

LIGHTLY PROCESSED

88
HEALTH SCORE

#1. ALMOND FLOUR CHEDDAR RECIPE MIX

✓ VERIFIED CLEAN

SCANNED: 8/27/2026, 3:02:15 PM

"This is a low-glycemic, whole-food recipe mix made with almond flour, cheese, eggs, and butter. It is rich in protein and healthy fats with zero artificial additives, though it contains dairy, egg, and tree nut allergens."

Wholesome Alternative: This is already a nutrient-dense alternative to refined flour doughs.

⚡ **HARDWARE TRIGGERS & LED STATUS ARRAY**

0 Active Triggers



HIGH SUGAR

>10g added sugar / High-Fructose Corn Syrup

● INACTIVE



SYNTHETIC DYES

Red 40, Yellow 5/6, Blue 1/2

● INACTIVE



TRANS FATS

Partially hydrogenated oils

● INACTIVE



CHEMICAL PRESERVATIVES

BHA, BHT, TBHQ, Nitrites, Nitrates

● INACTIVE



ARTIFICIAL SWEETENERS

Aspartame, Sucralose, Ace-K

● INACTIVE



HIGH SODIUM

>460mg sodium per serving

● INACTIVE



HIGH PROTEIN DETECTED

≥10g protein or whole protein source

⚡ ACTIVE

COMMON ALLERGENS AUDIT



DAIRY

✓ SOY

✓ GLUTEN

✓ PEANUTS



✓ SHELLFISH



EGGS

ARTIFICIAL ADDITIVES, DYES & PRESERVATIVES (0)

✓ No synthetic food dyes, artificial preservatives, or HFCS detected.

HIDDEN SUGARS & SODIUM ALERTS (0)

✓ No high-fructose corn syrup or excess sodium flags detected.



LOGGED BLOOD GLUCOSE TEST HISTORY

3 READINGS

Timestamp	Blood Glucose	Context	Meal / Notes	Status
8/27/2026 06:39 AM	121 mg/dL (6.7 mmol/L)	Fasting	Manual Meal / Beverage Log	ELEVATED
8/26/2026 07:15 PM	124 mg/dL (6.9 mmol/L)	2h Post-Meal	salad with olives, egg, onions, one sausage brott	ELEVATED
8/26/2026 07:14 PM	188 mg/dL (10.4 mmol/L)	2h Post-Meal	Lunch corn dogs and sticky rice	HIGH SPIKE

EXTRACTED INGREDIENTS LIST (5 TOTAL)

ALMOND FLOUR *

SHREDDED CHEDDAR CHEESE *

EGGS *

UNSALTED BUTTER *

GARLIC