

LIGHTLY PROCESSED

88
HEALTH SCORE

#1. HOMEMADE BUCKWHEAT & ALMOND PANCAKE BATTER

✓ VERIFIED CLEAN

SCANNED: 8/27/2026, 6:43:23 PM

"This wholesome homemade batter is made from nutrient-dense whole ingredients like almond flour, buckwheat, eggs, and milk. It provides a healthy balance of protein, healthy fats, and low-glycemic carbs with no ultra-processed additives or synthetic dyes."

Wholesome Alternative: This is already a clean, whole-food recipe; pair with fresh berries instead of syrup for optimal glycemic control.

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 (9 TOTAL)

ALMOND FLOUR *

BUCKWHEAT FLOUR

BAKING POWDER

SEA SALT

EGGS *

MILK *

MELTED BUTTER *

VANILLA EXTRACT

HONEY