



# SEO Overview

Clean Cooking with Caitlin

# Keyword Research

We search a general keyword and then drill into easy-to-rank "longtail" and related keywords. From this, we can devise a content plan that will help you rank for keywords on google and other search engines.

*Keywords can rank when used in titles, content, and meta data.*

## Related Keywords 1 - 33 (33)

US | chocolate chip cookies recipe

Filtered by:

**Include > Volume > Greater than > 500**

**Include > Keyword difficulty > Less than > 40**

Keyword	Relevance	Volume	KD ▲	CPC (USD)	Com.	Result	Trend
claire saffitz chocolate chip cookies	5.00	1,900	16	8.79	0.02	68	
ba's best chocolate chip cookies	5.00	720	26	0.00	0.00	78	
chocolate chip cookies king arthur	5.00	880	26	1.77	0.22	2,850,000	
chocolate chip cookies without chocolate chips	5.00	1,000	26	1.18	0.05	52,900,000	
ghirardelli cookie mix	5.00	720	27	0.60	1.00	832,000	
king arthur chocolate chip cookies	5.00	1,000	28	1.77	0.22	3,280,000	
ba best chocolate chip cookies	10.00	590	29	0.00	0.00	98	
pinch of yum chocolate chip cookies	5.00	1,300	29	0.00	0.00	545,000	
sunshine cookies	5.00	1,300	29	0.28	1.00	188,000,000	
sally's baking addiction chocolate chip cookies	5.00	1,900	30	2.09	0.00	82	
chocolate chip cookies with walnuts	5.00	590	31	0.62	0.49	6,160,000	
hot take cookies	5.00	1,000	31	3.74	0.02	2,510,000,000	
chocolate chip cookie recipe without baking soda	5.00	720	32	0.75	0.02	10,300,000	
chocolate chip cookies without baking soda	5.00	720	32	0.79	0.01	13,900,000	

Keyword	Relevance	Volume	KD ▲	CPC (USD)	Com.	Result	Trend
chunky chocolate	5.00	880	32	0.45	1.00	40,100,000	
original baking	5.00	590	34	0.00	0.00	800,000,000	
soft batch cookies	5.00	2,400	34	0.34	1.00	42,700,000	
the chocolate chip bakery	5.00	880	34	0.70	0.02	35,300,000	
classic cookies	5.00	880	35	0.54	0.97	1,710,000,000	
cookie troubleshooting chart	5.00	590	35	0.00	0.00	10,400,000	
very best baking	15.00	1,300	35	0.98	0.01	59	
cornstarch cookies	5.00	1,000	36	0.00	0.04	23,400,000	
nestle tollhouse cookie dough	10.00	1,300	36	1.15	1.00	698,000	
best chocolate chip cookies near me	30.00	720	38	5.09	0.97	91,300,000	
cake flour cookies	5.00	720	38	0.00	0.03	107,000,000	
chewy recipe	5.00	720	38	0.00	0.02	68,100,000	
yeah thats kosher	5.00	720	38	0.00	0.00	51	
chip re	10.00	1,000	39	0.00	0.00	1,960,000,000	
cookie recipes without chocolate chips	10.00	720	39	0.47	0.05	39,300,000	
cookie with chocolate on top	15.00	590	39	0.00	1.00	423,000,000	
cookies without chocolate chips	5.00	590	39	0.00	0.14	190,000,000	
martha stewart chocolate chip cookies	5.00	1,900	39	0.00	0.01	90	
what does cornstarch do in cookies	5.00	720	39	0.00	0.00	19,100,000	

# Competition

We analyze your competitors to see what is working for them, as well as find "untapped" keywords.

## Organic Search: Top Competitors (2,019)

US | cleancookingcaitlin.com

Competitor	Com. Keywords	SE Keywords	Com. Level
<a href="#">organicandwholesale.com</a>	34	1.9k	14%
<a href="#">flavortotaste.com</a>	24	273	8%
<a href="#">dishingupbalance.com</a>	21	2.6k	5%
<a href="#">infusedwaters.com</a>	18	912	5%
<a href="#">recipestonourish.com</a>	34	4.7k	4%

## Keyword Gap: All Keyword Details (6.0K Untapped keywords)

Project Scope: cleancookingcaitlin.com(you); Domain | Database: US | Device: Desktop | Date: January 2023 | Currency: USD

**i** Untapped keywords - keywords for which the You-domain has no rankings but at least one of the other entered competitors do.

Filtered by:

**Include > Volume > Greater than > 500**

**Include > Keyword difficulty > Less than > 50**

**Include > Intent > Equal > Informational**

**Intent type:** **I** Informational **N** Navigational **C** Commercial **T** Transactional

Keyword	Intent	cleancookingcaitlin.com	minimalistbaker.com	Volume	KD% ▲	CPC(USD)	Com.	Results
2022 overnighiter 27 14 6 specs	<b>I</b>	-	80	720	2	0.00	0	136.0M
cupcakes kale chips yummy healthy eats tasty scrumptious sweets	<b>I</b>	-	19	6,600	2	0.00	0	558.0K
ng bowl	<b>C</b> <b>I</b>	-	85	590	4	0.00	0	105.0M
red boy mushroom	<b>I</b>	-	97	590	6	0.00	0	37.3M

Keyword	Intent	cleancookingca itlin.com	minimalistbake r.com	Volume	KD% ▲	CPC(USD)	Com.	Results
set timer for 21 minutes	I	-	67	1,000	6	0.00	0	72
tapioca flour drying machine	I T	-	70	1,300	7	0.00	0.03	91
3.4 oz to grams	I	-	98	720	8	0.00	0	0
crispy tofu font	I	-	48	2,900	9	0.00	0.01	51
mango sherbert	I	-	40	590	9	2.26	0.84	299.0K
r e c i p e unscramble	I	-	85	590	9	0.00	0	81
sweet or salty nyt	I	-	51	590	9	2.13	0	51
choco brownie extreme blizzard	I	-	46	1,300	11	0.00	0	95
unscramble recipe	I	-	87	590	11	0.00	0	83
four gates bourbon	I	-	98	590	12	1.15	0.98	98
3qt to cups	I	-	92	720	13	0.00	0.01	0
avocado browser	C I	-	68	720	13	0.00	0.01	99
bbq whiskey	I T	-	77	590	13	1.50	1	20.8M
black pearl cookie toppings	C I	-	78	1,300	13	0.00	0	94
daniel fast snacks	I	-	85	720	13	1.38	0.07	19.7M
is whip cream gluten free	I	-	53	590	13	0.00	0.01	11.4M
is whipped cream gluten free	I	-	87	720	13	0.00	0.01	28.5M
kind of sauce made with peanuts	I	-	12	1,600	13	0.00	0	39.6M
mixing in spanish	I	-	83	1,300	13	0.00	0	0
oh em gee burgers	I	-	16	590	13	0.87	0.01	1.0M
peanut butter and c diff	I	-	88	4,400	13	0.86	0.16	812.0K

Keyword	Intent	cleancookingca itlin.com	minimalistbake r.com	Volume	KD% ▲	CPC(USD)	Com.	Results
punch in spanish	I	-	95	880	13	0.00	0	0
set timer for 33 minutes	I	-	62	590	13	0.00	0	66
vegetable maafé	I	-	34	1,000	13	0.00	0.01	58
victoria cakes pizza	I	-	79	590	13	0.00	0	16.3M
alison roman eggplant parm	I	-	36	720	14	0.00	0	71
alison roman eggplant parmesan	I	-	38	720	14	0.00	0	92
an orange juice in spanish	I	-	77	880	14	0.00	0	0
goddess shar fat	I	-	49	590	14	0.00	0	64
honey turmeric bomb	I	-	46	590	14	0.39	0.86	1.0M
is flan gluten free	I	-	79	1,000	14	0.00	0	4.2M
matcha latte switches	I T	-	98	590	14	0.00	0.26	25.2M
seed cycle chart	I	-	15	1,000	14	0.00	0.14	97.0M
sparkling water in spanish	I	-	90	590	14	0.00	0.25	0
trader joe heavy cream	I T	-	48	720	14	0.00	0.35	1.4M
trader joes heavy cream	I T	-	48	590	14	0.00	0.35	1.4M
what did you eat in spanish	I	-	83	590	14	0.00	0	0
blended overnight oats	I	-	22	880	15	1.57	0.03	662.0K
cocoyo yogurt	I	-	33	2,400	15	0.64	1	12.5K
curry in spanish	I	-	74	880	15	0.00	0	68.3M
glad in spanish	I	-	67	590	15	0.00	0	0
jar in spanish	I	-	88	880	15	0.00	0.07	0
liquor in spanish	I	-	94	590	15	0.00	0	56.0M

