day program with healthy recipes. Eat better, feel lighter, and build lasting habits in just 3 weeks. Each day includes balanced meals and snacks to keep you energized, satisfied, and on track for real results.

**Close snippet editor**

### » Title:

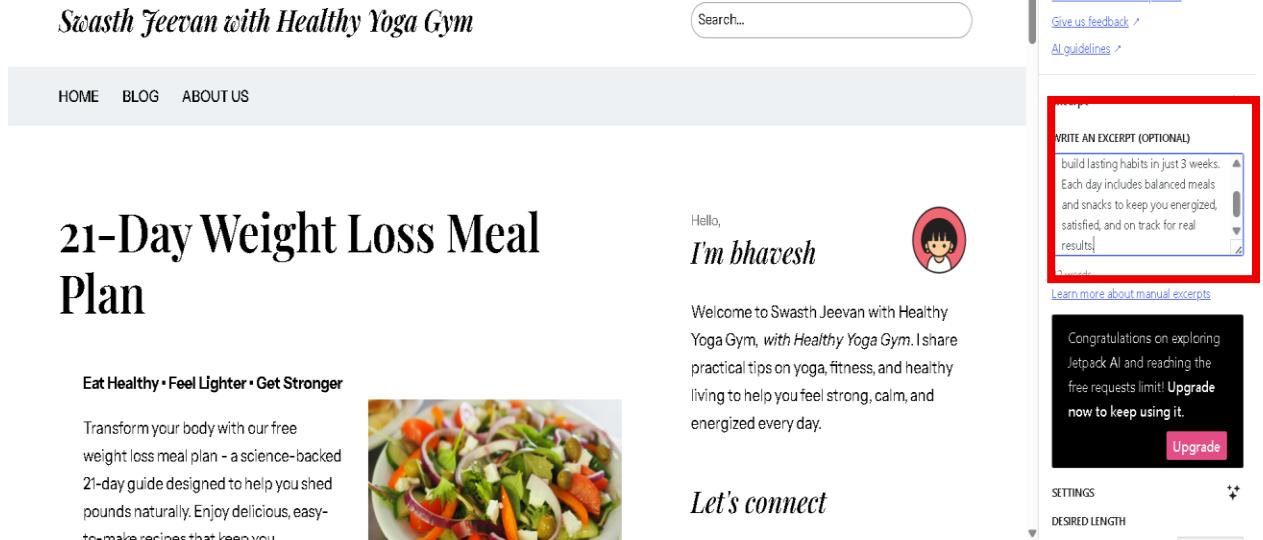
“Free Weight Loss Meal Plan | 21-Day Healthy Diet eBook”

### » Description:

Download your free 21-day weight loss meal plan with simple, healthy recipes. Eat better, feel lighter, and build lasting habits in just 3 weeks. Each day includes balanced meals and snacks to keep you energized, satisfied, and on track for real results.



Sign up for a free e-book →



**Swasth Jeevan with Healthy Yoga Gym**

HOME BLOG ABOUT US

# 21-Day Weight Loss Meal Plan

**Eat Healthy • Feel Lighter • Get Stronger**

Transform your body with our free weight loss meal plan - a science-backed 21-day guide designed to help you shed pounds naturally. Enjoy delicious, easy-to-make recipes that keep you energized every day.



Hello,  
*I'm bhavesh*



Welcome to Swasth Jeevan with Healthy Yoga Gym, with Healthy Yoga Gym. I share practical tips on yoga, fitness, and healthy living to help you feel strong, calm, and energized every day.

**Let's connect**

WRITE AN EXCERPT (OPTIONAL)  
build lasting habits in just 3 weeks.  
Each day includes balanced meals and snacks to keep you energized, satisfied, and on track for real results!

