



Keto Angels Product Catalogue

Low carb & guilt-free delights

KETO ANGELS YOUR DIABETES-FRIENDLY ARTISAN BAKERY

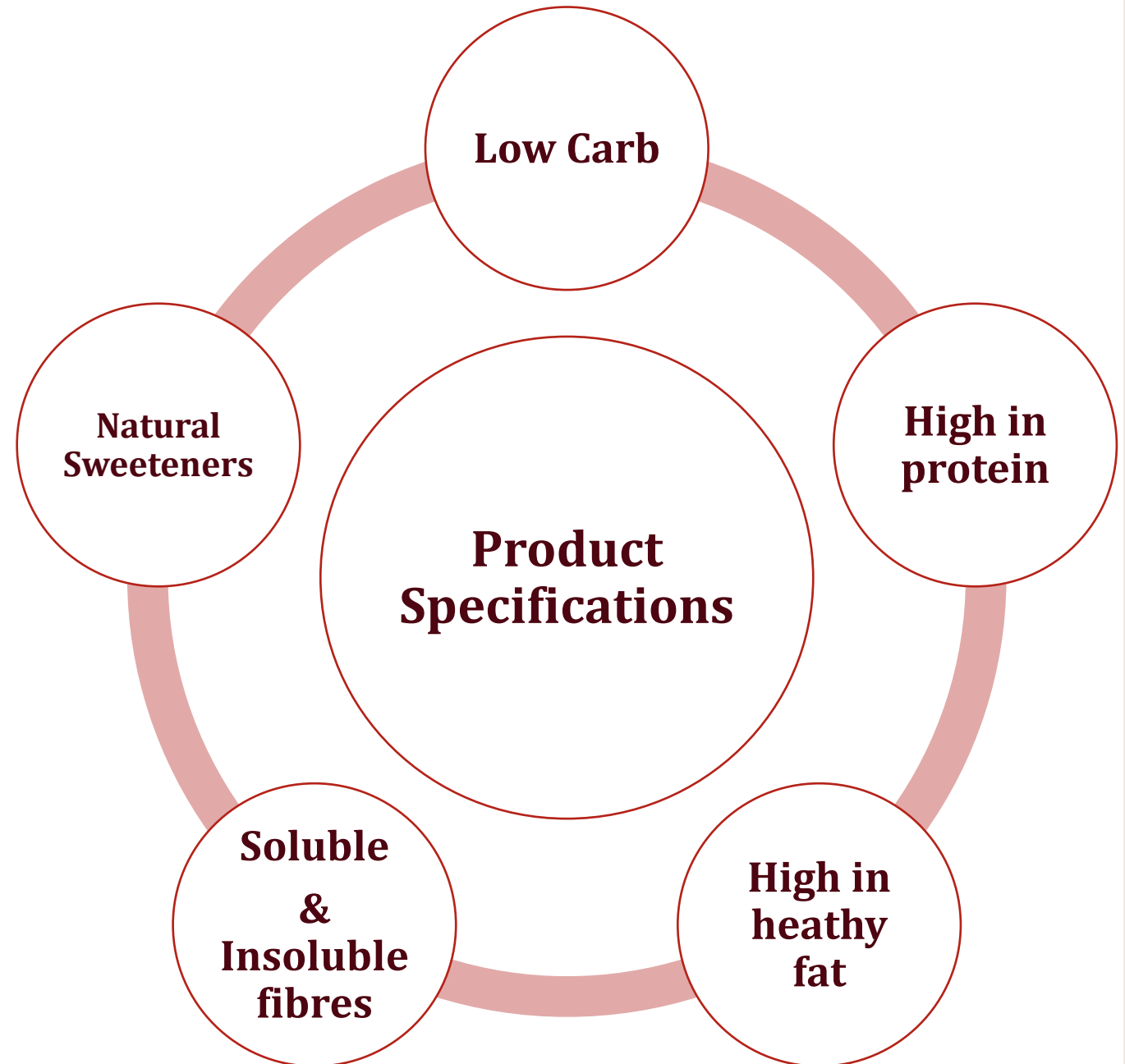
We give back to diabetics and people struggling with weight issues the **GUILTLESS pleasures & comfort of food** that have been **tailored to their NEED.**

With our products, implementing the low carb/KETOGENIC diet becomes **hassle free.**
We do the carb counting for you!



