

Performance Report for: https://noguiltmeal.pl/

Report generated: Sat, May 31, 2025 3:34 AM -0700
Test Server Location: London, UK
Using: Chrome 125.0.0.0, Lighthouse 12.3.0

D	Performance 44%	Structure 95%	L. Contentful Paint 2.9s	T. Blocking Time 1.8s	C. Layout Shift 0.2
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Top Issues

Med-Low	Avoid long main-thread tasks <small>TBT</small>	10 long tasks found
Med-Low	Avoid an excessive DOM size <small>TBT</small>	2,285 elements
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 6.92KB
Med-Low	Avoid large layout shifts <small>CLS</small>	3 layout shifts found
Low	Allow back/forward cache restoration	1 failure reason

Focus on these audits first

These audits likely have the largest impact on your page performance.

Structure audits do not directly affect your Performance Score, but improving the audits seen here can help as a starting point for overall performance gains.

Page Details



Total Page Size - 881KB



Total Page Requests - 24



HTML JS CSS IMG Video Font Other

How does this affect me?

Modern web users have a short attention span and expect a fast and seamless website experience. Delivering that fast experience can result in more traffic, more conversions, and more happiness.

As if you didn't need more incentive, **Google use Page Speed and Page Experience (including Web Vitals) signals in their ranking algorithm.**

About GTmetrix

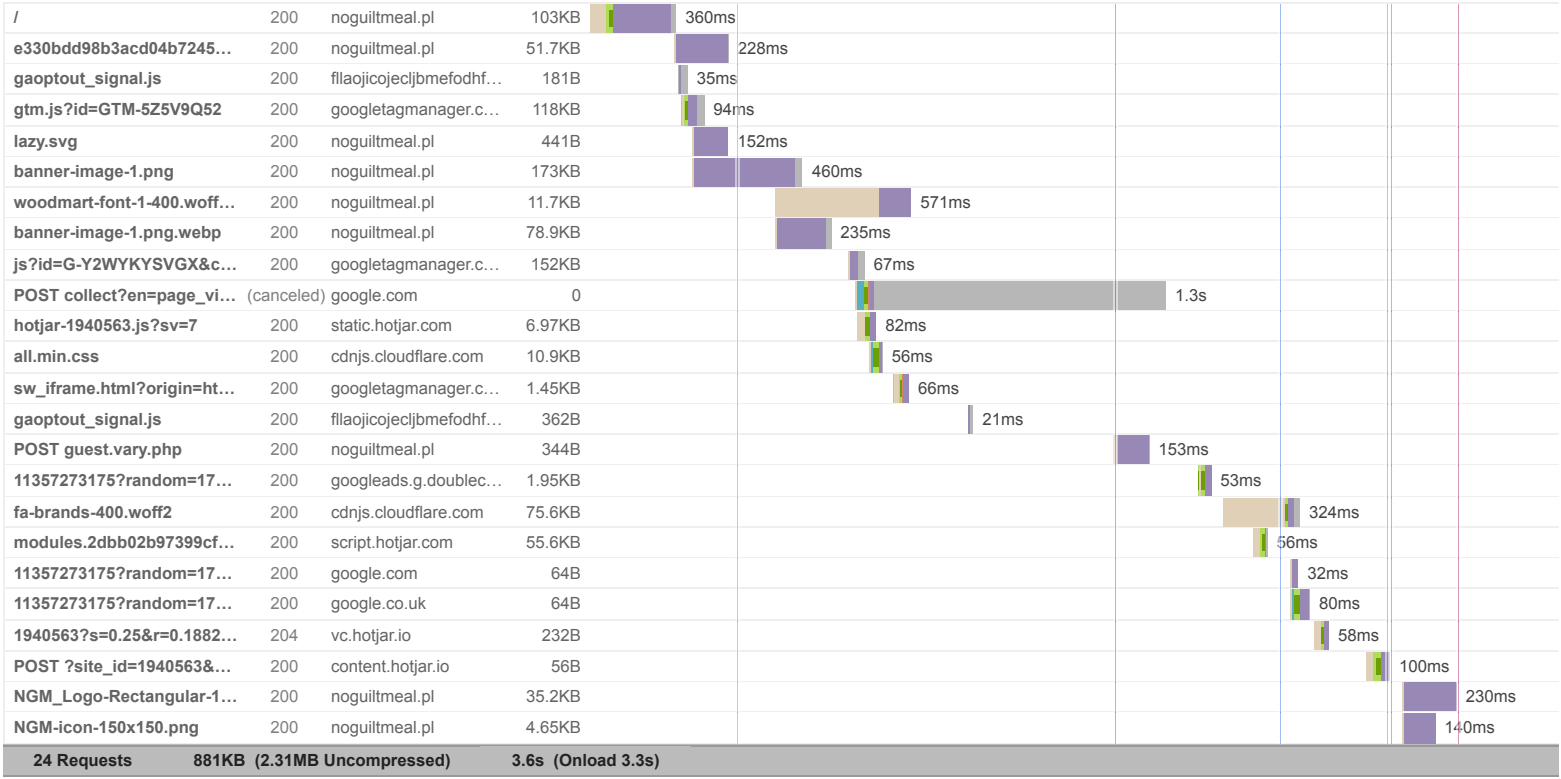
GTmetrix was developed as a tool for customers to easily test the performance of their webpages.