Learn more about manual excerpts

Congratulations on exploring Jetpack AI and reaching the free requests limit! **Upgrade now to keep using it.**

Upgrade

SETTINGS DESIRED LENGTH

### 3. Optimize URL slug and content structure (H1, H2, H3).

URL Slug: “free-weight-loss-meal-plan”

The image shows two screenshots illustrating the optimization process. The top screenshot is the Yoast SEO snippet editor, where the 'Slug' field is highlighted with a red border and contains the value 'free-weight-loss-meal-plan'. The bottom screenshot is the WordPress dashboard under the 'Pages' section, showing the edit screen for a page titled '21-Day Weight Loss Meal Plan'. The 'Slug' field here also contains 'free-weight-loss-meal-plan', which is also highlighted with a red border.

- **content structure (H1, H2, H3).**

In this content page there are H1 = 1, H2 = 2, H3 = 2 Headings

#### H1:

- ✓ 21-Day Weight Loss Meal Plan

#### H2:

- ✓ Free diet plan for weight loss
- ✓ Healthy weight loss meal plan

#### H3:

- ✓ What You'll Get in the Plan
- ✓ Reviews

- **Why This Structure Works**

- » Having a **clear hierarchy (H1 > H2 > H3)** helps search engines understand the topic flow.
- » Keywords are naturally placed in headings without stuffing.
- » The H1 introduces the **primary keyword**, while H2 and H3 headings support the topic with related terms.
- » The “Reviews” section increases **trustworthiness**, which also improves conversion rate.

#### 4. Add keyword-rich alt text to images.

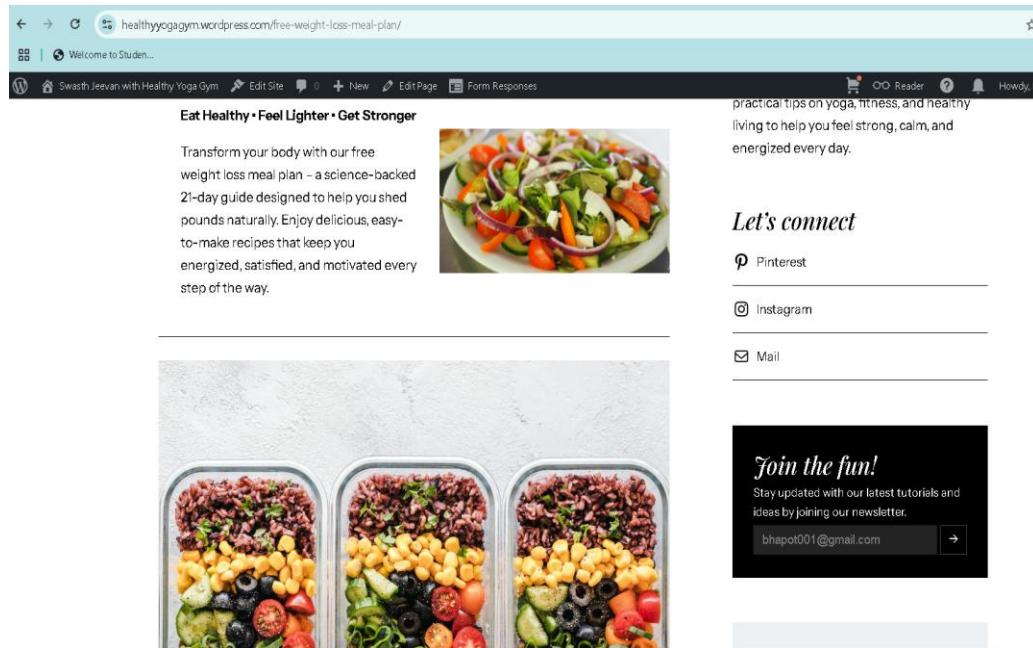
- **There are two images on that page with no alt text so,**

I optimized the images on the landing page by adding **alt text descriptions** that include keywords related to the *21-Day Weight Loss Meal Plan*. Alt text is important for both **SEO** and **accessibility**:

- » Search engines use alt text to understand the content of images.
- » Visually impaired users can understand images through screen readers.
- » Well-optimized alt text helps images rank in **Google Images search**.