Keyword	Intent	cleancookingca itlin.com	minimalistbake r.com	Volume	KD%▲	CPC(USD)	Com.	Results
maizena en ingles	I	-	72	590	15	0.00	0.05	0
mushroom cookie jar	C I	-	71	720	15	0.25	1	6.4M
og sauce	I	-	56	720	15	0.00	0.08	66.0M
paste in soup	I	-	18	720	15	0.00	0	91.8M
pico rico hot sauce hot ones	I T	-	61	1,300	15	0.85	0.97	64
potato pearls	I T	-	98	1,300	15	0.48	1	5.5M
powder in spanish	I	-	86	880	15	0.00	0	0
pumfu recipes	I	-	52	590	15	1.44	0.06	3.0K
sacred 7 mushroom extract powder	I T	-	66	590	15	0.78	1	672.0K
ancho aioli	I	-	67	720	16	0.00	0	182.0K
baker in spanish	I	-	32	880	16	0.00	0	0
bell pepper in spanish	I	-	80	2,900	16	0.00	0	0
bow in spanish	I	-	98	1,300	16	0.00	0	0
butternut squash in spanish	I	-	53	1,300	16	0.00	0	0
cassava in spanish	I	-	89	880	16	0.00	0	4.0M
flegg	I	-	95	720	16	0.00	0	681.0K
general tso beef	I	-	74	720	16	0.00	0.01	4.1M
hoe in spanis	I	-	80	2,400	16	0.00	0	0
mango chili truly	I T	-	78	590	16	1.36	0.52	1.9M
muhamara	I	-	39	1,000	16	0.00	0.01	50.5K
my simple menu	I	-	67	1,900	16	0.00	0	3.5B
orange juice in spanish	I	-	88	2,400	16	0.00	0.04	98.5M
scratch in spanish	I	-	90	1,600	16	0.00	0	0

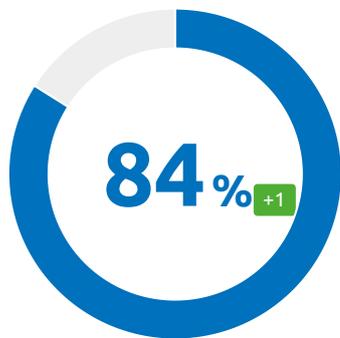
Keyword	Intent	cleancookingca itlin.com	minimalistbake r.com	Volume	KD%▲	CPC(USD)	Com.	Results
trader joe's heavy cream	I T	-	43	590	16	0.00	0.35	1.3M
trader joes sun dried tomatoes	I T	-	89	880	16	0.31	0.69	184.0K
trubar protein bar	I T	-	62	1,000	16	0.78	1	98
vevan uncream cheese	I T	-	50	590	16	1.42	1	551.0K
waist in spanish	I	-	69	720	16	0.00	0	92
anabolic french toast recipe	I	-	63	590	17	0.42	0.01	450.0K
baking soda in spanish	I	-	82	2,400	17	0.00	0.04	0
bottle in spanish	I	-	84	1,900	17	0.00	0	0
cornbread bowl	I	-	69	720	17	0.24	0.45	11.7M
costco pb powder	I	-	82	590	17	0.28	1	1.3M
curcumina en inglés	I	-	74	880	17	0.00	0.87	0
curry spoon	I T	-	98	1,000	17	0.54	0.38	53.0M
diy bow press	I	-	87	590	17	0.00	1	54.7M
flour in spanish	I	-	73	4,400	17	0.00	0	0
gluten free canned biscuits	I T	-	67	1,300	17	0.64	1	11.2M
hoe in spanish	I	-	75	4,400	17	0.00	0	0
jocko go drink	I T	-	76	720	17	0.68	1	87
key dish	I	-	99	720	17	0.50	1	429.0M
laura scudder peanut butter	I T	-	94	1,600	17	0.26	1	110.0K
lipton georgia peach tea	I T	-	93	590	17	0.42	1	446.0K
milton's gluten free crackers	I T	-	77	1,000	17	0.44	1	89
noodles to thai for	I T	-	71	880	17	0.00	0	112.0M
panera salad								

Keyword	Intent	cleancookingca itlin.com	minimalistbake r.com	Volume	KD% ▲	CPC(USD)	Com.	Results
dressings	I T	-	77	1,600	17	0.42	1	1.8M
seed cycling chart	I	-	15	1,600	17	0.00	0.14	9.7M
smoking lavender pros and cons	I	-	94	1,300	17	0.00	0	517.0K
strawberry cookie jar	C I	-	97	590	17	0.22	1	17.4M
truly mango chili	I T	-	86	720	17	2.41	0.95	2.0M
almond milk silk	I T	-	87	2,400	18	2.59	1	8.2M
bakers nachos	I	-	39	1,900	18	0.00	0.01	475.0K
costco ginger beer	I	-	66	1,000	18	0.61	1	1.9M

# Technical and UX

Your site performance, structure, and usability are very important for search engine ranking! We can ensure your site is running smoothly, so Google (and others) index your content and increase your traffic.

## Site Health



## Crawled Pages

200

● Healthy (3) 
 ● Broken (1) 
 ● Have issues (138) 
 ● Redirected (4) 
 ● Blocked (54)



## Errors

1 -3



## Warnings

694 -214



## Notices

2419 +20



## Top Issues

138 pages have low text-HTML ratio	warnings	4% of total issues
Sitemap.xml not found	warnings	0% of total issues
25 pages don't have an h1 heading	warnings	1% of total issues

