

# Webseiten-Bericht für freshfitrecipes.com

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Der Wert ist 63/100



## SEO Inhalte

|    | Seitentitel                                                                                                                            | <p>home - freshfitrecipes.com</p> <p><b>Länge : 26</b></p> <p>Perfekt, denn Ihr Seitentitel enthält zwischen 10 und 70 Anzahl Zeichen.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------|--------|-------|------|---------|-------|----------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------|-----|------------------------------|-----------|-----------------|--------------|---------------------------|
|    | Seitenbeschreibung                                                                                                                     | <p>Discover simple, healthy recipes with Fresh Fit Recipes – your go-to site for easy, nutritious meals that make eating well effortless!</p> <p><b>Länge : 134</b></p> <p>Großartig, denn Ihre Seitenbeschreibung enthält zwischen 70 und 160 Anzahl Zeichen.</p>                                                                                                                                                                                                                                                                                                                                                                                                      |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
|  | Suchbegriffe                                                                                                                           | <p>Nicht so gut. Wir konnten keine META-Suchbegriffe auf Ihrer Webseite finden. Benutzen Sie <a href="#">dieses kostenlose Werkzeug</a> um META-Suchbegriffe zu erzeugen.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
|  | Og META Eigenschaften                                                                                                                  | <p>Sehr gut, denn diese Webseite nutzt die Vorteile aus den Og Properties.</p> <table><thead><tr><th>Eigenschaft</th><th>Inhalt</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>home - freshfitrecipes.com</td></tr><tr><td>description</td><td>Discover simple, healthy recipes with Fresh Fit Recipes – your go-to site for easy, nutritious meals that make eating well effortless!</td></tr><tr><td>url</td><td>https://freshfitrecipes.com/</td></tr><tr><td>site_name</td><td>freshfitrecipes</td></tr><tr><td>updated_time</td><td>2024-11-25T14:30:44+00:00</td></tr></tbody></table> | Eigenschaft | Inhalt | locale | en_US | type | website | title | home - freshfitrecipes.com | description | Discover simple, healthy recipes with Fresh Fit Recipes – your go-to site for easy, nutritious meals that make eating well effortless! | url | https://freshfitrecipes.com/ | site_name | freshfitrecipes | updated_time | 2024-11-25T14:30:44+00:00 |
| Eigenschaft                                                                        | Inhalt                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
| locale                                                                             | en_US                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
| type                                                                               | website                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
| title                                                                              | home - freshfitrecipes.com                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
| description                                                                        | Discover simple, healthy recipes with Fresh Fit Recipes – your go-to site for easy, nutritious meals that make eating well effortless! |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
| url                                                                                | https://freshfitrecipes.com/                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
| site_name                                                                          | freshfitrecipes                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
| updated_time                                                                       | 2024-11-25T14:30:44+00:00                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |
|                                                                                    |                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |             |        |        |       |      |         |       |                            |             |                                                                                                                                        |     |                              |           |                 |              |                           |

