WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Raw Rainbow Pad Thai

Ingredients How easy were the ingredients to find? Did I have on hand already? Are ingredients transferable to other recipes? Were the ingredients easy to cook and prepare? Preparation SCORE: 4.5/5 How easy was the recipe to follow and prepare ingredients? Were there steps missing, or not well explained? Cost Was the item fair in price? Were there ingredients that could have been swapped for cheaper ingredients? Time SCORE: 4.5/5 Was the item fair in price? Were there ingredients that could have been swapped for cheaper ingredients? Time SCORE: 5/5 Did it take the amount of time indicated? Very quick to prepare and can be done the day before − dressing also keeps well if done ahead of time SCORE: 5/5 Did the end product look appealing? Did it have a good smell? Taste/Flavor How did finished recipe taste? Did flavors require modifying? Was there a secondary person to take a taste test? 3/5 Was there a good amount of texture in the meal? How long was it after eating the recipe until I had to eat again? How long was it after eating the recipe until I had to eat again? Nutrition How much of the daily recommendations of protein/fat/carbohydrates were in the meal? How much of the daily recommendations of protein/fat/carbohydrates were in the meal? Longevity Cost SCORE: 5/5 Great laste and flavor, my boyfriend put his own dressing on the veggies as he dislikes peanut dressing – and loved it tool time SCORE: 5/5 It is a bit high in fats (50%) and low in protein/fat/carbohydrates were in the meal? How much of the daily recommendations of protein/fat/carbohydrates were in the meal? Longevity Could this item be made into a leftover? If so, how does it taste the next day, the day after? Are there certain instructions that need following (ie. keep in freezer?)	CATEGORY	SCORE/COMMENTS
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Were their competing elements that distract from the recipe?too much raw. I just pan fried it for a bit of timeSatiety LevelSCORE: 5/5Did I feel fulfilled at the end of the meal?Pretty filling, with the Edamame, hemp hearts and peanut sauce. I was full the rest of the eveningNutritionSCORE: 3.5/5How much of the daily recommendations of protein/fat/carbohydrates were in the meal?It is a bit high in fats (50%) and low in protein (18%), but at the same time – these are good healthy fats! Could possibly make with another dressing for nut allergiesLongevitySCORE: 5/5Could this item be made into a leftover? Are there certain instructions that need followingGreat leftovers, you could also probably freeze sauce (but haven't tried) – it stores well in mason jars too ☺	Texture	SCORE: 3/5
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WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Raw Rainbow Pad Thai

OVERALL SCORE: 44.5/50

