

LIGHTLY PROCESSED

95
HEALTH SCORE

#1. HOMEMADE ALMOND FLOUR CRUSTED CHICKEN TENDERS

HIGH SODIUM

SCANNED: 8/27/2026, 3:06:26 PM

"This is a clean, nutrient-dense recipe made entirely from whole foods, healthy fats, and lean protein. It provides a low glycemic impact with zero artificial additives, though it contains common allergens including tree nuts, dairy, and eggs."

Wholesome Alternative: This is already an excellent, nutrient-dense whole-food alternative to standard breaded chicken.

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 (10 TOTAL)

CHICKEN TENDERS OR CHICKEN BREAST

ALMOND FLOUR *

GRATED PARMESAN CHEESE *

EGGS *

GARLIC POWDER

ONION POWDER

PAPRIKA

DRIED ITALIAN HERBS

SEA SALT

BLACK PEPPER