- **Step Taken**

- » Identified the two images used on the landing page.



- » Added **keyword-rich alt text** that describes the images naturally.
- » Ensured alt text is short (8–12 words), descriptive, and includes the **primary or supporting keyword**.

**ATTACHMENT DETAILS**



pexels-photo-1059905-2.jpeg  
August 26, 2025  
145 KB  
1880 by 1058 pixels  
[Edit Image](#)  
[Delete permanently](#)

Alt Text

[Learn how to describe the purpose of the image](#). Leave empty if the image is purely decorative.

Title

Caption "/>

[Select](#)

**ATTACHMENT DETAILS**



pexels-photo-1640775-1-edited.jpeg  
August 28, 2025  
400 KB  
1451 by 1161 pixels  
[Edit Image](#)  
[Delete permanently](#)

Alt Text

[Learn how to describe the purpose of the image](#). Leave empty if the image is purely decorative.

Title

Caption

[Select](#)

## 5. Ensure content readability and keyword placement using Yoast's suggestions and many more.



The screenshot shows the Yoast SEO homepage. At the top is a purple navigation bar with the Yoast logo, a search icon, and a login link. Below the bar is a white content area with a large green header "Real-time Content Analysis".

### Real-time Content Analysis

Enter the content you'd like to analyse



#### 21-Day Weight Loss Meal Plan

Eat Healthy • Feel Lighter • Get Stronger

Transform your body with our free weight loss meal plan — a science-backed 21-day guide designed to help you shed pounds naturally. Enjoy delicious, easy-to-make recipes that keep you energized, satisfied, and motivated every step of the way.



### Your SEO score

This is the overall score for your text and snippet preview.



### Yoast SEO academy



The screenshot shows the Yoast SEO homepage. At the top is a purple navigation bar with the Yoast logo, a search icon, and a login link. Below the bar is a white content area with a large green header "Real-time Content Analysis".

Focus keyword

Free weight loss meal plan

Snippet Preview

👁 Snippet preview

[Free Weight Loss Meal Plan | 21-Day Healthy Diet eBook](#)

example.com/

[free-weight-loss-meal-plan/](#)

Download your free 21-day weight loss meal plan with simple, healthy recipes. Eat better, feel lighter, and build lasting habits in just 3 weeks. Each day includes balanced meals and snacks to keep you energized, satisfied, and on track for real results.

Free

[Sign up for FREE courses](#)

[See what's included in Free »](#)

⇄ Scroll to see the preview content.

[Mobile preview](#)

[Desktop preview](#)

[Edit snippet](#)

The image shows the top navigation bar of the Yoast SEO dashboard. It features the Yoast logo on the left, followed by five dropdown menu items: 'All products', 'Learn SEO', 'Blog', 'Help', and 'About us'. To the right of these are a search icon and a 'Login' button.

This is what your page might look like on a Google search result page.

Edit your SEO title and meta description by clicking the title and meta description!

- The focus keyword doesn't appear in the first paragraph of the copy. Make sure the topic is clear immediately.
- A meta description has been specified, but it does not contain the focus keyword.
- No internal links appear in this page, consider adding some as appropriate.
- The keyword density is 0.2%, which is too low; the focus keyword was found 1 times.
- You have not used the focus keyword in any subheading (such as an H2) in your copy.
- The images on this page do not have alt attributes containing the focus keyword.

The image shows the top navigation bar of the Yoast SEO dashboard, identical to the one above but with a different background color.

- This page has 3 nofollowed outbound link(s) and 17 normal outbound link(s).
- The meta description has a nice length.
- The text contains 516 words. This is more than or equal to the recommended minimum of 300 words.
- The SEO title has a nice length.
- The focus keyword appears in the URL for this page.

