

LIGHTLY PROCESSED

92
HEALTH SCORE

#1. HOMEMADE LOW-CARB CHICKEN PARMESAN

HIGH SODIUM

SCANNED: 8/27/2026, 6:26:02 PM

"This is a nutrient-dense, low-carb meal made primarily with whole poultry, almond flour, cheeses, and herbs. It provides abundant protein and minimal refined carbohydrates, though it contains dairy, egg, and tree nut allergens."

Wholesome Alternative: Choose a no-sugar-added marinara sauce to keep added sugars minimal.

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 (13 TOTAL)

CHICKEN BREAST

BLANCHED ALMOND FLOUR *

GRATED PARMESAN CHEESE *

GARLIC POWDER

ITALIAN SEASONING

SEA SALT

BLACK PEPPER

EGGS *

MILK *

OLIVE OIL

MARINARA SAUCE

SHREDDED MOZZARELLA CHEESE *

FRESH BASIL