

If your **Menu Food Macro** website isn't getting impressions, clicks, or indexing in **Google Search Console**, follow these steps to fix the issue:

1. Check Google Indexing Issues

✓ Use "site:yourdomain.com" in Google Search

Open Google and search:

makefile

site:yourdomain.com

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- If **no pages** show up, your site isn't indexed.

✓ Submit URL for Manual Indexing

- Go to **Google Search Console (GSC) > URL Inspection Tool**
- Enter your homepage or any page URL.
- Click "**Request Indexing**" to ask Google to crawl your site.

✓ Check "Coverage" Report in GSC

- Look for errors like:
 - "**Crawled – currently not indexed**" → Google found the page but didn't index it.
 - "**Discovered – currently not indexed**" → Google knows about the page but hasn't crawled it yet.
 - "**Excluded by Noindex**" → Your robots.txt or meta tags are blocking indexing.

2. Fix Robots.txt & Meta Tags

✓ Check if Google Can Crawl Your Site

Visit:

bash

`yourdomain.com/robots.txt`

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If you see this:

makefile

`User-agent: *`

`Disallow: /`

- → This is **blocking all pages** from Google. Remove the "Disallow: /" line.

✅ Check Meta Robots Tags

Open your homepage and check:

php-template

`<meta name="robots" content="noindex, nofollow">`

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- If "**noindex**" is present, **remove it** from your site's HTML.

3. Improve Site Structure & Internal Links

- Make sure all important pages are linked from the **homepage**.
- Use **breadcrumb navigation** to help Google understand the site structure.
- Add an **HTML sitemap** linking to all important pages.

4. Submit a Sitemap to Google

✅ Generate a Sitemap

- If using WordPress: Install **Rank Math** or **Yoast SEO** (they create sitemaps automatically).
- If manual: Use a tool like **XML-Sitemaps.com**

✓ Submit Sitemap in Google Search Console

- Go to **Search Console > Sitemaps**

Submit:

bash

`yourdomain.com/sitemap.xml`

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- This helps Google find all pages faster.

5. Get Backlinks & Social Signals

- Google **prioritizes sites with backlinks** from reputable sources.
- Get **links from food/nutrition blogs**.
- Share your website on **Facebook, Pinterest, Instagram, Reddit, and Quora** to boost visibility.

6. Publish High-Quality Content Regularly

- Google loves **fresh, valuable content**.
- Post **2-3 high-quality articles per week** (e.g., “Best Macro-Friendly Breakfasts”).
- Each article should be at least **1,500 words**, well-structured, and **SEO-optimized**.

7. Improve Website Speed & Mobile Friendliness

- Check site speed using **Google PageSpeed Insights**.

- Optimize images using **WebP format**.
- Make sure the site is **mobile-responsive**.

8. Monitor Progress in Search Console

- Keep checking **Search Console > Indexing** for updates.
- If Google still isn't indexing, request **manual review** from Google.

Final Tip: If your site is new, it may take a few weeks to get indexed. Follow these steps, and indexing should improve within 1-3 weeks.