

LIGHTLY PROCESSED

#1. HOMEMADE STRAWBERRY ALMOND FLOUR BAKED GOODS

✓ VERIFIED CLEAN

88
HEALTH SCORE

SCANNED: 8/27/2026, 4:06:52 PM

"This homemade recipe uses nutrient-dense almond and coconut flours with fresh strawberries, offering low glycemic impact and high fiber. It contains common allergens including tree nuts, eggs, and dairy from butter."

Wholesome Alternative: Use monk fruit or erythritol to keep sugar content minimal while retaining high fiber.

⚡ **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 (10 TOTAL)

ALMOND FLOUR * COCONUT FLOUR * GRANULATED SWEETENER OF CHOICE BAKING POWDER SEA SALT UNSALTED BUTTER *

LARGE EGGS * UNSWEETENED ALMOND MILK * VANILLA EXTRACT FRESH STRAWBERRIES