## Ideas List: Total Ideas (365)

cleancookingcaitlin.com | Status: All

Category ▼	Idea	Page	Keyword	Status	Discovered
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/">https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/</a>	beetroot powder benefits	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/dark-chocolate-hummus/">https://cleancookingcaitlin.com/dark-chocolate-hummus/</a>	dark chocolate hummus, dessert hummus, chocolate hummus recipe	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/">https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/</a>	pomegranate seeds benefits, 10 benefits of pomegranate, pomegranate seed benefits	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-veg-an-option/">https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-veg-an-option/</a>	high protein vegan pizza	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/">https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/</a>	doritos seasoning, nacho seasoning for chips, homemade dorito seasoning, spicy nacho doritos, doritos seasoning recipe, spicy doritos, dorito seasoning, diy doritos seasoning, doritos spicy nacho, copycat doritos seasoning, + 2 more	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/buffalo-chicken-casserole/">https://cleancookingcaitlin.com/buffalo-chicken-casserole/</a>	buffalo chicken broccoli casserole	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/spelt-waffles/">https://cleancookingcaitlin.com/spelt-waffles/</a>	spelt waffles, spelt flour waffles	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/">https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/</a>	chickpea pie crust, bean pie recipe	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/">https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/</a>	creamy kale and gnocchi bake	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/">https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/</a>	recipes for hypothyroidism	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/">https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/</a>	mediterranean egg casserole, mediterranean diet breakfast casserole, mediterranean breakfast casserole	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/">https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/</a>	electrolyte popsicles, homemade electrolyte popsicles	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/">https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/</a>	turkey spinach meatballs, ground turkey and fresh spinach recipes	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/">https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/</a>	lemon water in the morning	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/">https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/</a>	is dr greger healthy, dr greger	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/berry-and-beet-smoothie/">https://cleancookingcaitlin.com/berry-and-beet-smoothie/</a>	beetroot smoothie for weight loss, beet smoothie recipe for weight loss	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/">https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/</a>	brussel sprouts mediterranean, mediterranean brussel sprouts, mediterranean diet brussel sprouts, mediterranean brussel sprout recipe	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/">https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/</a>	healthy banana recipes for weight loss, are bananas good for weight loss	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/">https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/</a>	how to lose weight with hypothyroidism	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/">https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/</a>	raisin date walnut oatmeal	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/">https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/</a>	cucumber benefits, benefits of cucumber, what are cucumbers good for, are cucumbers good for you, health benefits of cucumbers, cucumber health benefits, benefits of cucumbers, health benefits of cucumber	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/apple-cinnamon-yogurt/">https://cleancookingcaitlin.com/apple-cinnamon-yogurt/</a>	apple cinnamon yogurt	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/">https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/</a>	chia seeds bloating, do chia seeds cause gas and bloating, chia seeds gas, can chia seeds cause bloating	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/light-cream-sauce/">https://cleancookingcaitlin.com/light-cream-sauce/</a>	light cream sauce recipe, light cream sauce, light cream sauce for pasta	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/almond-joy-nicecream/">https://cleancookingcaitlin.com/almond-joy-nicecream/</a>	nicecream	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/">https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/</a>	almond crusted cod	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/winter-harvest-salad/">https://cleancookingcaitlin.com/winter-harvest-salad/</a>	winter harvest salad, gluten free winter salad	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/red-pepper-coulis/">https://cleancookingcaitlin.com/red-pepper-coulis/</a>	red pepper coulis	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/">https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/</a>	pumpkin protein waffles	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/">https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/</a>	how much protein in tofu, protein in tofu	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/">https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/</a>	vegetarian fajita casserole, vegetarian cornbread casserole, mexican cornbread casserole, vegetarian mexican cornbread casserole, vegan mexican cornbread casserole	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/vegan-tamales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-tamales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
Technical Ideas	Make your page crawlable.	<a href="https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/">https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/</a>	grilled cajun chicken salad, cajun chicken salad, cajun salad	To do	Jan 10, 2023
Strategy Ideas	Improve your SEO strategy.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/">https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/</a>	beetroot powder benefits	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/">https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/</a>	vegan meatloaf mushroom, meatless meatloaf	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/dark-chocolate-hummus/">https://cleancookingcaitlin.com/dark-chocolate-hummus/</a>	dark chocolate hummus, dessert hummus, chocolate hummus recipe	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/">https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/</a>	pomegranate seeds benefits, 10 benefits of pomegranate, pomegranate seed benefits	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/">https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/</a>	kale health benefits, benefits of kale, health benefits of kale	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-vegan-option/">https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-vegan-option/</a>	high protein vegan pizza	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/">https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/</a>	doritos seasoning, nacho seasoning for chips, homemade dorito seasoning, spicy nacho doritos, doritos seasoning recipe, spicy doritos, dorito seasoning, diy doritos seasoning, doritos spicy nacho, copycat doritos seasoning, + 2 more	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/">https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/</a>	benefits of lentils, lentils benefits	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/buffalo-chicken-casserole/">https://cleancookingcaitlin.com/buffalo-chicken-casserole/</a>	buffalo chicken broccoli casserole	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/spelt-waffles/">https://cleancookingcaitlin.com/spelt-waffles/</a>	spelt waffles, spelt flour waffles	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/">https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/</a>	is watermelon a berry	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/">https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/</a>	chickpea pie crust, bean pie recipe	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/">https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/</a>	creamy kale and gnocchi bake	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/">https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/</a>	recipes for hypothyroidism	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/">https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/</a>	mediterranean egg casserole, mediterranean diet breakfast casserole, mediterranean breakfast casserole	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/">https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/</a>	green beans with onions and peppers	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/strawberry-detox-lemonade/">https://cleancookingcaitlin.com/strawberry-detox-lemonade/</a>	acv before meals, homemade detox, homemade detox cleanse, best detox drink, acv cranberry juice, detox lemonade, detox drink recipes	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/">https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/</a>	red lentil curry	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/">https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/</a>	chickpeas from dry, garbanzo beans vs chickpeas, dried chickpeas vs canned, dried vs canned chickpeas, are canned chickpeas healthy, dried chickpeas, chickpeas vs garbanzo beans, are canned or dried chickpeas better, canned chickpeas nutrition, chickpeas benefits	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/">https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/</a>	electrolyte popsicles, homemade electrolyte popsicles	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/savory-oven-baked-turkey/">https://cleancookingcaitlin.com/savory-oven-baked-turkey/</a>	oven baked turkey	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/">https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/</a>	turkey spinach meatballs, ground turkey and fresh spinach recipes	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/">https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/</a>	lemon water in the morning	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/2023-health-resolutions/">https://cleancookingcaitlin.com/2023-health-resolutions/</a>	2023 resolutions worksheet	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/lentil-beet-burger/">https://cleancookingcaitlin.com/lentil-beet-burger/</a>	lentil beet burger	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/">https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/</a>	pumpkin oatmeal cookies, pumpkin pie filling oatmeal cookies, pumpkin spice oatmeal cookies, pumpkin pie oatmeal cookies	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/">https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/</a>	is dr greger healthy, dr greger	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/berry-and-beet-smoothie/">https://cleancookingcaitlin.com/berry-and-beet-smoothie/</a>	beetroot smoothie for weight loss, beet smoothie recipe for weight loss	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/low-fat-creamy-grits/">https://cleancookingcaitlin.com/low-fat-creamy-grits/</a>	are grits good for you, creamy grits, healthy grits, healthy grits recipe, grits calories, are grits healthy, healthy grits recipes	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/">https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/</a>	brussel sprouts mediterranean, mediterranean brussel sprouts, mediterranean diet brussel sprouts, mediterranean brussel sprout recipe	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/">https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/</a>	healthy banana recipes for weight loss, are bananas good for weight loss	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/">https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/</a>	chickpea flour pizza	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/">https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/</a>	how to lose weight with hypothyroidism	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/">https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/</a>	raisin date walnut oatmeal	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/">https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/</a>	cucumber benefits, benefits of cucumber, what are cucumbers good for, are cucumbers good for you, health benefits of cucumbers, cucumber health benefits, benefits of cucumbers, health benefits of cucumber	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/apple-cinnamon-yogurt/">https://cleancookingcaitlin.com/apple-cinnamon-yogurt/</a>	apple cinnamon yogurt	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/">https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/</a>	chia seeds bloating, do chia seeds cause gas and bloating, chia seeds gas, can chia seeds cause bloating	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/light-cream-sauce/">https://cleancookingcaitlin.com/light-cream-sauce/</a>	light cream sauce recipe, light cream sauce, light cream sauce for pasta	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/almond-joy-nicecream/">https://cleancookingcaitlin.com/almond-joy-nicecream/</a>	nicecream	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/">https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/</a>	almond crusted cod	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/winter-harvest-salad/">https://cleancookingcaitlin.com/winter-harvest-salad/</a>	winter harvest salad, gluten free winter salad	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/red-pepper-coulis/">https://cleancookingcaitlin.com/red-pepper-coulis/</a>	red pepper coulis	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/">https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/</a>	pumpkin protein waffles	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/">https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/</a>	how much protein in tofu, protein in tofu	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/">https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/</a>	beetroot and sweet potato salad, sweet potato and beetroot salad	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/bruschetta/">https://cleancookingcaitlin.com/bruschetta/</a>	low calorie bruschetta, healthy bruschetta recipe, healthy bruschetta	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/">https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/</a>	vegetarian fajita casserole, vegetarian cornbread casserole, mexican cornbread casserole, vegetarian mexican cornbread casserole, vegan mexican cornbread casserole	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/">https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/</a>	wellness gift ideas, gift ideas for health and wellness	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/vegan-tamales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-tamales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
