

LIGHTLY PROCESSED

#1. HOMEMADE ALMOND FLOUR BATTER / RECIPE MIX

88
HEALTH SCORE

HIGH SUGAR

SCANNED: 8/27/2026, 4:04:34 PM

"This recipe is made of lightly processed, nutrient-dense whole food ingredients featuring almond flour and eggs. It provides a low glycemic impact with healthy fats and minimal carbohydrates, though it contains common allergens like tree nuts and eggs."

Wholesome Alternative: Use mashed ripe banana or omit sweetener entirely for natural whole-food sweetness.

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] Granulated Sweetener: Recipe calls for added granulated sweetener of choice.

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 (8 TOTAL)

ALMOND FLOUR *

EGGS *

UNSWEETENED ALMOND MILK *

WATER

BUTTER OR COCONUT OIL

VANILLA EXTRACT

GRANULATED SWEETENER *

SEA SALT