

Contact: i@seoguide.co |

Website: <https://seoguide.co/>

Generated At: 2021-03-10 22:55:01

Domain Name - fitexmeals.com

WhoIs Information

Registered : No

Domain age : 9 Years 1 Months 24 Days

Tech email : 57899020@myprivatename.com

Name servers : NS1.C69301.SGVPS.NET

Created at : 26-Feb-2016

Changed at : 17-Jan-2021

Expire at : 26-Feb-2023

Registrant name : PERFECT PRIVACY, LLC

Admin name : PERFECT PRIVACY, LLC

Registrant country :  US

Admin country :  US

Registrant phone : +1.5707088780

Admin phone : +1.5707088780

Moz information

Subdomain normalized : 0.03535353392

Subdomain raw : 0.003535353579

Url normalized : 3.200000048

Url raw : 0.3199999928

Http status code : 403

Domain authority : 15

Page authority : 32

External quality link : 1

Links : 72

Link information

Backlink count : 1

Total link count : 72

Mozrank : 3.200000048



Deliciously Prepped Meals.

Get Ready to Look and Feel Your Best

Try our fresh, healthy prepared meals today

Shop This Week's Menu

Perfectly Portioned Meals

It's easy! Choose what you like and enjoy.

Mobile Friendly Check

Performance : 3.68

Emulated Form Factor **Mobile**

Locale **En-US**

Category **Performance**

Field Data

Over the last 30 days, the field data shows that this page has an **Moderate** speed compared to other pages in the Chrome User Experience Report. **We are showing The 75th percentile of FCP and The 95th percentile of FID**

First Contentful Paint (FCP)

4477 ms

Metric Category

SLOW

First Input Delay (FID)

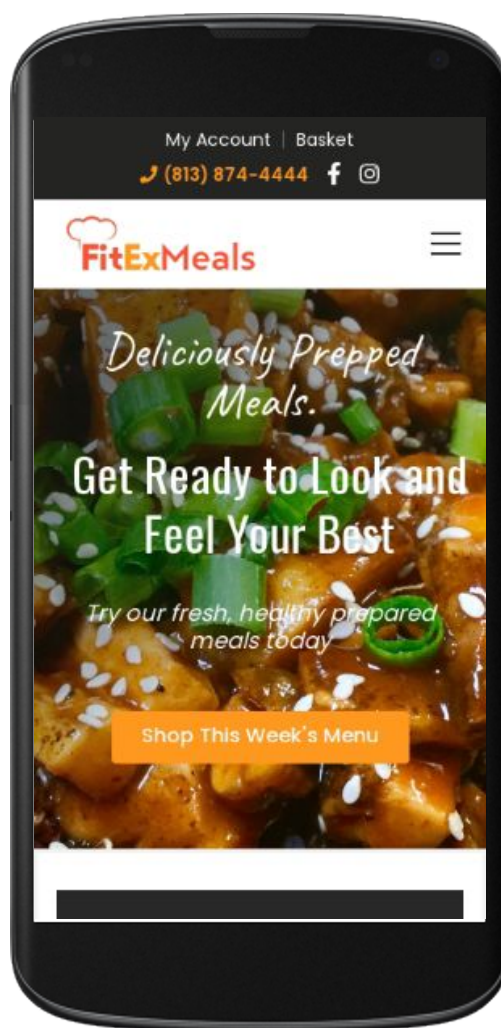
18 ms

Metric Category

FAST

Overall Category

SLOW



Origin Summary

All pages served from this origin have a **Slow** speed compared to other pages in the Chrome User Experience Report Over the last 30 days.To view suggestions tailored to each page, analyze individual page URLs.