Semantic Ideas	Enrich your page content.	<a href="https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/">https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/</a>	grilled cajun chicken salad, cajun chicken salad, cajun salad	To do	Jan 10, 2023
Featured Ideas	Mark up your aggregate rating.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
Featured Ideas	Get this page into a featured snippet.	<a href="https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/">https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/</a>	chickpeas from dry, garbanzo beans vs chickpeas, dried chickpeas vs canned, dried vs canned chickpeas, are canned chickpeas healthy, dried chickpeas, chickpeas vs garbanzo beans, are canned or dried chickpeas better, canned chickpeas nutrition, chickpeas benefits	To do	Jan 10, 2023
Featured Ideas	Mark up your aggregate rating.	<a href="https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/">https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/</a>	is dr greger healthy, dr greger	To do	Jan 10, 2023
Featured Ideas	Mark up your aggregate rating.	<a href="https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/">https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/</a>	cucumber benefits, benefits of cucumber, what are cucumbers good for, are cucumbers good for you, health benefits of cucumbers, cucumber health benefits, benefits of cucumbers, health benefits of cucumber	To do	Jan 10, 2023
Featured Ideas	Get this page into a featured snippet.	<a href="https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/">https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/</a>	chia seeds bloating, do chia seeds cause gas and bloating, chia seeds gas, can chia seeds cause bloating	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/">https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/</a>	beetroot powder benefits	To do	Jan 10, 2023
User Experience Ideas	Increase time spent on page.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/">https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/</a>	vegan meatloaf mushroom, meatless meatloaf	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/dark-chocolate-hummus/">https://cleancookingcaitlin.com/dark-chocolate-hummus/</a>	dark chocolate hummus, dessert hummus, chocolate hummus recipe	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/">https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/</a>	pomegranate seeds benefits, 10 benefits of pomegranate, pomegranate seed benefits	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/">https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/</a>	kale health benefits, benefits of kale, health benefits of kale	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-vegan-option/">https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-vegan-option/</a>	high protein vegan pizza	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/">https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/</a>	doritos seasoning, nacho seasoning for chips, homemade dorito seasoning, spicy nacho doritos, doritos seasoning recipe, spicy doritos, dorito seasoning, diy doritos seasoning, doritos spicy nacho, copycat doritos seasoning, + 2 more	To do	Jan 10, 2023
User Experience Ideas	Increase time spent on page.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/">https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/</a>	benefits of lentils, lentils benefits	To do	Jan 10, 2023
User Experience Ideas	Increase time spent on page.	<a href="https://cleancookingcaitlin.com/buffalo-chicken-casserole/">https://cleancookingcaitlin.com/buffalo-chicken-casserole/</a>	buffalo chicken broccoli casserole	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/buffalo-chicken-casserole/">https://cleancookingcaitlin.com/buffalo-chicken-casserole/</a>	buffalo chicken broccoli casserole	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
User Experience Ideas	Increase time spent on page.	<a href="https://cleancookingcaitlin.com/spelt-waffles/">https://cleancookingcaitlin.com/spelt-waffles/</a>	spelt waffles, spelt flour waffles	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/spelt-waffles/">https://cleancookingcaitlin.com/spelt-waffles/</a>	spelt waffles, spelt flour waffles	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/">https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/</a>	is watermelon a berry	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/">https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/</a>	chickpea pie crust, bean pie recipe	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/">https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/</a>	creamy kale and gnocchi bake	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/">https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/</a>	recipes for hypothyroidism	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/">https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/</a>	mediterranean egg casserole, mediterranean diet breakfast casserole, mediterranean breakfast casserole	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/">https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/</a>	green beans with onions and peppers	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/strawberry-detox-lemonade/">https://cleancookingcaitlin.com/strawberry-detox-lemonade/</a>	acv before meals, homemade detox, homemade detox cleanse, best detox drink, acv cranberry juice, detox lemonade, detox drink recipes	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/">https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/</a>	red lentil curry	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/">https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/</a>	chickpeas from dry, garbanzo beans vs chickpeas, dried chickpeas vs canned, dried vs canned chickpeas, are canned chickpeas healthy, dried chickpeas, chickpeas vs garbanzo beans, are canned or dried chickpeas better, canned chickpeas nutrition, chickpeas benefits	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/">https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/</a>	electrolyte popsicles, homemade electrolyte popsicles	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/savory-oven-baked-turkey/">https://cleancookingcaitlin.com/savory-oven-baked-turkey/</a>	oven baked turkey	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/">https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/</a>	turkey spinach meatballs, ground turkey and fresh spinach recipes	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/">https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/</a>	lemon water in the morning	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/2023-health-resolutions/">https://cleancookingcaitlin.com/2023-health-resolutions/</a>	2023 resolutions worksheet	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/lentil-beet-burger/">https://cleancookingcaitlin.com/lentil-beet-burger/</a>	lentil beet burger	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/">https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/</a>	pumpkin oatmeal cookies, pumpkin pie filling oatmeal cookies, pumpkin spice oatmeal cookies, pumpkin pie oatmeal cookies	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
User Experience Ideas	Speed up your page load time.	<a href="https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/">https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/</a>	is dr greger healthy, dr greger	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/">https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/</a>	is dr greger healthy, dr greger	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/berry-and-beet-smoothie/">https://cleancookingcaitlin.com/berry-and-beet-smoothie/</a>	beetroot smoothie for weight loss, beet smoothie recipe for weight loss	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/low-fat-creamy-grits/">https://cleancookingcaitlin.com/low-fat-creamy-grits/</a>	are grits good for you, creamy grits, healthy grits, healthy grits recipe, grits calories, are grits healthy, healthy grits recipes	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/">https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/</a>	brussel sprouts mediterranean, mediterranean brussel sprouts, mediterranean diet brussel sprouts, mediterranean brussel sprout recipe	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/">https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/</a>	healthy banana recipes for weight loss, are bananas good for weight loss	To do	Jan 10, 2023
User Experience Ideas	Speed up your page load time.	<a href="https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/">https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/</a>	chickpea flour pizza	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/">https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/</a>	chickpea flour pizza	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/">https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/</a>	raisin date walnut oatmeal	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/apple-cinnamon-yogurt/">https://cleancookingcaitlin.com/apple-cinnamon-yogurt/</a>	apple cinnamon yogurt	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/">https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/</a>	chia seeds bloating, do chia seeds cause gas and bloating, chia seeds gas, can chia seeds cause bloating	To do	Jan 10, 2023
User Experience Ideas	Speed up your page load time.	<a href="https://cleancookingcaitlin.com/light-cream-sauce/">https://cleancookingcaitlin.com/light-cream-sauce/</a>	light cream sauce recipe, light cream sauce, light cream sauce for pasta	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/light-cream-sauce/">https://cleancookingcaitlin.com/light-cream-sauce/</a>	light cream sauce recipe, light cream sauce, light cream sauce for pasta	To do	Jan 10, 2023
User Experience Ideas	Speed up your page load time.	<a href="https://cleancookingcaitlin.com/almond-joy-nicecream/">https://cleancookingcaitlin.com/almond-joy-nicecream/</a>	nicecream	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/almond-joy-nicecream/">https://cleancookingcaitlin.com/almond-joy-nicecream/</a>	nicecream	To do	Jan 10, 2023
User Experience Ideas	Increase time spent on page.	<a href="https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/">https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/</a>	almond crusted cod	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/">https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/</a>	almond crusted cod	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/winter-harvest-salad/">https://cleancookingcaitlin.com/winter-harvest-salad/</a>	winter harvest salad, gluten free winter salad	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
User Experience Ideas	Increase time spent on page.	<a href="https://cleancookingcaitlin.com/red-pepper-coulis/">https://cleancookingcaitlin.com/red-pepper-coulis/</a>	red pepper coulis	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/red-pepper-coulis/">https://cleancookingcaitlin.com/red-pepper-coulis/</a>	red pepper coulis	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/">https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/</a>	pumpkin protein waffles	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/">https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/</a>	how much protein in tofu, protein in tofu	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/">https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/</a>	beetroot and sweet potato salad, sweet potato and beetroot salad	To do	Jan 10, 2023
User Experience Ideas	Increase time spent on page.	<a href="https://cleancookingcaitlin.com/bruschetta/">https://cleancookingcaitlin.com/bruschetta/</a>	low calorie bruschetta, healthy bruschetta recipe, healthy bruschetta	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/bruschetta/">https://cleancookingcaitlin.com/bruschetta/</a>	low calorie bruschetta, healthy bruschetta recipe, healthy bruschetta	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/">https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/</a>	vegetarian fajita casserole, vegetarian cornbread casserole, mexican cornbread casserole, vegetarian mexican cornbread casserole, vegan mexican cornbread casserole	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/">https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/</a>	wellness gift ideas, gift ideas for health and wellness	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/vegan-tamales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-tamales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
User Experience Ideas	Decrease bounce rate.	<a href="https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/">https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/</a>	grilled cajun chicken salad, cajun chicken salad, cajun salad	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/">https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/</a>	beetroot powder benefits	To do	Jan 10, 2023
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/">https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/</a>	beetroot powder benefits	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/">https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/</a>	beetroot powder benefits	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/">https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/</a>	beetroot powder benefits	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
Content Ideas	Use target keywords in <meta> tag.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/">https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/</a>	vegan meatloaf mushroom, meatless meatloaf	To do	Jan 10, 2023
Content Ideas	Avoid keyword stuffing in <body> tag.	<a href="https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/">https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/</a>	vegan meatloaf mushroom, meatless meatloaf	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/">https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/</a>	vegan meatloaf mushroom, meatless meatloaf	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/">https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/</a>	vegan meatloaf mushroom, meatless meatloaf	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/dark-chocolate-hummus/">https://cleancookingcaitlin.com/dark-chocolate-hummus/</a>	dark chocolate hummus, dessert hummus, chocolate hummus recipe	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/dark-chocolate-hummus/">https://cleancookingcaitlin.com/dark-chocolate-hummus/</a>	dark chocolate hummus, dessert hummus, chocolate hummus recipe	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/dark-chocolate-hummus/">https://cleancookingcaitlin.com/dark-chocolate-hummus/</a>	dark chocolate hummus, dessert hummus, chocolate hummus recipe	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/">https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/</a>	pomegranate seeds benefits, 10 benefits of pomegranate, pomegranate seed benefits	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/">https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/</a>	pomegranate seeds benefits, 10 benefits of pomegranate, pomegranate seed benefits	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/">https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/</a>	pomegranate seeds benefits, 10 benefits of pomegranate, pomegranate seed benefits	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/">https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/</a>	kale health benefits, benefits of kale, health benefits of kale	To do	Jan 10, 2023
