

LIGHTLY PROCESSED

92
HEALTH SCORE

#1. HOMEMADE ALMOND & CHICKPEA FLATBREAD / DOUGH RECIPE

✓ VERIFIED CLEAN

SCANNED: 8/27/2026, 6:41:56 PM

"This recipe is made from nutrient-dense whole foods including nut and legume flours, eggs, and Greek yogurt. It provides a rich source of fiber and protein with low glycemic impact, though it contains common allergens like tree nuts, dairy, and eggs."

Wholesome Alternative: This is already an excellent, nutrient-dense whole-food recipe.

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

TREE NUTS

✓ SHELLFISH

EGGS

ARTIFICIAL ADDITIVES, DYES & PRESERVATIVES (1)

[OTHER ADDITIVE] Baking powder: Standard leavening agent used for rising.

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 (10 TOTAL)

ALMOND FLOUR *

CHICKPEA FLOUR

BAKING POWDER

SEA SALT

GARLIC POWDER

DRIED OREGANO

EGGS *

PLAIN GREEK YOGURT *

WATER

OLIVE OIL

