

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Raw Rainbow Pad Thai

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Ingredients were really easy to find, and great at any time of year – produce is always fresh. You need a spiralizer or julienne grater which could be an issue otherwise.
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 4.5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Super easy to follow, and no steps were missing. I added more water to the dressing.
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 4.5/5
<i>Was the item fair in price?</i>	Fairly inexpensive – I subbed peanut butter for almond butter as it was cheaper
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	Very quick to prepare and can be done the day before – dressing also keeps well if done ahead of time
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 5/5
<i>Did the end product look appealing?</i>	Looks absolutely amazing and the smell of the dressing is TO DIE FOR
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great taste and flavor, my boyfriend put his own dressing on the veggies as he dislikes peanut dressing – and loved it too!
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 3/5
<i>Was there a good amount of texture in the meal?</i>	I prefer this cooked to be honest, I found it too much raw. I just pan fried it for a bit of time
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Pretty filling, with the Edamame, hemp hearts and peanut sauce. I was full the rest of the evening
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 3.5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	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 allergies
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Great leftovers, you could also probably freeze sauce (but haven't tried) – it stores well in mason jars too 😊
<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:**

**44.5/50**

