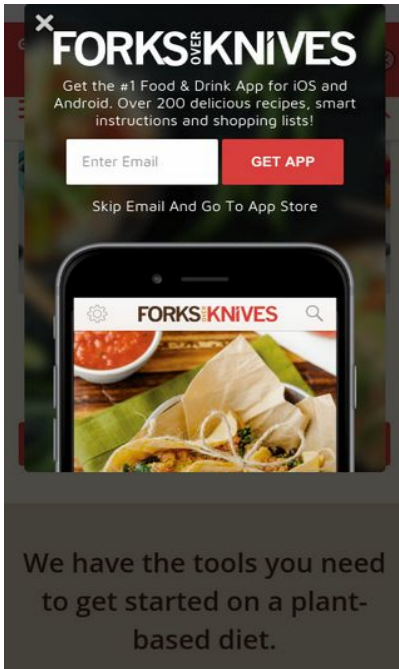


PageSpeed Insights

Mobile



51 / 100 Speed

Should Fix:

Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 133.4KiB (51% reduction).

- Minifying <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/public/js/vendor.js> could save 126.9KiB (52% reduction) after compression.
- Minifying <https://www.forksoverknives.com/wp-content/plugins/wp-review-pro/assets/js/jquery.knob.min.js?ver=1.1> could save 2.2KiB (38% reduction) after compression.
- Minifying <https://www.forksoverknives.com/wp-content/plugins/jquery-collapse-omatic/js/collapse.js?ver=1.6.5> could save 2KiB (50% reduction) after compression.
- Minifying <https://www.forksoverknives.com/wp-content/plugins/gravityforms/js/jquery.json.js?ver=2.0.2> could save 1.2KiB (55% reduction)

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after compression.

- Minifying https://connect.facebook.net/en_US/fbds.js could save 695B (33% reduction) after compression.
- Minifying <https://www.forksoverknives.com/wp-content/plugins/wp-review-pro/assets/js/main.js?ver=1.1.0> could save 516B (33% reduction) after compression.

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 5 blocking script resources and 12 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Remove render-blocking JavaScript:](#)

- <https://www.forksoverknives.com/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <https://www.forksoverknives.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <https://www.forksoverknives.com/wp-content/plugins/mailchimp-for-woocommerce/public/js/mailchimp-woocommerce-public.min.js?ver=1.0.70>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/js/mealplanner-override.js?ver=20170223>
- <https://use.edgefonts.net/open-sans:n3,i3,n4,i4,n6,i6,n7,i7,n8,i8.js>

[Optimize CSS Delivery](#) of the following:

- <https://www.forksoverknives.com/wp-content/plugins/yet-another-related-posts-plugin/style/widget.css?ver=4.7.4>
- <https://www.forksoverknives.com/wp-content/plugins/advanced-responsive-video-embedder/public/arve-public.css?ver=8.0.5>
- <https://www.forksoverknives.com/wp-content/plugins/fok-ad-manager/public/css/style.css?ver=4.7.4>
- https://www.forksoverknives.com/wp-content/plugins/jquery-collapse-omatic/light_style.css?ver=1.6
- <https://www.forksoverknives.com/wp-content/plugins/wp-review-pro/assets/css/wp-review.css?ver=1.1.0>

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- <https://www.forksoverknives.com/wp-content/plugins/wp-pagenavi/pagenavi-css.css?ver=2.70>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/style.css?ver=4.7.4>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/private/css/new-style-2.css>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/public/css/application.css?ver=1494607256>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/assets/components/font-awesome/css/font-awesome.css>
- <https://use.edgefonts.net/c/6b6760/1w;open-sans,2,VvG:W:i3,VvD:W:i4,VvK:W:i6,Vv9:W:i7,VvC:W:i8,VvF:W:n3,VvH:W:n4,Vvj:W:n6,Vv8:W:n7,VvB:W:n8/d>
- <https://a.mailmunch.co/app/v1/styles.css>

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 131.4KiB (44% reduction).

- Compressing <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/assets/images/newhome/notable-praise.jpg> could save 21.9KiB (41% reduction).
- Compressing <https://8zxa3etwpf-flywheel.netdna-ssl.com/wp-content/uploads/fok-plan.jpg> could save 19.8KiB (28% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/ArianFoster.jpg> could save 9.8KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/AliciaSilverstone.jpg> could save 8.5KiB (51% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/oprahwinfrey1.jpg> could save 8.2KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/daxshepard.jpg> could save 8.1KiB (49% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/Ariana-Grande.jpg> could save 7.9KiB (52% reduction).

Mobile

- Compressing <https://www.forksoverknives.com/wp-content/uploads/katyperry1.jpg> could save 7.2KiB (52% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/sanjaygupta.jpg> could save 6.3KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/JasonMraz1.jpg> could save 6KiB (51% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/johnanderson1.jpg> could save 6KiB (52% reduction).
- Compressing https://www.forksoverknives.com/wp-content/uploads/roger_ebert_avatar-185x185.jpg could save 5.8KiB (43% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/michaelbaisden1.jpg> could save 5.5KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/droz1.jpg> could save 5.5KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/markbitman.jpg> could save 5KiB (51% reduction).

