





Website review cookingtrek.com

Generated on June 22 2025 14:59 PM

The score is 61/100



SEO Content

	Title	<p>Cooking Trek - Healthy Weight Loss Recipes & Comfort Food</p> <p>Length : 61</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																		
	Description	<p>Discover easy and delicious weight loss recipes to support your healthy journey. Simple comfort foods, meal prep ideas, and sustainable eating tips.</p> <p>Length : 148</p> <p>Great, your meta description contains between 70 and 160 characters.</p>																		
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																		
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Cooking Trek - Easy Comfort Food Recipes You&#039;ll Love</td></tr><tr><td>description</td><td>Discover delicious comfort food recipes that make healthy eating simple, enjoyable, and sustainable.</td></tr><tr><td>url</td><td>https://www.cookingtrek.com/</td></tr><tr><td>site_name</td><td>Cooking Trek</td></tr><tr><td>image</td><td>https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png</td></tr><tr><td>image:secure_url</td><td>https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png</td></tr></tbody></table>	Property	Content	locale	en_US	type	website	title	Cooking Trek - Easy Comfort Food Recipes You'll Love	description	Discover delicious comfort food recipes that make healthy eating simple, enjoyable, and sustainable.	url	https://www.cookingtrek.com/	site_name	Cooking Trek	image	https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png	image:secure_url	https://www.cookingtrek.com/wp-content/uploads/2025/05/Cooking-Trek-logo.png
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SEO Content

image:width	1000
image:height	200
image:alt	Cooking Trek
image:type	image/png







Headings





H1	H2	H3	H4	H5	H6
1	24	1	0	2	0

- [H1] Easy Weight Loss Recipes That Taste Like Home
- [H2] Must-try dishes
- [H2] Japanese Water Recipe: Your Easy Path to Natural Weight Loss
- [H2] Apple Cider Vinegar Detox Drink for Powerful Weight Loss Results
- [H2] Fat-Burning Morning Elixir: Apple Cider Vinegar & Pink Salt Detox Drink
- [H2] 15 Powerful Detox Drinks Smoothies That Cleanse, Slim & Energize Naturally
- [H2]
- [H2] The Best Buckwheat Crepes: Easy, Wholesome & Gluten-Free
- [H2] Quick and easy recipes
- [H2] How to Make the Best Gluten Free Pizza Crust at Home
- [H2] Japanese Sweet Potato – The Ultimate Guide to Flavor, Nutrition & Cooking
- [H2] Delicious Home Made Ground Beef Zucchini Sweet Potato Skillet
- [H2] Healthy Stuffed Peppers You’ll Want Every Night | Easy Weight-Loss Recipe
- [H2] Flavor That Satisfies: This Powerful Cucumber Chickpea Salad Is Your Weight-Loss Hero
- [H2] High-Protein Cottage Cheese Taco Bowl With Low Carbs For Easy Weight Loss
- [H2] How to Make the Best Gluten Free Pizza Crust at Home
- [H2] Japanese Sweet Potato – The Ultimate Guide to Flavor, Nutrition & Cooking
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- [H2] Fat-Burning Morning Elixir: Apple Cider Vinegar & Pink Salt Detox Drink
- [H2] 15 Powerful Detox Drinks Smoothies That Cleanse, Slim & Energize Naturally
- [H2] Apple Cider Vinegar Recipes That Heal Your Gut, Burn Fat, and Taste Amazing
- [H2] Sugar-Free Electrolyte Drink: Refreshing Homemade Hydration

SEO Content

		<ul style="list-style-type: none">• [H3] Cooking Trek• [H5] Categories• [H5] Useful links
	Images	We found 33 images on this web page. 6 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 6% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 27 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Home	Internal	Passing Juice
Breakfast	Internal	Passing Juice

In-page links

Main Dishes	Internal	Passing Juice
Desserts	Internal	Passing Juice
Drinks	Internal	Passing Juice
About us	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Japanese Water Recipe: Your Easy Path to Natural Weight Loss	Internal	Passing Juice
Apple Cider Vinegar Detox Drink for Powerful Weight Loss Results	Internal	Passing Juice
Fat-Burning Morning Elixir: Apple Cider Vinegar & Pink Salt Detox Drink	Internal	Passing Juice
15 Powerful Detox Drinks Smoothies That Cleanse, Slim & Energize Naturally	Internal	Passing Juice
The Best Buckwheat Crepes: Easy, Wholesome & Gluten-Free	Internal	Passing Juice
How to Make the Best Gluten Free Pizza Crust at Home	Internal	Passing Juice
Japanese Sweet Potato &#8211; The Ultimate Guide to Flavor, Nutrition & Cooking	Internal	Passing Juice
Delicious Home Made Ground Beef Zucchini Sweet Potato Skillet	Internal	Passing Juice
Healthy Stuffed Peppers You'll Want Every Night Easy Weight-Loss Recipe	Internal	Passing Juice
Flavor That Satisfies: This Powerful Cucumber Chickpea Salad Is Your Weight-Loss Hero	Internal	Passing Juice
High-Protein Cottage Cheese Taco Bowl With Low Carbs For Easy Weight Loss	Internal	Passing Juice
Apple Cider Vinegar Recipes That Heal Your Gut, Burn Fat, and Taste Amazing	Internal	Passing Juice
Sugar-Free Electrolyte Drink: Refreshing Homemade Hydration	Internal	Passing Juice
Older posts	Internal	Passing Juice
Home	Internal	Passing Juice
GDPR & CCPA	Internal	Passing Juice
Disclaimer	Internal	Passing Juice

In-page links

[Terms of Service](#)

Internal

Passing Juice

[Contact Us](#)

Internal

Passing Juice

SEO Keywords



Keywords Cloud

dishes casey monroe recipe easy loss main
june weight view

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
june	30	×	×	×	×
casey	16	×	×	×	×
monroe	16	×	×	×	×
recipe	14	✓	×	✓	✓
weight	13	✓	×	✓	✓

Usability



Url

Domain : cookingtrek.com
Length : 15



Favicon

Great, your website has a favicon.



Printability

We could not find a Print-Friendly CSS.



Language












Good. Your declared language is en.







Dublin Core

This page does not take advantage of Dublin Core.



Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 1 Warnings : 1
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Great, your website has few CSS files.</div> <div> Perfect, your website has few JavaScript files.</div> <div> Perfect, your website takes advantage of gzip.</div>

Mobile

	Mobile Optimization	<div> Apple Icon</div> <div> Meta Viewport Tag</div> <div> Flash content</div>
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. <div>https://www.cookingtrek.com/sitemap_index.xml/</div>
	Robots.txt	http://cookingtrek.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Missing

Optimization



We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.