# SEO Inhalte

|    | Überschriften | H1<br>2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | H2<br>4 | H3<br>0 | H4<br>32 | H5<br>0 | H6<br>0 |
|------------------------------------------------------------------------------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|---------|---------|
|                                                                                    |               | <ul style="list-style-type: none"><li>• [H1] Tasty and healthy recipes made simple with Fresh Fit Recipes for a better lifestyle!</li><li>• [H1] Recent Recipes</li><li>• [H2] Breakfast Recipes</li><li>• [H2] Lunch Recipes</li><li>• [H2] Dinner Recipes</li><li>• [H2] Footer</li><li>• [H4] Creamy Cottage Cheese Eggs for a Healthy Breakfast</li><li>• [H4] Churu Chicken Amarillo Recipe You'll Absolutely Love</li><li>• [H4] Apple and Honey-Glazed Chicken Tenders Recipe</li><li>• [H4] 5 Delicious Ways to Enjoy Cottage Cheese Toast</li><li>• [H4] The Ultimate Guide to Scrambled Eggs with Cottage Cheese</li><li>• [H4] Easy Carnitas Breakfast Skillet with Eggs - Flavorful &amp; Simple</li><li>• [H4] Low Point WW Meals: Delicious Options for Weight Loss</li><li>• [H4] Easy Vegan High-Protein Breakfast Ideas</li><li>• [H4] Creamy Cottage Cheese Eggs for a Healthy Breakfast</li><li>• [H4] 5 Delicious Ways to Enjoy Cottage Cheese Toast</li><li>• [H4] The Ultimate Guide to Scrambled Eggs with Cottage Cheese</li><li>• [H4] Easy Carnitas Breakfast Skillet with Eggs - Flavorful &amp; Simple</li><li>• [H4] Easy Vegan High-Protein Breakfast Ideas</li><li>• [H4] Creative Crescent Roll Breakfast Ideas for Every Morning</li><li>• [H4] Perfect Sausage and Egg Casserole with Crescent Rolls</li><li>• [H4] 10 Delicious High-Protein Plant-Based Breakfast Recipes</li><li>• [H4] Master Homemade Deli Meat recipes: Secrets to Perfect Thin Slices</li><li>• [H4] How to Make Homemade Cold Cuts: A Step-by-Step Guide</li><li>• [H4] How to Prepare Perfect Homemade Deli Meat for Sandwiches</li><li>• [H4] 7 Reasons Lunch Pepper Dishes Are Ultimate Flavor Boosts</li><li>• [H4] Beef Pepper Steak with Rice: 5 Easy Steps to Make It Perfect</li><li>• [H4] 5 Reasons Why Beef Pepper Lunch is the Perfect Quick Meal</li><li>• [H4] Easy Gluten-Free Lunches You Can Make in Under 15 Minutes</li><li>• [H4] 10 Easy Gluten Free Lunch Ideas for Busy Days</li><li>• [H4] Churu Chicken Amarillo Recipe You'll Absolutely Love</li><li>• [H4] Apple and Honey-Glazed Chicken Tenders Recipe</li><li>• [H4] Low Point WW Meals: Delicious Options for Weight Loss</li><li>• [H4] Explore WW Dinner Recipes for Quick, Healthy Meals</li><li>• [H4] Easy Weight Watchers Recipes to Simplify Meal Prep</li><li>• [H4] 8Dinner Sausage Recipes Perfect for Busy Weeknights</li><li>• [H4] Top 10 Ground Sausage Recipes for Delicious Dinners</li><li>• [H4] 5 Quick Crescent Roll Meals: Delicious Ideas for Busy Nights</li></ul> |         |         |          |         |         |
|  | Bilder        | Es konnten 34 Bilder auf dieser Webseite gefunden werden.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |         |         |          |         |         |

## SEO Inhalte

|                                                                                   |                      |                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                   |                      | Gut, denn die meisten Ihrer Bilder verwenden das ALT-Attribut.                                                                                                                           |
|  | Text/HTML Verhältnis | <p>Anteil : <b>3%</b></p> <p>Das Text zu HTML Code Verhältnis dieser Webseite ist niedriger als 15 Prozent, was bedeutet, dass Sie mehr Inhalte für Ihre Webseite schreiben sollten.</p> |
|  | Flash                | Perfekt, denn es wurde kein Flash auf Ihrer Webseite gefunden.                                                                                                                           |
|  | IFrame               | Schlecht, denn Sie verwenden IFrames auf Ihrer Webseite, die von Suchmaschinen nicht indexiert werden können.                                                                            |

## SEO Links

|                                                                                     |                         |                                                                                                         |
|-------------------------------------------------------------------------------------|-------------------------|---------------------------------------------------------------------------------------------------------|
|    | URL Rewrite             | Gut. Ihre Links sind für Suchmaschinen gut lesbar (sprechende Links)!                                   |
|  | Underscores in the URLs | Perfekt! Wir haben keine Unterstriche in Ihren Links entdeckt.                                          |
|  | In-page links           | We found a total of 34 links including 0 link(s) to files                                               |
|  | Statistics              | <p>Externe Links : noFollow 0%</p> <p>Externe Links : natürliche Links 0%</p> <p>Interne Links 100%</p> |