UNIQUE PRODUCTS

- *STRICTE CAHIER DES CHARGES*
- RAW MATERIALS & FINISHED PRODUCTS OF **LOW GLYCEMIC INDEX (GI<50)**
- OUR PRODUCTS HAVE BEEN CREATED TO ELICIT **INSIGNIFICANT POST MEAL BLOOD SUGAR LEVEL**. THUS OUR PRODUCTS:
 - HELP MANAGE DIABETES
 - IMPROVE INSULIN RESISTANCE
 - CONTRIBUTE EFFORTLESSLY IN WEIGHT LOSS
- US FDA APPROVED FOOD INGREDIENTS ONLY





OUR PRODUCTS SPECS & PRICES (VAT INCLUSIVE)

LOW CARB GUILTFREE
DELIGHTS

VEGAN OPTIONS

GLUTEN-FREE OPTIONS

TO ACHIEVE YOUR DAILY LOW
CARB TARGET

**LOW CARB/KETO BREADS,
PIZZA-BASES AND WRAPS**
THE STAPLES

PRICE: Rs. 490.00



1. CLASSIC FLAXSEED LOAF

Low carb, high fiber & high protein bread

With only **1.5 g net carb** and a whopping **8g of protein per slice**, this bread is your best ally for weight loss and blood glucose management. No need to do Keto, simply by substituting your staple food component (rice, bread, pasta etc...) with our flaxseed bread you will observe significant weight loss within 3 weeks, on a healthy eating habit.

1.5 g

**NET CARB
PER SLICE**

8 g

**PROTEIN
PER SLICE**

GO LOW CARB & GET YOUR DIABETES UNDER CONTROL

ENJOY GUILTFREE PLEASURES WITH KETO ANGELS

NUTRITIONAL VALUES PER SERVING (35 g)	
Energy (Kcal)	100
Protein (g)	8
Total carbohydrates (g)	4
Net carb (glycaemic carbs, g)	1.5
Dietary fibre (g)	2.7
Total fat (g)	6
Saturated fat (g)	1.2

INGREDIENTS: Almond, flaxseed, gluten, eggs, yeast, honey, E415 & salt



PRICE: Rs. 460.00



2. EGGLESS FLAXSEED LOAF

Low carb, high fiber & high protein bread

Looking for LOW CARB BREAD! SEARCH NO MORE! With only **1.6 g net carb per slice**, this bread is not only made with the finest of low glycemic index ingredients but is also DAIRY and LACTOSE-FREE. This high fiber and protein bread is very satiating, two slices will provide the feeling of fullness.

1.6 g

NET CARB
PER SLICE

4.2 g

PROTEIN
PER SLICE

GO LOW CARB & GET YOUR DIABETES UNDER CONTROL

ENJOY GUILT FREE PLEASURES WITH KETO ANGELS

NUTRITIONAL VALUES PER SERVING (35 g)	
Energy (Kcal)	130
Protein (g)	4.2
Total carbohydrates (g)	7.4
Net carb (glycaemic carbs, g)	1.6
Dietary fibre (g)	4.4
Total fat (g)	9.3
Saturated fat (g)	2.5

INGREDIENTS: Almond meal, flaxseed, wheat gluten, yeast, salt, honey and xanthan gum.



PRICE: Rs. 210.00



3. VEGAN FLAXSEED WRAP

Low carb, VEGAN, high fiber & high protein

Low carb flat bread substitute. Quite versatile and can be used as a wraps, pizza base and chapatis. Rich is fiber and mucilage for the health of your gut microbiota and loaded with natural and bioavailable omega-3 from flaxseed. Comes in pack of 5 wraps.

1.3 g

**NET CARB
PER SERVING**

3.6 g

**PROTEIN
PER SERVING**

GO LOW CARB & GET YOUR DIABETES UNDER CONTROL

ENJOY GUILTFREE PLEASURES WITH KETO ANGELS

NUTRITIONAL VALUES PER SERVING (35 g)

Energy (Kcal)	127.3
Protein (g)	3.6
Total carbohydrates (g)	5.8
Net carb (glycaemic carbs, g)	1.3
Dietary fibre (g)	7.7
Total fat (g)	9.7
Saturated fat (g)	2.8

INGREDIENTS: Almond, flaxseed, coconut flour, wheat gluten, psyllium husk, olive oil, garlic salt, and xanthan gum.



PRICE: Rs. 250.00



4. VEGAN GLUTEN-FREE WRAP

Low carb, VEGAN, high fiber & GLUTEN-FREE

Low carb **GLUTEN-FREE** flat bread substitute. Quite versatile and can be used as a wraps and chapatis. Adequate for keto dieters and diabetics with **gluten sensitivity and intolerance, including Celiac**. Comes in pack of 5 wraps.