## Content assessments

- An error occurred in the 'fleschReadingEase' assessment
- An error occurred in the 'textSentenceLength' assessment
- An error occurred in the 'textTransitionWords' assessment
- An error occurred in the 'passiveVoice' assessment
- An error occurred in the 'sentenceBeginnings' assessment
- The amount of words following each of the subheadings doesn't exceed the recommended maximum of 300 words, which is great.
- None of the paragraphs are too long, which is great.

## Off Page SEO

Off-page SEO is about actions done outside your website to improve ranking and trust.

It includes backlinks, directory submissions, social media promotion, guest posting, business listings, and brand mentions.

These activities help your site gain authority, higher search visibility, referral traffic, and stronger online presence.

### List of High DA Website:

- **DA 70+ = very good** (try to prioritize these).
- **DA 50–70 = acceptable** if the site is very relevant.
- **DA < 50 = usually skip** unless it's a highly relevant niche site.

Category	Website Name & URL	DA
Video Submission	Youtube – <a href="https://www.youtube.com/">https://www.youtube.com/</a>	100
Image Submission	Pinterest – <a href="https://www.pinterest.com/">https://www.pinterest.com/</a>	94
PDF/PPT Submission	SlideShare – <a href="https://www.slideshare.net/">https://www.slideshare.net/</a>	92
Quora Submission	Quora – <a href="https://www.quora.com/">https://www.quora.com/</a>	92
Directory Submission	Viesearch – <a href="https://viesearch.com/">https://viesearch.com/</a>	73
Social Bookmarking	Pearltrees – <a href="https://www.pearltrees.com/">https://www.pearltrees.com/</a>	82

