

LIGHTLY PROCESSED

88
HEALTH SCORE

#1. HOMEMADE ALMOND FLOUR BAKED RECIPE

✓ VERIFIED CLEAN

SCANNED: 8/27/2026, 3:08:45 PM

"This is a clean, low-carb baked recipe made with nutrient-dense whole ingredients like almond flour, eggs, and Greek yogurt. It delivers minimal glycemic impact and high protein, with primary allergen considerations for tree nuts, dairy, and eggs."

Wholesome Alternative: Substitute almond flour with sunflower seed flour for a nut-free version.

⚡ **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 (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 (7 TOTAL)

ALMOND FLOUR *

BAKING POWDER

SEA SALT

GARLIC POWDER

LARGE EGGS *

UNSALTED BUTTER *

PLAIN GREEK YOGURT *