Content Ideas	Provide a more relevant title.	<a href="https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/">https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/</a>	kale health benefits, benefits of kale, health benefits of kale	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/">https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/</a>	kale health benefits, benefits of kale, health benefits of kale	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/">https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/</a>	kale health benefits, benefits of kale, health benefits of kale	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-veg-an-option/">https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-veg-an-option/</a>	high protein vegan pizza	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/">https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/</a>	doritos seasoning, nacho seasoning for chips, homemade dorito seasoning, spicy nacho doritos, doritos seasoning recipe, spicy doritos, dorito seasoning, diy doritos seasoning, doritos spicy nacho, copycat doritos seasoning, + 2 more	To do	Jan 10, 2023
Content Ideas	Use video content.	<a href="https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/">https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/</a>	doritos seasoning, nacho seasoning for chips, homemade dorito seasoning, spicy nacho doritos, doritos seasoning recipe, spicy doritos, dorito seasoning, diy doritos seasoning, doritos spicy nacho, copycat doritos seasoning, + 2 more	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/">https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/</a>	doritos seasoning, nacho seasoning for chips, homemade dorito seasoning, spicy nacho doritos, doritos seasoning recipe, spicy doritos, dorito seasoning, diy doritos seasoning, doritos spicy nacho, copycat doritos seasoning, + 2 more	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/">https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/</a>	doritos seasoning, nacho seasoning for chips, homemade dorito seasoning, spicy nacho doritos, doritos seasoning recipe, spicy doritos, dorito seasoning, diy doritos seasoning, doritos spicy nacho, copycat doritos seasoning, + 2 more	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
Content Ideas	Use target keywords in <meta> tag.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/">https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/</a>	benefits of lentils, lentils benefits	To do	Jan 10, 2023
Content Ideas	Use video content.	<a href="https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/">https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/</a>	benefits of lentils, lentils benefits	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/">https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/</a>	benefits of lentils, lentils benefits	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/">https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/</a>	benefits of lentils, lentils benefits	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/buffalo-chicken-casserole/">https://cleancookingcaitlin.com/buffalo-chicken-casserole/</a>	buffalo chicken broccoli casserole	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
Content Ideas	Avoid keyword stuffing in <body> tag.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
Content Ideas	Provide a more relevant title.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/spelt-waffles/">https://cleancookingcaitlin.com/spelt-waffles/</a>	spelt waffles, spelt flour waffles	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/spelt-waffles/">https://cleancookingcaitlin.com/spelt-waffles/</a>	spelt waffles, spelt flour waffles	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/">https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/</a>	is watermelon a berry	To do	Jan 10, 2023
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/">https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/</a>	is watermelon a berry	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/">https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/</a>	is watermelon a berry	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/">https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/</a>	is watermelon a berry	To do	Jan 10, 2023
Content Ideas	Use target keywords in <meta> tag.	<a href="https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/">https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/</a>	is watermelon a berry	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/">https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/</a>	chickpea pie crust, bean pie recipe	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/">https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/</a>	chickpea pie crust, bean pie recipe	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/">https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/</a>	creamy kale and gnocchi bake	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/">https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/</a>	recipes for hypothyroidism	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/">https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/</a>	mediterranean egg casserole, mediterranean diet breakfast casserole, mediterranean breakfast casserole	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/">https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/</a>	mediterranean egg casserole, mediterranean diet breakfast casserole, mediterranean breakfast casserole	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/">https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/</a>	mediterranean egg casserole, mediterranean diet breakfast casserole, mediterranean breakfast casserole	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/">https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/</a>	green beans with onions and peppers	To do	Jan 10, 2023
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/">https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/</a>	green beans with onions and peppers	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/">https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/</a>	green beans with onions and peppers	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/">https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/</a>	green beans with onions and peppers	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/">https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/</a>	green beans with onions and peppers	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/strawberry-detox-lemonade/">https://cleancookingcaitlin.com/strawberry-detox-lemonade/</a>	acv before meals, homemade detox, homemade detox cleanse, best detox drink, acv cranberry juice, detox lemonade, detox drink recipes	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/strawberry-detox-lemonade/">https://cleancookingcaitlin.com/strawberry-detox-lemonade/</a>	acv before meals, homemade detox, homemade detox cleanse, best detox drink, acv cranberry juice, detox lemonade, detox drink recipes	To do	Jan 10, 2023
Content Ideas	Focus on creating more informative content.	<a href="https://cleancookingcaitlin.com/strawberry-detox-lemonade/">https://cleancookingcaitlin.com/strawberry-detox-lemonade/</a>	acv before meals, homemade detox, homemade detox cleanse, best detox drink, acv cranberry juice, detox lemonade, detox drink recipes	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/strawberry-detox-lemonade/">https://cleancookingcaitlin.com/strawberry-detox-lemonade/</a>	acv before meals, homemade detox, homemade detox cleanse, best detox drink, acv cranberry juice, detox lemonade, detox drink recipes	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/">https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/</a>	red lentil curry	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/">https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/</a>	red lentil curry	To do	Jan 10, 2023
Content Ideas	Focus on creating more informative content.	<a href="https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/">https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/</a>	red lentil curry	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/">https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/</a>	chickpeas from dry, garbanzo beans vs chickpeas, dried chickpeas vs canned, dried vs canned chickpeas, are canned chickpeas healthy, dried chickpeas, chickpeas vs garbanzo beans, are canned or dried chickpeas better, canned chickpeas nutrition, chickpeas benefits	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/">https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/</a>	chickpeas from dry, garbanzo beans vs chickpeas, dried chickpeas vs canned, dried vs canned chickpeas, are canned chickpeas healthy, dried chickpeas, chickpeas vs garbanzo beans, are canned or dried chickpeas better, canned chickpeas nutrition, chickpeas benefits	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/">https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/</a>	chickpeas from dry, garbanzo beans vs chickpeas, dried chickpeas vs canned, dried vs canned chickpeas, are canned chickpeas healthy, dried chickpeas, chickpeas vs garbanzo beans, are canned or dried chickpeas better, canned chickpeas nutrition, chickpeas benefits	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/">https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/</a>	electrolyte popsicles, homemade electrolyte popsicles	To do	Jan 10, 2023
Content Ideas	Provide a more relevant title.	<a href="https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/">https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/</a>	electrolyte popsicles, homemade electrolyte popsicles	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/">https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/</a>	electrolyte popsicles, homemade electrolyte popsicles	To do	Jan 10, 2023
Content Ideas	Focus on creating more informative content.	<a href="https://cleancookingcaitlin.com/savory-oven-baked-turkey/">https://cleancookingcaitlin.com/savory-oven-baked-turkey/</a>	oven baked turkey	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/">https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/</a>	turkey spinach meatballs, ground turkey and fresh spinach recipes	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/">https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/</a>	turkey spinach meatballs, ground turkey and fresh spinach recipes	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/">https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/</a>	lemon water in the morning	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/">https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/</a>	lemon water in the morning	To do	Jan 10, 2023
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/2023-health-resolutions/">https://cleancookingcaitlin.com/2023-health-resolutions/</a>	2023 resolutions worksheet	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/2023-health-resolutions/">https://cleancookingcaitlin.com/2023-health-resolutions/</a>	2023 resolutions worksheet	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Use target keywords in <meta> tag.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/lentil-beet-burger/">https://cleancookingcaitlin.com/lentil-beet-burger/</a>	lentil beet burger	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/">https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/</a>	pumpkin oatmeal cookies, pumpkin pie filling oatmeal cookies, pumpkin spice oatmeal cookies, pumpkin pie oatmeal cookies	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/">https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/</a>	pumpkin oatmeal cookies, pumpkin pie filling oatmeal cookies, pumpkin spice oatmeal cookies, pumpkin pie oatmeal cookies	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/">https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/</a>	is dr greger healthy, dr greger	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/berry-and-beet-smoothie/">https://cleancookingcaitlin.com/berry-and-beet-smoothie/</a>	beetroot smoothie for weight loss, beet smoothie recipe for weight loss	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/low-fat-creamy-grits/">https://cleancookingcaitlin.com/low-fat-creamy-grits/</a>	are grits good for you, creamy grits, healthy grits, healthy grits recipe, grits calories, are grits healthy, healthy grits recipes	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/low-fat-creamy-grits/">https://cleancookingcaitlin.com/low-fat-creamy-grits/</a>	are grits good for you, creamy grits, healthy grits, healthy grits recipe, grits calories, are grits healthy, healthy grits recipes	To do	Jan 10, 2023
Content Ideas	Focus on creating more informative content.	<a href="https://cleancookingcaitlin.com/low-fat-creamy-grits/">https://cleancookingcaitlin.com/low-fat-creamy-grits/</a>	are grits good for you, creamy grits, healthy grits, healthy grits recipe, grits calories, are grits healthy, healthy grits recipes	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/low-fat-creamy-grits/">https://cleancookingcaitlin.com/low-fat-creamy-grits/</a>	are grits good for you, creamy grits, healthy grits, healthy grits recipe, grits calories, are grits healthy, healthy grits recipes	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/">https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/</a>	brussel sprouts mediterranean, mediterranean brussel sprouts, mediterranean diet brussel sprouts, mediterranean brussel sprout recipe	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/">https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/</a>	healthy banana recipes for weight loss, are bananas good for weight loss	To do	Jan 10, 2023
Content Ideas	Use video content.	<a href="https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/">https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/</a>	healthy banana recipes for weight loss, are bananas good for weight loss	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/">https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/</a>	healthy banana recipes for weight loss, are bananas good for weight loss	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/">https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/</a>	chickpea flour pizza	To do	Jan 10, 2023
Content Ideas	Provide a more relevant title.	<a href="https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/">https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/</a>	chickpea flour pizza	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/">https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/</a>	how to lose weight with hypothyroidism	To do	Jan 10, 2023