# Off Page SEO

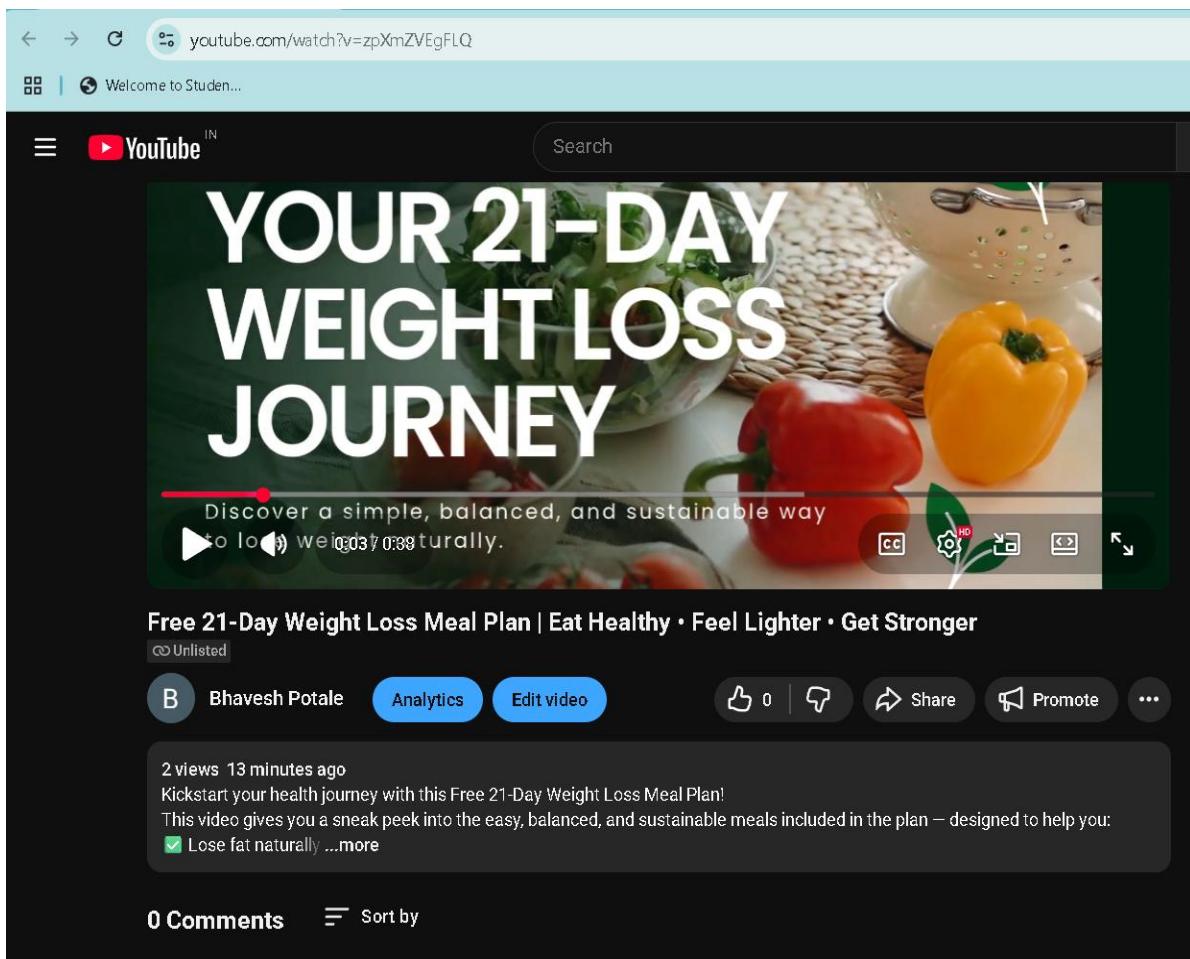
## 1. YouTube – Video Submission

The world's largest video-sharing platform. Very high DA and traffic. Adding a video about the eBook with the landing page link in the description helps reach a massive audience and boosts SEO authority.

### Submission For:

<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>

Website Use	DA	Status	Submission URL
<a href="https://www.youtube.com/">https://www.youtube.com/</a>	100	Submitted	<a href="https://youtu.be/zpXmZVEgFLQ">https://youtu.be/zpXmZVEgFLQ</a>



