

LIGHTLY PROCESSED

88
HEALTH SCORE

#1. HOMEMADE ALMOND & COCONUT FLOUR BLUEBERRY BAKE

HIGH SUGAR

SCANNED: 8/27/2026, 2:55:42 PM

"This is a nutrient-dense, grain-free recipe made primarily from whole food ingredients including almond flour, coconut flour, eggs, and blueberries. It provides abundant dietary fiber and healthy fats with moderate natural sugars from honey, containing tree nut and egg allergens."

Wholesome Alternative: Replace honey with mashed bananas or monk fruit sweetener to further lower glycemic impact.

HARDWARE TRIGGERS & LED STATUS ARRAY

1 Active Trigger

HIGH SUGAR

>10g added sugar / High-Fructose Corn Syrup

ACTIVE ALERT

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 (0)

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

HIDDEN SUGARS & SODIUM ALERTS (1)

[HIDDEN SUGAR] Honey: Natural liquid sweetener contributing simple sugars.

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 *

COCONUT FLOUR

BAKING POWDER

BAKING SODA

SEA SALT

EGGS *

HONEY *

UNSWEETENED ALMOND MILK *

VANILLA EXTRACT

BLUEBERRIES