First Contentful Paint (FCP)

3640 ms

Metric Category

SLOW

First Input Delay (FID)

14 ms

Metric Category

FAST

Overall Category

SLOW

Lab Data

First Contentful Paint

First Contentful Paint marks the time at which the first text or image is painted. [Learn more](#)

6.9 s

First Meaningful Paint

First Meaningful Paint measures when the primary content of a page is visible. [Learn more](#)

7.2 s

Speed Index

Speed Index shows how quickly the contents of a page are visibly populated. [Learn more](#)

17.0 s

First CPU Idle

First CPU Idle marks the first time at which the page's main thread is quiet enough to handle input. [Learn more](#)

16.1 s

Time to Interactive

Time to interactive is the amount of time it takes for the page to become fully interactive. [Learn more](#)

21.5 s

Max Potential First Input Delay

The maximum potential First Input Delay that your users could experience is the duration, in milliseconds, of the longest task. [Learn more](#)

1,060 ms

Audit Data

Keep request counts low and transfer sizes small

To set budgets for the quantity and size of page resources, add a `budget.json` file. [Learn More](#)

178 requests • 9,082 KiB

Eliminate render-blocking resources

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn More](#)

Potential savings of 6,720 ms

Efficiently encode images

Optimized images load faster and consume less cellular data. [Learn More](#)

Enable text compression

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn More](#)

Serve static assets with an efficient cache policy

A long cache lifetime can speed up repeat visits to your page. [Learn More](#)

11 resources found

Reduce the impact of third-party code

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading. [Learn More](#)

Third-party code blocked the main thread for 2,530 ms

Network Round Trip Times

Network round trip times (RTT) have a large impact on performance. If the RTT to an origin is high, it's an indication that servers closer to the user could improve performance. [Learn More](#)

0 ms

Estimated Input Latency

Estimated Input Latency is an estimate of how long your app takes to respond to user input, in milliseconds, during the busiest 5s window of page load. If your latency is higher than 50 ms, users may perceive your app as laggy. [Learn More](#)

460 ms

First Contentful Paint (3G)

First Contentful Paint 3G marks the time at which the first text or image is painted while on a 3G network. [Learn More](#)

13610.5 ms

Total Blocking Time

Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds.

1,210 ms

Reduce JavaScript execution time

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

4.7 s

Defer offscreen images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn More](#)

Server Backend Latencies

Server latencies can impact web performance. If the server latency of an origin is high, it's an indication the server is overloaded or has poor backend performance. [Learn More](#)

0 ms

Properly size images

Serve images that are appropriately-sized to save cellular data and improve load time. [Learn More](#)

Potential savings of 77 KiB

Remove unused CSS

Remove dead rules from stylesheets and defer the loading of CSS not used for above-the-fold content to reduce unnecessary bytes consumed by network activity. [Learn More](#)

Potential savings of 117 KiB

Avoid enormous network payloads

Large network payloads cost users real money and are highly correlated with long load times. [Learn More](#)

Total size was 9,082 KiB

Minimize main-thread work

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

8.9 s

Serve images in next-gen formats

Image formats like JPEG 2000, JPEG XR, and WebP often provide better compression than PNG or JPEG, which means faster

downloads and less data consumption. [Learn More](#)

Potential savings of 2,749 KiB

Avoid chaining critical requests

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

[Learn More](#)

68 chains found

Avoid enormous network payloads

A large DOM will increase memory usage, cause longer [Learn More](#)

729 elements

Avoid multiple page redirects

Redirects introduce additional delays before the page can be loaded. [Learn More](#)

Potential savings of 1,110 ms

Minify JavaScript

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn More](#)

User Timing marks and measures

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn More](#)

4 user timings

IP Information

ISP : AS15169 Google LLC

Ip : 35.208.225.244

Country :  UNITED STATES

City : Council Bluffs

Region : Iowa

Timezone : America/Chicago

Latitude : 41.2619

Malware Scan Info

Google safe browser norton : Safe

Norton : untested

Search Engine Index Info

Google index : 199

Bing index : 460

Longitude : -95.8608

Yahoo index : 4,660

Sites in Same IP

1. IP-Address-Lookup.com

Related Websites

1.

