

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Cheater Beans on Toast

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Very easy to find, most of which I had on hand already – and can be used for other recipes
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 4/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Very easy to prepare, so speedy! I doubled the amount of ketchup because my beans were a bit mushy to begin with
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 5/5
<i>Was the item fair in price?</i>	Yes, low cost if you have items on hand. I'm sure you could omit some of the ingredients if you didn't have on hand.
<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>	Took very little time to make, could prep the beans beforehand or buy canned
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 3/5
<i>Did the end product look appealing?</i>	Appearance wasn't the greatest, but beans never are ;)
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 4/5
<i>How did finished recipe taste?</i>	Great taste!! I added more ketchup just to add a little more sauce.
<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 overall texture as well
<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>	I felt very full after the meal – very large portions
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 2/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Very high fat content (75%) – so probably not the healthiest, but it was very tasty! Pretty good overall protein content (14.4g)
<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 – these beans keep really well and could be frozen
<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>	
<b>OVERALL SCORE:</b>	43/50 86%

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