Content Ideas	Focus on creating more informative content.	<a href="https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/">https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/</a>	how to lose weight with hypothyroidism	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/">https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/</a>	raisin date walnut oatmeal	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/">https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/</a>	cucumber benefits, benefits of cucumber, what are cucumbers good for, are cucumbers good for you, health benefits of cucumbers, cucumber health benefits, benefits of cucumbers, health benefits of cucumber	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/">https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/</a>	cucumber benefits, benefits of cucumber, what are cucumbers good for, are cucumbers good for you, health benefits of cucumbers, cucumber health benefits, benefits of cucumbers, health benefits of cucumber	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/">https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/</a>	cucumber benefits, benefits of cucumber, what are cucumbers good for, are cucumbers good for you, health benefits of cucumbers, cucumber health benefits, benefits of cucumbers, health benefits of cucumber	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/apple-cinnamon-yogurt/">https://cleancookingcaitlin.com/apple-cinnamon-yogurt/</a>	apple cinnamon yogurt	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/">https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/</a>	chia seeds bloating, do chia seeds cause gas and bloating, chia seeds gas, can chia seeds cause bloating	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/light-cream-sauce/">https://cleancookingcaitlin.com/light-cream-sauce/</a>	light cream sauce recipe, light cream sauce, light cream sauce for pasta	To do	Jan 10, 2023
Content Ideas	Avoid keyword stuffing in <body> tag.	<a href="https://cleancookingcaitlin.com/almond-joy-nicecream/">https://cleancookingcaitlin.com/almond-joy-nicecream/</a>	nicecream	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/almond-joy-nicecream/">https://cleancookingcaitlin.com/almond-joy-nicecream/</a>	nicecream	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/">https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/</a>	almond crusted cod	To do	Jan 10, 2023
Content Ideas	Provide a more relevant title.	<a href="https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/">https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/</a>	almond crusted cod	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/">https://cleancookingcaitlin.com/almond-crust-cod-with-tropical-salsa-jamaican-recipe/</a>	almond crusted cod	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/winter-harvest-salad/">https://cleancookingcaitlin.com/winter-harvest-salad/</a>	winter harvest salad, gluten free winter salad	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
Content Ideas	Use target keywords in <meta> tag.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/red-pepper-coulis/">https://cleancookingcaitlin.com/red-pepper-coulis/</a>	red pepper coulis	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/red-pepper-coulis/">https://cleancookingcaitlin.com/red-pepper-coulis/</a>	red pepper coulis	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/">https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/</a>	pumpkin protein waffles	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/">https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/</a>	pumpkin protein waffles	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/">https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/</a>	how much protein in tofu, protein in tofu	To do	Jan 10, 2023
Content Ideas	Provide a more relevant title.	<a href="https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/">https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/</a>	how much protein in tofu, protein in tofu	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/">https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/</a>	how much protein in tofu, protein in tofu	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/">https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/</a>	beetroot and sweet potato salad, sweet potato and beetroot salad	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/">https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/</a>	beetroot and sweet potato salad, sweet potato and beetroot salad	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/">https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/</a>	beetroot and sweet potato salad, sweet potato and beetroot salad	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/">https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/</a>	vegetarian fajita casserole, vegetarian cornbread casserole, mexican cornbread casserole, vegetarian mexican cornbread casserole, vegan mexican cornbread casserole	To do	Jan 10, 2023
Content Ideas	Focus on creating more informative content.	<a href="https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/">https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/</a>	vegetarian fajita casserole, vegetarian cornbread casserole, mexican cornbread casserole, vegetarian mexican cornbread casserole, vegan mexican cornbread casserole	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/">https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/</a>	vegetarian fajita casserole, vegetarian cornbread casserole, mexican cornbread casserole, vegetarian mexican cornbread casserole, vegan mexican cornbread casserole	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/">https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/</a>	wellness gift ideas, gift ideas for health and wellness	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/">https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/</a>	wellness gift ideas, gift ideas for health and wellness	To do	Jan 10, 2023
Content Ideas	Focus on creating more informative content.	<a href="https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/">https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/</a>	wellness gift ideas, gift ideas for health and wellness	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/">https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/</a>	wellness gift ideas, gift ideas for health and wellness	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
Content Ideas	Use target keywords in <h1> tag.	<a href="https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
Content Ideas	Provide a more relevant title.	<a href="https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
Content Ideas	Use target keywords in <title> tag.	<a href="https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
Content Ideas	Use target keywords in <meta> tag.	<a href="https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-amales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
Content Ideas	Provide a more relevant meta description.	<a href="https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/">https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/</a>	grilled cajun chicken salad, cajun chicken salad, cajun salad	To do	Jan 10, 2023
Content Ideas	Make your text content more readable.	<a href="https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/">https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/</a>	grilled cajun chicken salad, cajun chicken salad, cajun salad	To do	Jan 10, 2023
Content Ideas	Use target keywords in <body> tag.	<a href="https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/">https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/</a>	grilled cajun chicken salad, cajun chicken salad, cajun salad	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/">https://cleancookingcaitlin.com/beetroot-powder-a-natural-boost-for-your-health-and-fitness/</a>	beetroot powder benefits	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/">https://cleancookingcaitlin.com/watermelon-and-blood-sugar-levels-is-it-safe-for-diabetic-people-to-eat-it-plus-some-diet-tips-and-recipes/</a>	is watermelon good for diabetes	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/">https://cleancookingcaitlin.com/meatless-meatloaf-with-mushrooms/</a>	vegan meatloaf mushroom, meatless meatloaf	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/dark-chocolate-hummus/">https://cleancookingcaitlin.com/dark-chocolate-hummus/</a>	dark chocolate hummus, dessert hummus, chocolate hummus recipe	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/">https://cleancookingcaitlin.com/10-benefits-of-pomegranates-from-fertility-to-weight-loss/</a>	pomegranate seeds benefits, 10 benefits of pomegranate, pomegranate seed benefits	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/">https://cleancookingcaitlin.com/the-top-5-health-benefits-of-kale-and-why-you-should-eat-it-every-day/</a>	kale health benefits, benefits of kale, health benefits of kale	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-veg-an-option/">https://cleancookingcaitlin.com/healthy-high-protein-pizza-w-chickpea-crust-veg-an-option/</a>	high protein vegan pizza	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/">https://cleancookingcaitlin.com/spicy-nacho-doritos-seasoning/</a>	doritos seasoning, nacho seasoning for chips, homemade dorito seasoning, spicy nacho doritos, doritos seasoning recipe, spicy doritos, dorito seasoning, diy doritos seasoning, doritos spicy nacho, copycat doritos seasoning, + 2 more	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/shrimp-grits/">https://cleancookingcaitlin.com/shrimp-grits/</a>	low calorie shrimp and grits	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/">https://cleancookingcaitlin.com/top-5-health-benefits-of-lentils/</a>	benefits of lentils, lentils benefits	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/buffalo-chicken-casserole/">https://cleancookingcaitlin.com/buffalo-chicken-casserole/</a>	buffalo chicken broccoli casserole	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/">https://cleancookingcaitlin.com/pegan-diet-37-recipes-benefits/</a>	the pegan diet, pegan diet, pegan diet recipes, pegan diet food list	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/spelt-waffles/">https://cleancookingcaitlin.com/spelt-waffles/</a>	spelt waffles, spelt flour waffles	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/">https://cleancookingcaitlin.com/watermelon-berry-fruit-salad-with-lemon-thyme/</a>	is watermelon a berry	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/">https://cleancookingcaitlin.com/garbanzo-bean-pie-crust/</a>	chickpea pie crust, bean pie recipe	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/">https://cleancookingcaitlin.com/creamy-kale-gnocchi-with-mushrooms-and-beans/</a>	creamy kale and gnocchi bake	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/">https://cleancookingcaitlin.com/recipes-for-hypothyroidism-all-the-best-foods-and-recipes/</a>	recipes for hypothyroidism	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/">https://cleancookingcaitlin.com/mediterranean-breakfast-casserole-vegetarian-high-protein/</a>	mediterranean egg casserole, mediterranean diet breakfast casserole, mediterranean breakfast casserole	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/">https://cleancookingcaitlin.com/green-beans-with-caramelized-onions-and-peppers/</a>	green beans with onions and peppers	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/strawberry-detox-lemonade/">https://cleancookingcaitlin.com/strawberry-detox-lemonade/</a>	acv before meals, homemade detox, homemade detox cleanse, best detox drink, acv cranberry juice, detox lemonade, detox drink recipes	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/">https://cleancookingcaitlin.com/spicy-red-lentil-curry-dahl/</a>	red lentil curry	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/">https://cleancookingcaitlin.com/dried-chickpeas-vs-canned-chickpeas-main-differences-and-nutritional-benefits/</a>	chickpeas from dry, garbanzo beans vs chickpeas, dried chickpeas vs canned, dried vs canned chickpeas, are canned chickpeas healthy, dried chickpeas, chickpeas vs garbanzo beans, are canned or dried chickpeas better, canned chickpeas nutrition, chickpeas benefits	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/">https://cleancookingcaitlin.com/homemade-electrolyte-popsicles-with-tropical-fruit/</a>	electrolyte popsicles, homemade electrolyte popsicles	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/savory-oven-baked-turkey/">https://cleancookingcaitlin.com/savory-oven-baked-turkey/</a>	oven baked turkey	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/">https://cleancookingcaitlin.com/ground-turkey-spinach-meatballs/</a>	turkey spinach meatballs, ground turkey and fresh spinach recipes	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/">https://cleancookingcaitlin.com/benefits-of-drinking-lemon-water-in-the-morning/</a>	lemon water in the morning	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/2023-health-resolutions/">https://cleancookingcaitlin.com/2023-health-resolutions/</a>	2023 resolutions worksheet	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/">https://cleancookingcaitlin.com/creamy-chickpea-pasta-with-sauteed-veggies-vegan-pasta-recipe/</a>	chickpea pasta recipe	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/lentil-beet-burger/">https://cleancookingcaitlin.com/lentil-beet-burger/</a>	lentil beet burger	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/">https://cleancookingcaitlin.com/pumpkin-oatmeal-cookies/</a>	pumpkin oatmeal cookies, pumpkin pie filling oatmeal cookies, pumpkin spice oatmeal cookies, pumpkin pie oatmeal cookies	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/">https://cleancookingcaitlin.com/is-dr-greger-lying-about-meat-making-you-fat-nutrition-expert-uncovers/</a>	is dr greger healthy, dr greger	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/berry-and-beet-smoothie/">https://cleancookingcaitlin.com/berry-and-beet-smoothie/</a>	beetroot smoothie for weight loss, beet smoothie recipe for weight loss	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/low-fat-creamy-grits/">https://cleancookingcaitlin.com/low-fat-creamy-grits/</a>	are grits good for you, creamy grits, healthy grits, healthy grits recipe, grits calories, are grits healthy, healthy grits recipes	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/">https://cleancookingcaitlin.com/mediterranean-brussel-sprouts/</a>	brussel sprouts mediterranean, mediterranean brussel sprouts, mediterranean diet brussel sprouts, mediterranean brussel sprout recipe	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/">https://cleancookingcaitlin.com/are-bananas-good-for-weight-loss-w-easy-and-delicious-healthy-banana-recipes/</a>	healthy banana recipes for weight loss, are bananas good for weight loss	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/">https://cleancookingcaitlin.com/chickpea-flour-pizza-crust/</a>	chickpea flour pizza	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/">https://cleancookingcaitlin.com/losing-weight-with-hypothyroidism-5-tips-what-to-eat/</a>	how to lose weight with hypothyroidism	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/">https://cleancookingcaitlin.com/raisin-date-walnut-oatmeal/</a>	raisin date walnut oatmeal	To do	Jan 10, 2023