Consider Fixing:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <https://a.mailmunch.co/uploads/widget/47f75189-7227-4516-8beb-a3414a930cc2.png> (expiration not specified)
- <https://s3.amazonaws.com/mailmunch/widgets/1449855630.png> (expiration not specified)
- <https://s3.amazonaws.com/mailmunch/widgets/1449855729.png> (expiration not specified)
- <https://scripts.kissmetrics.com/48925c26d3e75eeb806fc85f2d1a7a0b6e56db1a.2.js> (60 seconds)
- <https://static.hotjar.com/c/hotjar-94319.js?sv=5> (60 seconds)
- <https://www.googletagmanager.com/gtm.js?id=GTM-WC267H> (15 minutes)

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- https://connect.facebook.net/en_US/fbds.js (20 minutes)
- <https://www.google-analytics.com/plugins/ua/ec.js> (60 minutes)
- <https://www.google-analytics.com/analytics.js> (2 hours)

Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

[Minify CSS](#) for the following resources to reduce their size by 611B (18% reduction).

- Minifying <https://www.forksoverknives.com/wp-content/plugins/wp-review-pro/assets/css/wp-review.css?ver=1.1.0> could save 611B (18% reduction) after compression.

Minify HTML

Compacting HTML code, including any inline JavaScript and CSS contained in it, can save many bytes of data and speed up download and parse times.

[Minify HTML](#) for the following resources to reduce their size by 2.4KiB (15% reduction).

- Minifying <https://www.forksoverknives.com/> could save 2.4KiB (15% reduction) after compression.



4 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Enable compression

You have compression enabled. Learn more about [enabling compression](#).

Reduce server response time

Your server responded quickly. Learn more about [server response time optimization](#).

Prioritize visible content

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).

96 / 100 User Experience

Consider Fixing:

Size content to viewport

The page content is too wide for the viewport, forcing the user to scroll horizontally. [Size the page content to the viewport](#) to provide a better user experience.

The page content is 427 CSS pixels wide, but the viewport is only 412 CSS pixels wide. The following elements fall outside the viewport:

- The element `<div class="container">Make the Trans...Cooking Course</div>` falls outside the viewport.

Size tap targets appropriately

Some of the links/buttons on your webpage may be too small for a user to easily tap on a

Mobile

touchscreen. Consider [making these tap targets larger](#) to provide a better user experience.

The following tap targets are close to other nearby tap targets and may need additional spacing around them.

- The tap target `Stephen Neabore, MD` and 3 others are close to other tap targets.
- The tap target `Don't Believe...Heart Disease` is close to 1 other tap targets.
- The tap target `` is close to 1 other tap targets final.



3 Passed Rules

Avoid plugins

Your page does not appear to use plugins, which would prevent content from being usable on many platforms. Learn more about the importance of [avoiding plugins](#).

Configure the viewport

Your page specifies a viewport matching the device's size, which allows it to render properly on all devices. Learn more about [configuring viewports](#).

Use legible font sizes

The text on your page is legible. Learn more about [using legible font sizes](#).

Desktop



60 / 100 Speed

! Should Fix:

Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 133.4KiB (51% reduction).

- Minifying <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/public/js/vendor.js> could save 126.9KiB (52% reduction) after compression.
- Minifying <https://www.forksoverknives.com/wp-content/plugins/wp-review-pro/assets/js/jquery.knob.min.js?ver=1.1> could save 2.2KiB (38% reduction) after compression.
- Minifying <https://www.forksoverknives.com/wp-content/plugins/jquery-collapse-omatic/js/collapse.js?ver=1.6.5> could save 2KiB (50% reduction) after compression.
- Minifying <https://www.forksoverknives.com/wp-content/plugins/gravityforms/js/jquery.json.js?ver=2.0.2> could save 1.2KiB (55% reduction) after compression.
- Minifying https://connect.facebook.net/en_US/fbds.js could save 695B (33% reduction) after compression.
- Minifying <https://www.forksoverknives.com/wp-content/plugins/wp-review-pro/assets/js/main.js?ver=1.1.0> could save 516B (33% reduction) after compression.