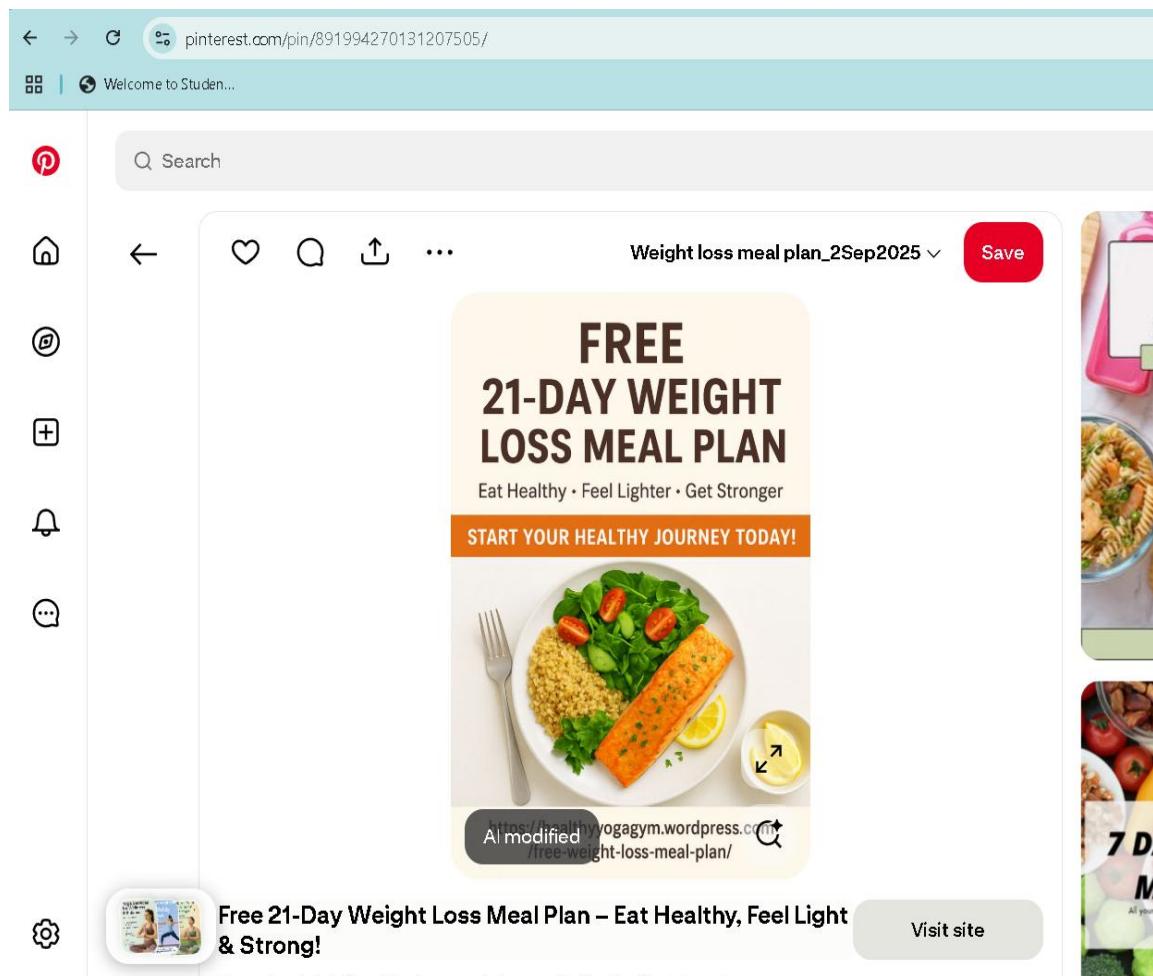
## 2. Pinterest – Image Submission

A leading visual discovery site. Ideal for sharing images like eBook covers, infographics, or meal plan visuals. Pins can drive long-term referral traffic and improve visibility on Google.

### Submission For:

<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>

Website Use	DA	Status	Submission URL
<a href="https://www.pinterest.com/">https://www.pinterest.com/</a>	94	Submitted	<a href="https://www.pinterest.com/pin/891994270131207505">https://www.pinterest.com/pin/891994270131207505</a>



### 3. SlideShare – PDF/PPT Submission

Popular professional content-sharing site. Uploading a PDF or PPT summary of the meal plan gives your content credibility, increases exposure, and creates a strong backlink from a trusted source.

#### Submission For:

<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>

Website Use	DA	Status	Submission URL
<a href="https://www.slideshare.net/">https://www.slideshare.net/</a>	92	Submitted (Pdf)	<a href="https://www.slideshare.net/secret/Fz8UeloubyLVNw">https://www.slideshare.net/secret/Fz8UeloubyLVNw</a>
	92	Submitted (PPT)	<a href="https://www.slideshare.net/secret/7g2ndFeIQnNdEM">https://www.slideshare.net/secret/7g2ndFeIQnNdEM</a>

The screenshot shows the Slideshare website interface. At the top, there's a navigation bar with links for Home, Search, and Account. Below it is a header with the Slideshare logo, a search bar, and buttons for 'Upload', 'Download free for 30 days', 'Saved', and a profile icon. The main content area is titled 'My Uploads' and shows two recent uploads:

SlideShares	Likes	Views	Downloads	Privacy	Actions
21-Day Weight Loss Meal Plan for Clean Eating, Energy Boost, and Sustainable Results	0	0	0	Public	
21-Day Weight Loss Meal Plan for Clean Eating, Energy Boost, and Sustainable Results	0	0	0	Public	

Each upload entry includes a thumbnail, the title, statistics, privacy settings, and a set of icons for editing, download, and deletion.

