

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Eat Your Greens Detox Soup

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Very easy, apart from kelp/nori. I had to go to a specialty store for that. Ingredients were easy to cook
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Easy to follow recipe and no steps were missing
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 5/5
<i>Was the item fair in price?</i>	Yes, low price for all the vegetables, and nori was relatively cheap once I found ☺
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	Yes it was low in time commitment, and made a big batch which was nice!
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 4/5
<i>Did the end product look appealing?</i>	I thought the end soup looked a little brown, but otherwise bright with the other colours
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Tasted great! I was surprised by the flavor in the end, had a somewhat middle eastern/Indian taste with the cinnamon added.
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	Great amount of texture, with the various vegetables
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 2/5
<i>Did I feel fulfilled at the end of the meal?</i>	No – it definitely needed more protein added to keep me full.
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 4/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Very low in calories (152 kcal) but also very low in protein (18%) compared to carbohydrates (63%). You could omit any vegetable you didn't enjoy easily.
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Great to stick in freezer! The flavours improved significantly the longer it took ☺ I was a bit sick of it by day 3 – so maybe space out how often you have it ;)
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	

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OVERALL SCORE:

44/50 A