Desktop

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 5 blocking script resources and 12 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Remove render-blocking JavaScript:](#)

- <https://www.forksoverknives.com/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <https://www.forksoverknives.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <https://www.forksoverknives.com/wp-content/plugins/mailchimp-for-woocommerce/public/js/mailchimp-woocommerce-public.min.js?ver=1.0.70>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/js/mealplanner-override.js?ver=20170223>
- <https://use.edgefonts.net/open-sans:n3,i3,n4,i4,n6,i6,n7,i7,n8,i8.js>

[Optimize CSS Delivery](#) of the following:

- <https://www.forksoverknives.com/wp-content/plugins/yet-another-related-posts-plugin/style/widget.css?ver=4.7.4>
- <https://www.forksoverknives.com/wp-content/plugins/advanced-responsive-video-embedder/public/arve-public.css?ver=8.0.5>
- <https://www.forksoverknives.com/wp-content/plugins/fok-ad-manager/public/css/style.css?ver=4.7.4>
- https://www.forksoverknives.com/wp-content/plugins/jquery-collapse-o-matic/light_style.css?ver=1.6
- <https://www.forksoverknives.com/wp-content/plugins/wp-review-pro/assets/css/wp-review.css?ver=1.1.0>
- <https://www.forksoverknives.com/wp-content/plugins/wp-pagenavi/pagenavi-css.css?ver=2.70>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/style.css?ver=4.7.4>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/private/css/new-style-2.css>
- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/public/css/application.css?ver=1494607256>

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- <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/assets/components/font-awesome/css/font-awesome.css>
- <https://use.edgefonts.net/c/6b6760/1w;open-sans,2,VvG:W:i3,VvD:W:i4,VvK:W:i6,Vv9:W:i7,VvC:W:i8,VvF:W:n3,VvH:W:n4,Vvj:W:n6,Vv8:W:n7,VvB:W:n8/d>
- <https://a.mailmunch.co/app/v1/styles.css>

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 338.1KiB (67% reduction).

- Compressing and resizing <https://8zxa3etwpcf-flywheel.netdna-ssl.com/wp-content/uploads/fok-plan.jpg> could save 66.4KiB (93% reduction).
- Compressing and resizing <https://8zxa3etwpcf-flywheel.netdna-ssl.com/wp-content/uploads/7-5-opaque-Fruit-and-Nut-Oatmeal-HD-1-e1492106245306.jpg> could save 62.9KiB (84% reduction).
- Compressing and resizing https://8zxa3etwpcf-flywheel.netdna-ssl.com/wp-content/uploads/MealPlanner_WooCommerce.png could save 56KiB (70% reduction).
- Compressing and resizing <https://8zxa3etwpcf-flywheel.netdna-ssl.com/wp-content/uploads/iStock-628097352-1-e1486076582254.jpg> could save 41.1KiB (89% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/themes/forksoverknives-wp/assets/images/newhome/notable-praise.jpg> could save 21.9KiB (41% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/ArianFoster.jpg> could save 9.8KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/AliciaSilverstone.jpg> could save 8.5KiB (51% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/oprahwinfrey1.jpg> could save 8.2KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/daxshepard.jpg> could save 8.1KiB (49% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/Ariana-Grande.jpg> could save 7.9KiB (52% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/katyperry1.jpg> could

Desktop

save 7.2KiB (52% reduction).

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- Compressing <https://www.forksoverknives.com/wp-content/uploads/johnanderson1.jpg> could save 6KiB (52% reduction).
- Compressing https://www.forksoverknives.com/wp-content/uploads/roger_ebert_avatar-185x185.jpg could save 5.8KiB (43% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/michaelbaisden1.jpg> could save 5.5KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/droz1.jpg> could save 5.5KiB (50% reduction).
- Compressing <https://www.forksoverknives.com/wp-content/uploads/markbitman.jpg> could save 5KiB (51% reduction).

Consider Fixing:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

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- <https://a.mailmunch.co/uploads/widget/47f75189-7227-4516-8beb-a3414a930cc2.png> (expiration not specified)
- <https://s3.amazonaws.com/mailmunch/widgets/1449855630.png> (expiration not specified)
- <https://s3.amazonaws.com/mailmunch/widgets/1449855729.png> (expiration not specified)
- <https://scripts.kissmetrics.com/48925c26d3e75eeb806fc85f2d1a7a0b6e56db1a.2.js> (60 seconds)
- <https://static.hotjar.com/c/hotjar-94319.js?sv=5> (60 seconds)
- <https://www.googletagmanager.com/gtm.js?id=GTM-WC267H> (15 minutes)

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- https://connect.facebook.net/en_US/fbds.js (20 minutes)
- <https://www.google-analytics.com/plugins/ua/ec.js> (60 minutes)
- <https://www.google-analytics.com/analytics.js> (2 hours)

Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

[Minify CSS](#) for the following resources to reduce their size by 611B (18% reduction).

- Minifying <https://www.forksoverknives.com/wp-content/plugins/wp-review-pro/assets/css/wp-review.css?ver=1.1.0> could save 611B (18% reduction) after compression.

Minify HTML

Compacting HTML code, including any inline JavaScript and CSS contained in it, can save many bytes of data and speed up download and parse times.

[Minify HTML](#) for the following resources to reduce their size by 2.4KiB (15% reduction).

- Minifying <https://www.forksoverknives.com/> could save 2.4KiB (15% reduction) after compression.



4 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Desktop

Enable compression

You have compression enabled. Learn more about [enabling compression](#).

Reduce server response time

Your server responded quickly. Learn more about [server response time optimization](#).

Prioritize visible content

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).