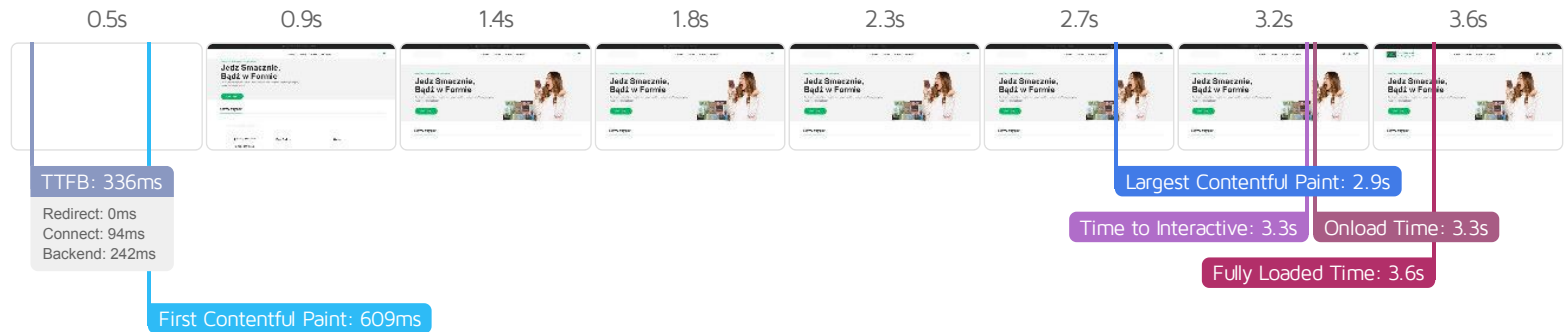
GTmetrix

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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.

No Guilt Meal - Jedz smacznie, zachowaj formę





Performance Metrics

First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Good - Nothing to do here 609ms	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Longer than recommended 3.3s
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Good - Nothing to do here 942ms	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	Much longer than recommended 1.8s
Largest Contentful Paint How long it takes for the largest element of content (i.e., a hero image) to be painted on your page. A good user experience is 1.2s or less.	Much longer than recommended 2.9s	Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	More than recommended 0.2

Browser Timings

Redirect	0ms	Connect	94ms	Backend	242ms
TTFB	336ms	First Paint	609ms	DOM Int.	2.2s
DOM Loaded	2.2s	Onload	3.3s	Fully Loaded	3.6s

IMPACT	AUDIT	
Med-Low	Avoid long main-thread tasks TBT	10 long tasks found
Med-Low	Avoid an excessive DOM size TBT	2,285 elements
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 6.92KB
Med-Low	Avoid large layout shifts CLS	3 layout shifts found
Low	Allow back/forward cache restoration	1 failure reason
Low	Use a Content Delivery Network (CDN)	1 resource found
Low	Reduce JavaScript execution time TBT	845ms spent executing JavaScript
Low	Avoid chaining critical requests FCP LCP	
Low	Avoid enormous network payloads LCP	Total size was 884KB
Low	Properly size images	Potential savings of 33.5KB
Low	Reduce initial server response time FCP LCP	Root document took 241ms
Low	Reduce unused CSS FCP LCP	Potential savings of 51.4KB
Low	Reduce unused JavaScript LCP	Potential savings of 134KB
Low	Avoid non-composited animations CLS	240 animated elements found
N/A	Avoid serving legacy JavaScript to modern browsers TBT	Potential savings of 124B
N/A	Largest Contentful Paint element LCP	2,880 ms
N/A	Reduce the impact of third-party code TBT	Third-party code blocked the main thread for 767ms
N/A	Minimize main-thread work TBT	Main-thread busy for 3.3s
N/A	Eliminate render-blocking resources FCP LCP	
N/A	User Timing marks and measures	