Social Network Information - fitexmeals.com

Social Network Information

Facebook share : 0

Pinterest Info : 0

Facebook comment : 0

Xing Info : 0

Facebook like : 0

Buffer Info : 0

Reddit Score : 0

Reddit Ups : 0

Reddit downs : 0

Keyword & Meta Information - fitexmeals.com

TITLE & METATAGS

Title

Healthy Meal Delivery - FitEx Meals

Viewport

width=device-width, initial-scale=1.0

Description

Eat right with healthy meals from FitEx meals. We prepare signature low fat meals or keto meals and deliver. Tampa, Clearwater, Brandon, and all Florida

Robots

index, follow, max-snippet:-1, max-image-preview:large, max-video-preview:-1

Twitter:card

summary

Twitter:label1

Est. reading time

Twitter:data1

4 minutes

Framework

Redux 4.1.24

Onesignal

wordpress-plugin

Msapplication-TileImage

<https://www.fitexmeals.com/wp-content/uploads/2018/03/facicon-new.png>

Blocked by robots.txt : Yes

Blocked by meta-robots : No

Links nofollowed by meta-robots : No

Total keywords : 1070

Html headings**H1(1)**

1. Get Ready to Look and Feel Your Best

H2(4)

1. Deliciously Prepped Meals.
2. Want Special Deals On Our Menus?
3. What Our Customers Say
4. Don't Just Eat Right. Eat Great!

H3(12)

1. Perfectly Portioned Meals
2. High-Protein Meals Straight to Your Door

3. Extremely Fresh Foods

4. 400-500 Calories Per Meal

5. Risk-Free

6. Customized to Your Needs

7. Meal Prep FAQ

8. Why should I pay for meal prep?

9. Do you have a referral program?

10. How often does your menu change?

11. Do you freeze your meals?

12. What separates you from other diets?

H4(7)

1. Try our fresh, healthy prepared meals today

2. We'd love to send some straight to your inbox. Get coupons, limited time offers, and more!

3. Take control of your health today and start giving your body the diet it deserves.

4. Our Food

5. Company

6. Blog

7. Contact Us

H5(6)

1. It's easy! Choose what you like and enjoy.

2. Over 30 New Recipes Every Week

3. Affordable Options For Everyone

4. Always 100% Fresh Foods

5. Experienced Chefs of 10+ Years

6. Meals For Every Type of Health Goal

H6(0)

No h6 tag found

KEYWORD ANALYSIS

== Single word keywords ==

SINGLE KEYWORDS	OCCURRENCES	DENSITY	POSSIBLE SPAM
meals	15	1.402 %	No
fresh	9	0.841 %	No
meal	9	0.841 %	No
Meals	7	0.654 %	No
Bowl	7	0.654 %	No
Menu	6	0.561 %	No
Chicken	5	0.467 %	No
order	4	0.374 %	Yes
time	4	0.374 %	No
Eat	4	0.374 %	No
Fresh	4	0.374 %	No
weather	4	0.374 %	No
prepared	4	0.374 %	No
week	4	0.374 %	No
today	3	0.28 %	No
offer	3	0.28 %	Yes
day	3	0.28 %	No
Meal	3	0.28 %	No
means	3	0.28 %	No

SINGLE KEYWORDS	OCCURRENCES	DENSITY	POSSIBLE SPAM
enjoy	3	0.28 %	No

== Two words keywords ==

2 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
meals are	5	0.467 %	No
and we	4	0.374 %	No
and Go	3	0.28 %	No
on the	3	0.28 %	No
of our	3	0.28 %	No
Grab and	3	0.28 %	No
are prepared	3	0.28 %	No
fresh and	3	0.28 %	No
to the	3	0.28 %	No
per week	3	0.28 %	No
Our meals	3	0.28 %	No
much more	3	0.28 %	No
of your	3	0.28 %	No
meal prep	2	0.187 %	No
better than	2	0.187 %	No
a lot	2	0.187 %	No
we were	2	0.187 %	No
are on	2	0.187 %	No
our meals	2	0.187 %	No
and enjoy	2	0.187 %	No

