



Performance Report for: https://recklesskitchen.com/

Report generated: Wed, Nov 1, 2023 10:33 PM -0700
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 117.0.0.0, Lighthouse 11.0.0
 Analysis options: Video

E	Performance 55%	Structure 48%	L. Contentful Paint 40.5s	T. Blocking Time 7ms	C. Layout Shift 0.02
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Top Issues

IMPACT	AUDIT	
High	Avoid enormous network payloads <small>LCP</small>	Total size was 7.69MB
High	Properly size images	Potential savings of 1.12MB
High	Reduce initial server response time <small>FCP LCP</small>	Root document took 1.5s
High	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 1.6s
High	Avoid chaining critical requests <small>FCP LCP</small>	103 chains found

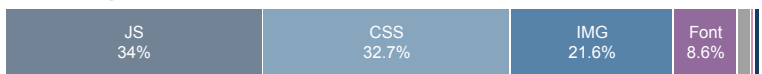
Page Details



Total Page Size - 7.77MB



Total Page Requests - 162



HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

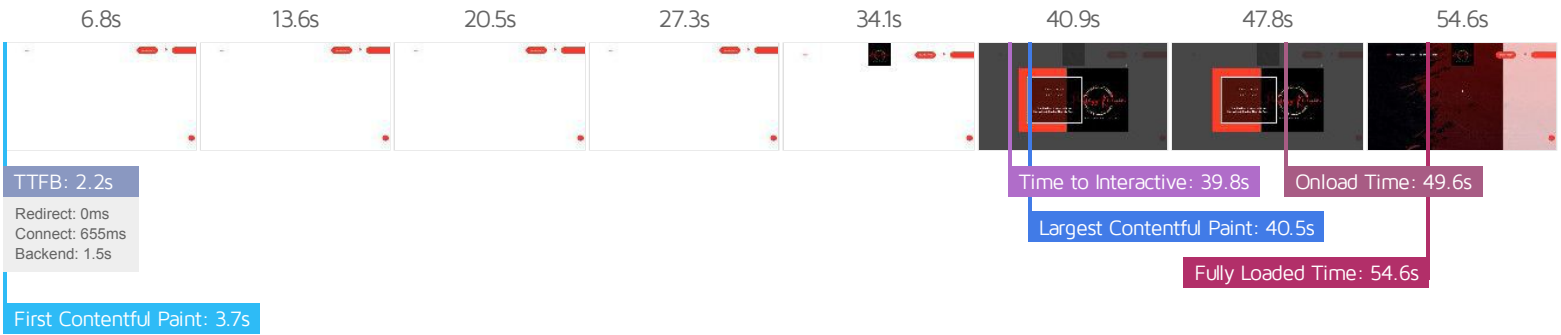
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Reckless Kitchen