Category ▼	Idea	Page	Keyword	Status	Discovered
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/">https://cleancookingcaitlin.com/not-just-water-all-the-amazing-health-benefits-of-cucumbers/</a>	cucumber benefits, benefits of cucumber, what are cucumbers good for, are cucumbers good for you, health benefits of cucumbers, cucumber health benefits, benefits of cucumbers, health benefits of cucumber	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/apple-cinnamon-yogurt/">https://cleancookingcaitlin.com/apple-cinnamon-yogurt/</a>	apple cinnamon yogurt	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/">https://cleancookingcaitlin.com/chia-seeds-and-bloating-how-to-prevent-it-and-gain-all-the-benefits-of-this-incredible-seed-recipes/</a>	chia seeds bloating, do chia seeds cause gas and bloating, chia seeds gas, can chia seeds cause bloating	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/light-cream-sauce/">https://cleancookingcaitlin.com/light-cream-sauce/</a>	light cream sauce recipe, light cream sauce, light cream sauce for pasta	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/almond-joy-nicecream/">https://cleancookingcaitlin.com/almond-joy-nicecream/</a>	nicecream	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/almond-crusted-cod-with-tropical-salsa-jamaican-recipe/">https://cleancookingcaitlin.com/almond-crusted-cod-with-tropical-salsa-jamaican-recipe/</a>	almond crusted cod	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/winter-harvest-salad/">https://cleancookingcaitlin.com/winter-harvest-salad/</a>	winter harvest salad, gluten free winter salad	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/">https://cleancookingcaitlin.com/chocolate-berry-smoothie-pegan-diet-weight-loss/</a>	pegan shake	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/red-pepper-coulis/">https://cleancookingcaitlin.com/red-pepper-coulis/</a>	red pepper coulis	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/">https://cleancookingcaitlin.com/pumpkin-spice-protein-waffles/</a>	pumpkin protein waffles	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/">https://cleancookingcaitlin.com/high-protein-tofu-recipes-all-about-this-amazing-plant-based-food/</a>	how much protein in tofu, protein in tofu	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/">https://cleancookingcaitlin.com/roasted-sweet-potato-and-beetroot-salad/</a>	beetroot and sweet potato salad, sweet potato and beetroot salad	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/bruschetta/">https://cleancookingcaitlin.com/bruschetta/</a>	low calorie bruschetta, healthy bruschetta recipe, healthy bruschetta	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/">https://cleancookingcaitlin.com/vegetarian-mexican-fajita-cornbread-casserole/</a>	vegetarian fajita casserole, vegetarian cornbread casserole, mexican cornbread casserole, vegetarian mexican cornbread casserole, vegan mexican cornbread casserole	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/">https://cleancookingcaitlin.com/health-and-wellness-gift-ideas-2022/</a>	wellness gift ideas, gift ideas for health and wellness	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/vegan-tamales-jackfruit-carnitas/">https://cleancookingcaitlin.com/vegan-tamales-jackfruit-carnitas/</a>	jackfruit tamales	To do	Jan 10, 2023
Backlinks Ideas	Earn links from more sources.	<a href="https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/">https://cleancookingcaitlin.com/grilled-cajun-chicken-salad/</a>	grilled cajun chicken salad, cajun chicken salad, cajun salad	To do	Jan 10, 2023