#### 4. Quora – Quora Submission

A top Q&A platform with high authority. By answering questions about weight loss and linking back to the landing page, you build contextual backlinks and attract a targeted audience interested in your topic.

##### Submission For:

<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>

Website Use	DA	Status	Submission URL
<a href="https://www.quora.com/">https://www.quora.com/</a>	92	Submitted	<a href="https://qr.ae/pCIhlh">https://qr.ae/pCIhlh</a>

The screenshot shows a Quora answer page. The question is "What are some good snacks for someone trying to lose weight?". The answer, posted by user BHAVESH P. just now, explains that losing weight is about eating the right balance of protein, fiber, healthy fats, and whole carbs. It suggests a structured meal plan to keep energy stable, control cravings, and build long-term healthy habits. The answer then provides meal plan ideas under three sections: 1. Balanced Breakfasts (Oatmeal with almond milk, chia seeds, and berries; Scrambled eggs with spinach and whole-grain toast; Greek yogurt with flax seeds and strawberries), 2. Light but Filling Lunches (Grilled chicken salad, Lentil & vegetable soup, Chickpea quinoa bowl), and 3. Smart Snacks. At the bottom of the answer, there are Upvote, Downvote, and Report buttons.

## 5. Viesearch – Directory Submission

Viesearch directory submission can support SEO by improving visibility and backlinks, but it should be combined with other strategies like content marketing, guest blogging, and social media promotion for better long-term results.

### Submission For:

<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>

Website Use	DA	Status	Submission URL
<a href="https://viesearch.com/">https://viesearch.com/</a>	77	Submitted	<a href="https://viesearch.com/24r1d/21-day-weight-loss-meal-plan">https://viesearch.com/24r1d/21-day-weight-loss-meal-plan</a>

Verification Pending...

The screenshot shows the Viesearch homepage with a search bar at the top. Below the search bar, there are statistics: 709,688,817 Searches, 3,580,897 Submissions, 914,089 Sites, 5,091 Featured, 7,692 Categories, and 385,503 Editors. The main content area displays a post titled "21-Day Weight Loss Meal Plan". The post has a rating of 5 stars. Below the title, a description reads: "Download your free 21-day weight loss meal plan with simple, healthy recipes. Eat better, feel lighter, and build lasting habits in just 3 weeks. Each day includes balanced meals and snacks to keep you energized, satisfied, and on track for real results." A link to the post's page on WordPress is provided: <https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>. The post has 1 view in the last 30 days and was last viewed on Friday, September 5th, 2025 at 9:53am. There are sharing icons for various platforms (Twitter, Facebook, LinkedIn, etc.) and a "Rate this" dropdown menu. A "Comments (0)" section is present, along with "Share" and "280" buttons. At the bottom, there is a "Share a comment and be the first person to start the discussion!" prompt and a "Want your site here?" button. On the left sidebar, there is a "Featured Health and Fitness" section with a thumbnail for "MIDOC.COM.AU" and a brief description: "Online Medicare registered general practitioner assisting you to obtain medical certificates, carers certificate, scripts, referrals, action plans and telehealth from the comfort of your home or phone. Our service operates 24/7 every day. all doctors are Australian AHPRA registered doctors." A link to the service is provided: <https://www.midoc.com.au/>.

## 6. Pearltrees – Social Bookmarking

A trusted bookmarking site where users organize and share resources.

Submitting the landing page here helps in quick indexing by search engines and provides a relevant backlink.

### Submission For:

<https://healthyyogagym.wordpress.com/free-weight-loss-meal-plan/>

Website Use	DA	Status	Submission URL
<a href="https://www.pearltrees.com/">https://www.pearltrees.com/</a>	82	Submitted	<a href="https://www.pearltrees.com/swasth_jeevan#item737301563">https://www.pearltrees.com/swasth_jeevan#item737301563</a>