## In-page links

| Anker                           | Typ    | Natürlich        |
|---------------------------------|--------|------------------|
| <a href="#">Skip to content</a> | intern | natürliche Links |
| <a href="#">home</a>            | intern | natürliche Links |
| <a href="#">Breakfast</a>       | intern | natürliche Links |
| <a href="#">Lunch</a>           | intern | natürliche Links |
| <a href="#">Dinner</a>          | intern | natürliche Links |

## In-page links

|                                                                                    |        |                  |
|------------------------------------------------------------------------------------|--------|------------------|
| <a href="#">About me</a>                                                           | intern | natürliche Links |
| <a href="#">Contact Us</a>                                                         | intern | natürliche Links |
| <a href="#">Creamy Cottage Cheese Eggs for a Healthy Breakfast</a>                 | intern | natürliche Links |
| <a href="#">Churu Chicken Amarillo Recipe You'll Absolutely Love</a>               | intern | natürliche Links |
| <a href="#">Apple and Honey-Glazed Chicken Tenders Recipe</a>                      | intern | natürliche Links |
| <a href="#">5 Delicious Ways to Enjoy Cottage Cheese Toast</a>                     | intern | natürliche Links |
| <a href="#">The Ultimate Guide to Scrambled Eggs with Cottage Cheese</a>           | intern | natürliche Links |
| <a href="#">Easy Carnitas Breakfast Skillet with Eggs – Flavorful &amp; Simple</a> | intern | natürliche Links |
| <a href="#">Low Point WW Meals: Delicious Options for Weight Loss</a>              | intern | natürliche Links |
| <a href="#">Easy Vegan High-Protein Breakfast Ideas</a>                            | intern | natürliche Links |
| <a href="#">Creative Crescent Roll Breakfast Ideas for Every Morning</a>           | intern | natürliche Links |
| <a href="#">Perfect Sausage and Egg Casserole with Crescent Rolls</a>              | intern | natürliche Links |
| <a href="#">10 Delicious High-Protein Plant-Based Breakfast Recipes</a>            | intern | natürliche Links |
| <a href="#">Master Homemade Deli Meat recipes: Secrets to Perfect Thin Slices</a>  | intern | natürliche Links |
| <a href="#">How to Make Homemade Cold Cuts: A Step-by-Step Guide</a>               | intern | natürliche Links |
| <a href="#">How to Prepare Perfect Homemade Deli Meat for Sandwiches</a>           | intern | natürliche Links |
| <a href="#">7 Reasons Lunch Pepper Dishes Are Ultimate Flavor Boosts</a>           | intern | natürliche Links |
| <a href="#">Beef Pepper Steak with Rice: 5 Easy Steps to Make It Perfect</a>       | intern | natürliche Links |
| <a href="#">5 Reasons Why Beef Pepper Lunch is the Perfect Quick Meal</a>          | intern | natürliche Links |
| <a href="#">Easy Gluten-Free Lunches You Can Make in Under 15 Minutes</a>          | intern | natürliche Links |
| <a href="#">10 Easy Gluten Free Lunch Ideas for Busy Days</a>                      | intern | natürliche Links |
| <a href="#">Explore WW Dinner Recipes for Quick, Healthy Meals</a>                 | intern | natürliche Links |
| <a href="#">Easy Weight Watchers Recipes to Simplify Meal Prep</a>                 | intern | natürliche Links |
| <a href="#">8 Dinner Sausage Recipes Perfect for Busy Weeknights</a>               | intern | natürliche Links |
| <a href="#">Top 10 Ground Sausage Recipes for Delicious Dinners</a>                | intern | natürliche Links |
| <a href="#">5 Quick Crescent Roll Meals: Delicious Ideas for Busy Nights</a>       | intern | natürliche Links |
| <a href="#">disclaimer</a>                                                         | intern | natürliche Links |