/	200	recklesskitchen.com	27.3KB		2.9s			
css?family=Roboto%3A%...	200	fonts.googleapis.com	1.22KB		62ms			
blocks-checkout.css?ver=...	200	recklesskitchen.com	1.55KB		326ms			
style.min.css?ver=6.1.4	200	recklesskitchen.com	11.4KB		337ms			
view.css?minify=false&ve...	200	recklesskitchen.com	203B		326ms			
mediaelementplayer-lega...	200	recklesskitchen.com	2.34KB		327ms			
wp-mediaelement.min.cs...	200	recklesskitchen.com	982B		327ms			
wc-blocks-vendors-style....	200	recklesskitchen.com	1.72KB		328ms			
wc-blocks-style.css?ver=...	200	recklesskitchen.com	24.7KB		642ms			
blocks.style.build.css	200	recklesskitchen.com	127B		328ms			
classic-themes.min.css?v...	200	recklesskitchen.com	144B		329ms			
styles.css?ver=5.7.4	200	recklesskitchen.com	878B		329ms			
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content-page.css?ver=2.0.3	200	recklesskitchen.com	3.86KB		690ms			
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jquery.timepicker.min.css...	200	recklesskitchen.com	380B		692ms			
wpc-icon.css?ver=2.2.12	200	recklesskitchen.com	509B		693ms			
wpc-public.css?ver=2.2.12	200	recklesskitchen.com	17.6KB		983ms			
style.css?ver=2.0.6	200	recklesskitchen.com	577B		694ms			
ekiticons.css?ver=2.8.5	200	recklesskitchen.com	11.5KB		1.3s			
elementor-icons.min.css?...	200	recklesskitchen.com	3.56KB		695ms			
frontend-legacy.min.css?...	200	recklesskitchen.com	624B		700ms			
frontend.min.css?ver=3.1...	200	recklesskitchen.com	16.2KB		1.3s			
swiper.min.css?ver=5.3.6	200	recklesskitchen.com	2.13KB		964ms			
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global.css?ver=1678962422	200	recklesskitchen.com	6.39KB		1.3s			
post-33.css?ver=1684493...	200	recklesskitchen.com	2.90KB		966ms			
all.min.css?ver=3.11.3	200	recklesskitchen.com	12.1KB		1.3s			
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css?family=Barlow%3A3...	200	fonts.googleapis.com	1.51KB		59ms			
bootstrap.min.css?ver=2....	200	recklesskitchen.com	18.1KB		1.3s			
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widget-styles.css?ver=2.8.5	200	recklesskitchen.com	46.6KB		1.3s			
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jquery-migrate.min.js?ver...	200	recklesskitchen.com	3.90KB		953ms			
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content-page.js?ver=2.0.3	200	recklesskitchen.com	1.14KB		953ms			
jarallax.js?ver=2.0.6	200	recklesskitchen.com	4.69KB		1.3s			
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The-Beast-Surf-Turf-1-mi...	200	recklesskitchen.com	76.8KB				40.5s		
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WhatsApp-Image-2023-09...	200	recklesskitchen.com	53.1KB				40.1s		
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jquery.easypiechart.min.j...	200	recklesskitchen.com	1.55KB			34.8s			
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KFOlCnqEu92Fr1MmYUtf...	200	fonts.gstatic.com	15.4KB	10.4s				
welcome_grunge_shape-...	200	recklesskitchen.com	4.65KB			31.6s		
Hunger-Filler-2-1024x683...	200	recklesskitchen.com	118KB				40.2s	
line_shape2.png	200	recklesskitchen.com	333B			36.2s		
line_shape3.png	200	recklesskitchen.com	718B			36.6s		
UNLEASHED-2BANNER-...	200	recklesskitchen.com	179KB				40.3s	
r_line_shape2.png	200	recklesskitchen.com	1.17KB			31.3s		
r_line_shape3.png	200	recklesskitchen.com	1.54KB			31.9s		
UNLEASHED-8-1024x669....	200	recklesskitchen.com	112KB				40.2s	
pexels-denys-gromov-657... (incomplete)	recklesskitchen.com	3.28MB						>50.8s
g.gif?v=ext&blog=217207...	200	pixel.wp.com	50B			10ms		
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menu_pattern.png	200	recklesskitchen.com	2.61KB			3.1s		
7cHqv4kjgoGqM7E3q-0s5...	200	fonts.gstatic.com	21.6KB			70ms		
KFOlCnqEu92Fr1MmWUlf...	200	fonts.gstatic.com	15.5KB			72ms		
delivery_bike-min.png	200	recklesskitchen.com	8.99KB			3s		
lora-latin-400-normal.woff2	200	fonts.bunny.net	18.8KB			14ms		
open-sans-latin-700-norm...	200	fonts.bunny.net	16.0KB			15ms		
POST admin-ajax.php?ac...	200	recklesskitchen.com	48B			2.7s		
loader.gif	200	recklesskitchen.com	2.49KB				2.4s	
red-black-brush-stroke-b...	200	recklesskitchen.com	356KB				5.6s	
shape3-min.png	200	recklesskitchen.com	3.61KB				3s	
shape1-min.png	200	recklesskitchen.com	5.66KB				2.7s	
SOMETHING-FISHY-4-sca...	200	recklesskitchen.com	479KB				6.2s	
shape2-min.png	200	recklesskitchen.com	4.76KB				2.7s	
favicon.ico	404	recklesskitchen.com	1.21KB					2s
UNLEASHED-8-scaled.jpg	200	recklesskitchen.com	464KB					5s
162 Requests				7.77MB (11.5MB Uncompressed)		54.6s (Onload 49.6s)		



Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Much longer than recommended</p> <p>3.7s</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Much longer than recommended</p> <p>39.8s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Much longer than recommended</p> <p>48.1s</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>7ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Much longer than recommended</p> <p>40.5s</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0.02</p>

Browser Timings

Redirect	0ms	Connect	655ms	Backend	1.5s
TTFB	2.2s	First Paint	3.7s	DOM Int.	39.8s
DOM Loaded	39.8s	Onload	49.6s	Fully Loaded	54.6s

IMPACT	AUDIT	
High	Avoid enormous network payloads <small>LCP</small>	Total size was 7.69MB
High	Properly size images	Potential savings of 1.12MB
High	Reduce initial server response time <small>FCP</small> <small>LCP</small>	Root document took 1.5s
High	Eliminate render-blocking resources <small>FCP</small> <small>LCP</small>	Potential savings of 1.6s
High	Avoid chaining critical requests <small>FCP</small> <small>LCP</small>	103 chains found
Med	Use a Content Delivery Network (CDN)	136 resources found
Med	Use explicit width and height on image elements <small>CLS</small>	11 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 3.62MB
Med-Low	Defer offscreen images	Potential savings of 282KB
Med-Low	Reduce unused CSS <small>FCP</small> <small>LCP</small>	Potential savings of 235KB
Med-Low	Reduce unused JavaScript <small>LCP</small>	Potential savings of 170KB
Med-Low	Minify CSS <small>FCP</small> <small>LCP</small>	Potential savings of 7.01KB
Low	Serve images in next-gen formats	Potential savings of 936KB
Low	Use passive listeners to improve scrolling performance	1 event listener not passive
Low	Allow back/forward cache restoration	2 failure reasons
Low	Ensure text remains visible during webfont load <small>FCP</small> <small>LCP</small>	10 fonts found
Low	Avoid an excessive DOM size <small>TBT</small>	739 elements
Low	Avoid long main-thread tasks <small>TBT</small>	5 long tasks found
Low	Reduce JavaScript execution time <small>TBT</small>	718ms spent executing JavaScript
Low	Avoid non-composited animations <small>CLS</small>	1 animated element found
Low	Minify JavaScript <small>FCP</small> <small>LCP</small>	Potential savings of 6.33KB
N/A	Largest Contentful Paint element <small>LCP</small>	40,530 ms
N/A	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	Potential savings of 17.5KB

N/A	Avoid large layout shifts CLS	5 elements found
N/A	Minimize main-thread work TBT	Main-thread busy for 3.6s
N/A	Reduce the impact of third-party code TBT	Total size was 211KB
N/A	User Timing marks and measures	