# Backlinks

Your Authority Score\* is very important in increasing search engine rankings. One of the ways that may contribute to the growth of your Authority Score is to get quality backlinks. This helps with referral traffic as well.

We can identify opportunities for backlinking and reach out to those publishers to request a link (often for trade).

*\*Authority Score (AS) is a metric used for measuring a domain's or webpage's overall quality and SEO performance. The score is based on many metrics that represent trustworthiness and authority.*

## Backlinks: Summary

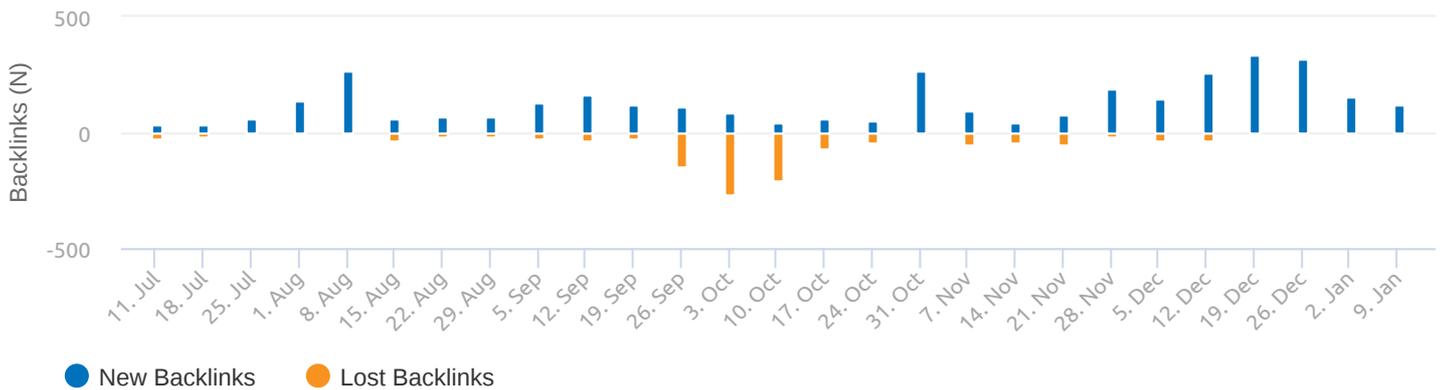
Root Domain: cleancookingcaitlin.com

**4.0K** TOTAL BACKLINKS

Referring Domains	325
Referring IPs	396

## New & Lost Backlinks

cleancookingcaitlin.com | 6 Months



# Organic Search Traffic Increased

This is how much we've increased traffic for Cleancookingcaitlin.com over the last year, implementing all of the above strategies. Our organic sessions have nearly doubled, and our overall traffic is up ~300%!

## Google Analytics v4: Overview

Account: Caitlin's Sites | Traffic channel: All | Filter: All Users

01 Jan - 31 Dec, 2022 vs 01 Jan - 31 Dec, 2021

Sessions

**+308.54%**

37,933 vs 9,285

New Sessions

**+115.26%**

1.30% vs 0.60%

Pages / Sessions

**-50.72%**

1.38 vs 2.80

Engagement Rate

**+456.04%**

59.77% vs 10.75%

Avg. Session Duration

**-43.42%**

00:02:19 vs 00:04:06

Conversions

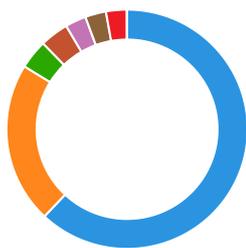
**+100.00%**

12,727 vs 0

## Google Analytics v4: Top Traffic Channels by Sessions

Account: Caitlin's Sites | Filter: All Users

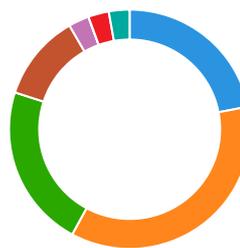
01 Jan - 31 Dec, 2022



Organic Search	24,562 (66.39%)
Direct	8,629 (23.32%)
Organic Social	1,557 (4.21%)
Referral	1,529 (4.13%)
Unassigned	496 (1.34%)
Email	124 (0.34%)
Organic Video	99 (0.27%)
Organic Shopping	0

Total 36,996 (100%)

01 Jan - 31 Dec, 2021



Organic Search	1,857 (23.80%)
Direct	3,036 (38.91%)
Organic Social	1,864 (23.89%)
Referral	989 (12.67%)
Unassigned	33 (0.42%)
Email	0
Organic Video	22 (0.28%)
Organic Shopping	2 (0.03%)

Total 7,803 (100%)

## GSC: Search Performance (Overview)

Site: <https://cleancookingcaitlin.com/> | Search type: Web

01 Jan - 31 Dec, 2022 vs 01 Jan - 31 Dec, 2021

Total clicks

**+893.38%**

18,894 vs 1,902

Total impressions

**+459.21%**

1,673,572 vs 299,277

Average CTR

**+77.64%**

1.13% vs 0.64%

Average position

**+28.51%**

22 vs 17

## GSC: Search Performance (Data by Category)

Site: <https://cleancookingcaitlin.com/> | Search type: Web

No.	Queries	Clicks ▼	Impressions	CTR	Position
1	<b>detox drinks</b>				
	01 Jan - 31 Dec, 2022	586	114,525	0.51%	8.0
	01 Jan - 31 Dec, 2021	36	1,912	1.88%	1.4
	% Change	+1527.78%	+5889.80%	-72.82%	+478.62%
2	<b>mediterranean brussel sprouts</b>				
	01 Jan - 31 Dec, 2022	114	1,257	9.07%	3.7
	01 Jan - 31 Dec, 2021	0	0	0.00%	0.0
	% Change	+100.00%	+100.00%	+100.00%	+100.00%
3	<b>cajun chicken salad</b>				
	01 Jan - 31 Dec, 2022	77	3,525	2.18%	12.9
	01 Jan - 31 Dec, 2021	0	0	0.00%	0.0
	% Change	+100.00%	+100.00%	+100.00%	+100.00%
4	<b>doritos seasoning</b>				
	01 Jan - 31 Dec, 2022	75	7,343	1.02%	5.1
	01 Jan - 31 Dec, 2021	0	0	0.00%	0.0
	% Change	+100.00%	+100.00%	+100.00%	+100.00%
5	<b>strawberry lemon detox water</b>				
	01 Jan - 31 Dec, 2022	74	918	8.06%	2.3
	01 Jan - 31 Dec, 2021	7	97	7.22%	9.7
	% Change	+957.14%	+846.39%	+11.70%	-76.64%
6	<b>homemade doritos seasoning</b>				

No.	Queries	Clicks ▼	Impressions	CTR	Position
	01 Jan - 31 Dec, 2022	66	846	7.80%	3.7
	01 Jan - 31 Dec, 2021	0	0	0.00%	0.0
	% Change	+100.00%	+100.00%	+100.00%	+100.00%
<b>7</b>	<b>cinnamon crunch latte panera recipe</b>				
	01 Jan - 31 Dec, 2022	65	251	25.90%	3.3
	01 Jan - 31 Dec, 2021	21	66	31.82%	6.2
	% Change	+209.52%	+280.30%	-18.61%	-47.09%
<b>8</b>	<b>homemade dorito seasoning</b>				
	01 Jan - 31 Dec, 2022	63	899	7.01%	5.4
	01 Jan - 31 Dec, 2021	8	71	11.27%	4.4
	% Change	+687.50%	+1166.20%	-37.81%	+22.97%
<b>9</b>	<b>pumpkin pie oatmeal cookies</b>				
	01 Jan - 31 Dec, 2022	63	276	22.83%	1.4
	01 Jan - 31 Dec, 2021	0	0	0.00%	0.0
	% Change	+100.00%	+100.00%	+100.00%	+100.00%
<b>10</b>	<b>avocado benefits for females</b>				
	01 Jan - 31 Dec, 2022	60	5,932	1.01%	7.9
	01 Jan - 31 Dec, 2021	0	0	0.00%	0.0
	% Change	+100.00%	+100.00%	+100.00%	+100.00%