## In-page links

[Privacy Policy](#)

intern

natürliche Links

[Terms of service](#)

intern

natürliche Links

## SEO Suchbegriffe



Suchbegriffswolke

perfect **recipes** easy fit delicious ideas  
breakfast healthy fresh lunch

## Keywords Consistency

| Suchbegriff | Inhalt | Seitentitel | Suchbegriffe | Seitenbeschreibung | Überschriften |
|-------------|--------|-------------|--------------|--------------------|---------------|
| recipes     | 21     | ✓           | ✗            | ✓                  | ✓             |
| breakfast   | 12     | ✗           | ✗            | ✗                  | ✓             |
| delicious   | 11     | ✗           | ✗            | ✗                  | ✓             |
| easy        | 10     | ✗           | ✗            | ✓                  | ✓             |
| perfect     | 9      | ✗           | ✗            | ✗                  | ✓             |

## Benutzerfreundlichkeit



URL

Domain : freshfitrecipes.com  
Länge : 19



Favoriten Icon

Gut. Die Webseite hat ein Favicon.



Druckeigenschaften

Es konnten keine druckfreundlichen CSS-Angaben gefunden werden.



Sprache

Gut, denn Sie haben in den META-Elementen eine Sprache deklariert: en.



Dublin Core

Diese Webseite nutzt nicht die Vorteile der Dublin Core Elemente.

## Dokument

|                                                                                  |                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Doctype                            | HTML 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|  | Verschlüsselung                    | Perfekt, denn Ihre Webseite deklariert einen Zeichensatz: UTF-8.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|  | W3C Validität                      | Fehler : 6<br>Warnungen : 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|  | E-Mail Datenschutz                 | Sehr gut, denn es wurde keine E-Mail Adresse im Klartext auf Ihrer Webseite gefunden.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|  | Veraltetes HTML                    | Sehr gut! Sie verwenden aktuelle HTML Tags in Ihrem Webseitenquelltext.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|  | Tipps zur Webseitengeschwindigkeit | <div>  Sehr gut, denn Ihre Webseite benutzt keine verschachtelten Tabellen. </div> <div>  Schlecht, denn es wurden CSS-Angaben in HTML-Elementen entdeckt. Diese Angaben sollten in ein entsprechendes CSS-Stylesheet verlagert werden. </div> <div>  Gut, denn Ihre Webseite enthält nur wenig CSS-Dateien. </div> <div>  Perfekt, denn Ihre Webseite enthält nur wenig Javascript-Dateien. </div> <div>  Gut! Sie nutzen die Vorteile von gzip. </div> |

## Mobile

|                                                                                    |                    |                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Mobile Optimierung | <div>  Apple Icon </div> <div>  META Viewport Tag </div> <div>  Flash Inhalt </div> |
|------------------------------------------------------------------------------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Optimierung

|                                                                                    |             |                                                                                                                                                            |
|------------------------------------------------------------------------------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | XML-Sitemap | Perfekt! Ihre Seite hat eine XML-Sitemap.<br><br><a href="https://freshfitrecipes.com/sitemap_index.xml">https://freshfitrecipes.com/sitemap_index.xml</a> |
|                                                                                    | Robots.txt  | <a href="http://freshfitrecipes.com/robots.txt">http://freshfitrecipes.com/robots.txt</a>                                                                  |

## Optimierung



Sehr gut! Ihre Webseite enthält eine robots.txt-Datei.



Analytics

Fehlt

Wir haben nicht ein Analyse-Tool auf dieser Website installiert zu erkennen.

Webanalyse erlaubt die Quantifizierung der Besucherinteraktionen mit Ihrer Seite. Insofern sollte zumindest ein Analysetool installiert werden. Um die Befunde abzusichern, empfiehlt sich das parallele Verwenden eines zweiten Tools.