

LIGHTLY PROCESSED

#1. STUFFED BUTTON MUSHROOMS WITH ALMOND FLOUR AND CREAM CHEESE

90
HEALTH SCORE

✓ VERIFIED CLEAN

SCANNED: 8/27/2026, 6:34:56 PM

"This whole-food-based recipe features fresh mushrooms, almond flour, and cheeses for a nutrient-dense, low-glycemic appetizer. It contains minimal culinary processing with zero artificial additives, though it includes common dairy and tree nut allergens."

Wholesome Alternative: This is a clean, nutrient-dense recipe; swap dairy cheeses for cashew or nutritional yeast-based alternatives if sensitive to dairy.

⚡ 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

● INACTIVE

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 (12 TOTAL)

BUTTON MUSHROOMS BLANCHED ALMOND FLOUR * GRATED PARMESAN CHEESE * CREAM CHEESE * MUSHROOM STEMS ONIONS
GARLIC FRESH PARSLEY ITALIAN SEASONING SEA SALT BLACK PEPPER OLIVE OIL

