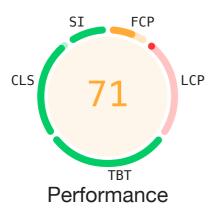


100

Performance Accessibility

Best Practices **SEO**



Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

0-49

50-89

90-100



METRICS Expand view

First Contentful Paint

2.4 s

Largest Contentful Paint

10.1 s

Total Blocking Time

0 ms

Cumulative Layout Shift

0.07

Speed Index

2.4 s

View Treemap

My Food Pokebowis Panco Journal	My Food Pokebowls Panco Journal	My Food Pokebowls Panca Journal	My Food Pokebowls Panco Journal	My Food Pokebowls Pance Journal	My Food Pokebowls Pance Journal	My Food Pokebowls Panco Journal	My Food Pokebowis Panco Journal
Welcome to M	1101001110 00 1-1				Welcome to M		
A glimpse into my world of coo and creativity.	10000001101	A glimpse into my world of cool and creativity.	10000000	10000000	A glimpse into my world of coo and creativity.	100000011101	10000001101
Explore Recipes	Explore Recipes	Explore Recipes	Explore Recipes	Explore Recipes	Explore Recipes	Explore Recipes	Explore Recipes

Show audits relevant to: All FCP LCP TBT CLS

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DIAGNOSTICS

	Largest Contentful Paint element — 10,070 ms	~
A	Serve images in next-gen formats — Potential savings of 941 KiB	~
A	Properly size images — Potential savings of 863 KiB	~
A	Eliminate render-blocking resources — Potential savings of 1,730 ms	~
A	Preconnect to required origins — Potential savings of 90 ms	~
A	Efficiently encode images — Potential savings of 218 KiB	~
A	Page prevented back/forward cache restoration — 1 failure reason	~
	Image elements do not have explicit width and height	~
	Minify JavaScript — Potential savings of 114 KiB	~
	Enable text compression — Potential savings of 6 KiB	~
	Remove duplicate modules in JavaScript bundles — Potential savings of 25 KiB	~
0	Avoid large layout shifts — 1 layout shift found	~
0	Avoid large layout shifts — 1 layout shift found Initial server response time was short — Root document took 0 ms	~
0		· · · · · · · · · · · · · · · · · · ·
0 0	Initial server response time was short — Root document took 0 ms	* * * *
0	Initial server response time was short — Root document took 0 ms Avoids enormous network payloads — Total size was 1,656 KiB	* * * * *
0	Initial server response time was short — Root document took 0 ms Avoids enormous network payloads — Total size was 1,656 KiB Avoids an excessive DOM size — 56 elements	* * * * *
0	Initial server response time was short — Root document took 0 ms Avoids enormous network payloads — Total size was 1,656 KiB Avoids an excessive DOM size — 56 elements Avoid chaining critical requests — 2 chains found	* * * * * *
0	Initial server response time was short — Root document took 0 ms Avoids enormous network payloads — Total size was 1,656 KiB Avoids an excessive DOM size — 56 elements Avoid chaining critical requests — 2 chains found JavaScript execution time — 0.1 s	* * * * * *
0 0	Initial server response time was short — Root document took 0 ms Avoids enormous network payloads — Total size was 1,656 KiB Avoids an excessive DOM size — 56 elements Avoid chaining critical requests — 2 chains found JavaScript execution time — 0.1 s Minimizes main-thread work — 0.2 s	* * * * * * *

More information about the performance of your application. These numbers don't <u>directly affect</u> the Performance score.

PASSED AUDITS (18) Show

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Accessibility

These checks highlight opportunities to improve the accessibility of your web app. Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so manual testing is also encouraged.

CONTRAST

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

These are opportunities to improve the legibility of your content.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on conducting an accessibility review.

PASSED AUDITS (17)

Show

NOT APPLICABLE (39)



Best Practices

TRUST AND SAFETY

O Ensure CSP is effective against XSS attacks

PASSED AUDITS (15)

Show

about:blank 3/4

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These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on Core Web Vitals. Learn more about Google Search Essentials.

ADDITIONAL ITEMS TO MANUALLY CHECK (1)

Show

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (8)

Show

NOT APPLICABLE (2)

Show

Captured at Nov 24, 2024, 1:14 AM GMT+1 Initial page load Emulated Moto G Power with
Lighthouse 12.2.1
Slow 4G throttling

Single page session

Using Chromium 131.0.0.0 with devtools

Generated by Lighthouse 12.2.1 | File an issue

about:blank 4/4