

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Jumbo Stuffed Shells

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 3/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Ingredients were easy enough to find. Wanted to get gluten free shells though and those were impossible to find
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Very easy to prepare, no steps were missing
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 5/5
<i>Was the item fair in price?</i>	Pretty low in cost – especially since tofu is so inexpensive
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	Yes it took the amount of time indicated, it took a bit of time to prepare, but made many servings
<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>	Yes – as you can see by the pictures, the overall appearance was breathtaking!
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 4/5
<i>How did finished recipe taste?</i>	It tasted very good, although I wish I made my own marinara sauce as the one I bought lacked flavor. I also needed some zest on top, I am a big cheese fan so it's hard to replace sometimes.
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	Great texture, loved the addition of celery to give it some crunch
<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>	Yes, was a perfect full after the meal, not too bogged down by the pasta. Really want to try with eggplant next!
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Really good overall nutrition, with mostly carbohydrates but a decent amount of protein as well (12.4 g). You could omit some of the vegetables if you don't like, or add some more if you want (as suggested)
<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>	Yes, made this for the following two days and leftovers heated well
<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:**

46/50 A+

