

LIGHTLY PROCESSED

88
HEALTH SCORE

#1. ALMOND FLOUR CRUSTED PORK CHOPS

HIGH SODIUM

SCANNED: 8/27/2026, 6:33:23 PM

"This is a nutrient-dense, low-carbohydrate meal prepared with whole protein, almond flour, and culinary seasonings. It has minimal glycemic impact and no synthetic additives, though it contains common allergens including tree nuts, eggs, and dairy."

Wholesome Alternative: Keep this clean low-carb recipe or swap almond flour for crushed seeds if nut allergies are present.

HARDWARE TRIGGERS & LED STATUS ARRAY

1 Active Trigger

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
ACTIVE ALERT

HIGH PROTEIN DETECTED
≥10g protein or whole protein source
ACTIVE

COMMON ALLERGENS AUDIT

DAIRY

✓ SOY

✓ GLUTEN

✓ PEANUTS

TREE NUTS

✓ 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 (12 TOTAL)

BONELESS PORK CHOPS

BLANCHED ALMOND FLOUR *

GRATED PARMESAN CHEESE *

EGGS *

MILK *

GARLIC POWDER

ONION POWDER

PAPRIKA

ITALIAN SEASONING

SEA SALT

BLACK PEPPER

OLIVE OIL