== Three words keywords ==

3 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
Grab and Go	3	0.28 %	No
meals are prepared	3	0.28 %	No
of your health	2	0.187 %	No
control of your	2	0.187 %	No
are fair and	2	0.187 %	No

3 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
are prepared fresh	2	0.187 %	No
Our meals are	2	0.187 %	No
Start Eating Fresh	2	0.187 %	No
How It Works	2	0.187 %	No
Menu How It	2	0.187 %	No
are on the	2	0.187 %	No
20 dollars off	2	0.187 %	No
View Our Menu	2	0.187 %	No
My husband and	2	0.187 %	No
husband and I	2	0.187 %	No
and I are	2	0.187 %	No
days per week	2	0.187 %	No
depression autoimmune diseases	1	0.093 %	No
cure depression autoimmune	1	0.093 %	No
autoimmune diseases and	1	0.093 %	No

== Four words keywords ==

4 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
Menu How It Works	2	0.187 %	No
control of your health	2	0.187 %	No
husband and I are	2	0.187 %	No
My husband and I	2	0.187 %	No
meals are prepared fresh	2	0.187 %	No
My Account Basket Eat	1	0.093 %	No
being overweight Our meals	1	0.093 %	No
with being overweight Our	1	0.093 %	No
associated with being overweight	1	0.093 %	No
risks associated with being	1	0.093 %	No
diseases and risks associated	1	0.093 %	No
and risks associated with	1	0.093 %	No
Our meals are prepared	1	0.093 %	No
autoimmune diseases and risks	1	0.093 %	No
depression autoimmune diseases and	1	0.093 %	No

4 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
cure depression autoimmune diseases	1	0.093 %	No
can cure depression autoimmune	1	0.093 %	No
food can cure depression	1	0.093 %	No
overweight Our meals are	1	0.093 %	No
prepared fresh and have	1	0.093 %	No

Alexa Information - fitexmeals.com

General information

Domain name : fitexmeals.com

Global Rank : #373,403

Daily Time on Site : 7:53

Search Traffic :

Bounce Rate : 47.2%

Total sites link in : 143

Top 5 similar sites by audience overlap

Sl	Similar sites	Overlap score
1	wholebodyfuel.com	45.8
2	rebuiltmeals.com	43.7
3	nakedfitfoods.com	42.8
4	metabology.co	33.3
5	catermefit.com	31.9

Top 5 keywords by traffic

Keywords	Search Traffic	Share of voice
No data found!		

Top 4 keyword gaps

Keywords driving traffic to competitors, but not to this site	Avg. traffic to competitors	Search popularity
meal delivery services	26	44
meal delivery service near me	24	17
meal delivery	22	44
healthy meals delivered	22	26

Top 4 easy-to-rank keywords

Popular keywords within this site`s competitive power	Relevance to this site	Search popularity
food delivery service	34	46
food delivery services	17	41
healthy delivery	34	20
maluli	1	13

Top 4 buyer keywords

Keywords that show a high purchase intent	Avg. traffic to competitors	Organic competition
best meal delivery service	16	70
rebuilt meals reviews	11	20
rebuiltmeals.com reviews	10	20
best meal delivery services	9	73

Top 4 optimization opportunities

Very popular keywords already driving some traffic to this site	Search popularity	Organic share of voice
No data found!		

Top 5 referral sites

Sites by how many other sites drive traffic to them	Referral sites
fitexmeals.com	45.8
wholebodyfuel.com	43.7
metabology.co	42.8
rebuiltmeals.com	33.3

Sites by how many other sites drive traffic to them	Referral sites
nakedfitfoods.com	31.9

Site flow	
Visited just before & right after domain	Visited just before & right after domain percentage
No data found!	

Top 5 audience overlap		
Similar sites to this site	Site's overlap score	Alexa rank
No data found!		

Top 3 audience geography	
Visitors by country	Visitors by country percentage
No data found!	