

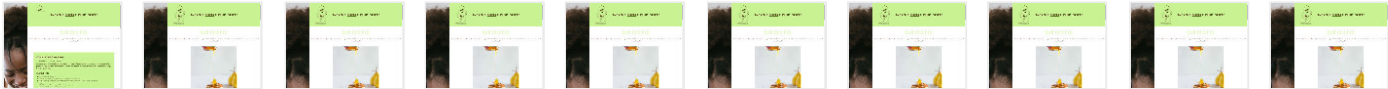
Performance

Metrics

First Contentful Paint	0.7 s	Time to Interactive	0.7 s
Speed Index	0.7 s	Total Blocking Time	0 ms
Largest Contentful Paint	1.2 s	Cumulative Layout Shift	0.211

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)


View Original Trace



Opportunities — These suggestions can help your page load faster. They don't [directly affect](#) the Performance score.

Opportunity	Estimated Savings
Eliminate render-blocking resources	0.46 s
Properly size images	0.24 s

Diagnostics — More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

-  Image elements do not have explicit [width](#) and [height](#)
-  Serve static assets with an efficient cache policy — 9 resources found
- Avoid chaining critical requests — 11 chains found
- Keep request counts low and transfer sizes small — 22 requests • 857 KiB
- Largest Contentful Paint element — 1 element found

Avoid large layout shifts — 5 elements found

Passed audits (29)



Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

ARIA — These are opportunities to improve the usage of ARIA in your application which may enhance the experience for users of assistive technology, like a screen reader.

▲ `[aria-hidden="true"]` elements contain focusable descendents

Contrast — These are opportunities to improve the legibility of your content.

▲ Background and foreground colors do not have a sufficient contrast ratio.

Additional items to manually check (10) — These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

Passed audits (12)

Not applicable (30)



Best Practices

Trust and Safety

▲ Links to cross-origin destinations are unsafe

▲ Includes front-end JavaScript libraries with known security vulnerabilities — 3 vulnerabilities detected

Passed audits (15)

Not applicable (1)



SEO

These checks ensure that your page is optimized for search engine results ranking. There are additional factors Lighthouse does not check that may affect your search ranking. [Learn more](#).

Additional items to manually check (1) — Run these additional validators on your site to check additional SEO best practices. ▼

Passed audits (10) ▼

Not applicable (4) ▼



Progressive Web App

These checks validate the aspects of a Progressive Web App. [Learn more](#).

Installable

▲ Web app manifest or service worker do not meet the installability requirements — 1 reason ▼

PWA Optimized

▲ Does not register a service worker that controls page and `start_url` ▼

Redirects HTTP traffic to HTTPS ▼

▲ Is not configured for a custom splash screen **Failures: No manifest was fetched.** ▼

Does not set a theme color for the address bar. ▼

▲ **Failures: No manifest was fetched, No `<meta name="theme-color">` tag found.** ▼

Content is sized correctly for the viewport ▼

Has a `<meta name="viewport">` tag with `width` or `initial-scale` ▼

▲ Does not provide a valid `apple-touch-icon` ▼

▲ Manifest doesn't have a maskable icon **No manifest was fetched** ▼

Additional items to manually check (3) — These checks are required by the baseline [PWA Checklist](#) but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually. ▼

Runtime Settings

URL	https://solacoder005.github.io/coca-women-wellness/recipes.html
Fetch Time	May 26, 2021, 8:55 AM GMT+1
Device	Emulated Desktop
Network throttling	40 ms TCP RTT, 10,240 Kbps throughput (Simulated)
CPU throttling	1x slowdown (Simulated)
Channel	devtools
User agent (host)	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/90.0.4430.212 Safari/537.36
User agent (network)	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_14_6) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/90.0.4420.0 Safari/537.36 Chrome-Lighthouse
CPU/Memory Power	2242
Axe version	4.1.2

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