NET CARB
PER SERVING

3.2 g

FIBER
PER SERVING

7.1 g

GO LOW CARB & GET YOUR DIABETES UNDER CONTROL
ENJOY GUILTFREE PLEASURES WITH KETO ANGELS

NUTRITIONAL VALUES PER SERVING (35 g)	
Energy (Kcal)	97.2
Protein (g)	2.7
Total carbohydrates (g)	7.8
Net carb (glycaemic carbs, g)	3.2
Dietary fibre (g)	7.1
Total fat (g)	6.9
Saturated fat (g)	2.0

INGREDIENTS:
Coconut flour,
psyllium husk,
olive oil, salt, and
xanthan gum.

PRICE: Rs. 250.00



5. VEGAN GLUTEN-FREE CREPES

**Low carb, VEGAN, high fiber &
GLUTEN-FREE**

Our low carb crepes has the texture and tastes of real French crepes delicately flavored with vanilla from Madagascar. Adequate for keto dieters and diabetics, with **gluten sensitivity and intolerance, including Celiac**. These crepes are also perfect for those with egg allergies. Comes in pack of 5 crepes.

4.4 g

NET CARB
PER SERVING

7.1 g

FIBER
PER SERVING

GO LOW CARB & GET YOUR DIABETES UNDER CONTROL

ENJOY GUILTFREE PLEASURES WITH KETO ANGELS

NUTRITIONAL VALUES PER SERVING (35 g)	
Energy (Kcal)	103.1
Protein (g)	2.7
Total carbohydrates (g)	10.3
Net carb (glycaemic carbs, g)	4.4
Dietary fibre (g)	7.1
Total fat (g)	6.9
Saturated fat (g)	2.0

INGREDIENTS:

Coconut flour,
psyllium husk,
olive oil, xylitol,
salt, and xanthan
gum.

PRICE: Rs. 250.00 (pack of 3 buns)



6. VEGAN GLUTEN-FREE BURGER BUNS

**Low carb, VEGAN, high fiber &
GLUTEN-FREE**

These are the perfect substitute to burger buns. Easy to carry in your lunch box and adequate for keto dieters and diabetics, with **gluten sensitivity and intolerance, including Celiac**. With only 2.2g NET CARB and whooping **10g fiber**, these buns are not only delicious but VERY SATIATING. YOU WILL KEEP HUNGER AT BAY WITH OUR LOW CARB BUNS.

2.2 g

**NET CARB
PER SERVING**

10 g

**FIBER
PER SERVING**

GO LOW CARB & GET YOUR DIABETES UNDER CONTROL

ENJOY GUILTFREE PLEASURES WITH KETO ANGELS

NUTRITIONAL VALUES PER SERVING (35 g)	
Energy (Kcal)	196
Protein (g)	6.3
Total carbohydrates (g)	13
Net carb (glycaemic carbs, g)	2.2
Dietary fibre (g)	10
Total fat (g)	16
Saturated fat (g)	5

INGREDIENTS:
Almond powder,
coconut flour,
psyllium husk,
olive oil, salt, and
E500

PRICE: Rs. 250.00 pack of 3 Pita breads



6. VEGAN GLUTEN-FREE PITA BREAD

Low carb, VEGAN & GLUTEN-FREE

Our pita breads have nothing to envy regular flour-based ones! They are so light and fluffy and yet with their 10g dietary fiber content they are **SO FILLING**. These pita breads will add diversity to your keto diet. Perfect for **gluten sensitivity and intolerance, including Celiac**. With only **2.2g NET CARB** these pita breads will not only **rebalance your gut microbiome** but also **regulate your blood sugar levels**.

2.2 g

**NET CARB
PER SERVING**

10 g

**FIBER
PER SERVING**

GO LOW CARB & GET YOUR DIABETES UNDER CONTROL

ENJOY GUILTFREE PLEASURES WITH KETO ANGELS

NUTRITIONAL VALUES PER SERVING (35 g)	
Energy (Kcal)	196
Protein (g)	6.3
Total carbohydrates (g)	13
Net carb (glycaemic carbs, g)	2.2
Dietary fibre (g)	10
Total fat (g)	16
Saturated fat (g)	5

INGREDIENTS:
Almond powder,
coconut flour,
psyllium husk,
olive oil, salt, and
E500

PRICE: Rs. 250.00 (pack of 3)



6. KETO FLAXSEED PIZZA BASES

HIGH PROTEIN & HIGH FIBER

Our pita breads have nothing to envy regular flour-based ones! They are so light and fluffy and yet with their 10g dietary fiber content they are **SO FILLING**. These pita breads will add diversity to your keto diet. Perfect for **gluten sensitivity and intolerance, including Celiac**. With only **2.2g NET CARB** these pita breads will not only **rebalance your gut microbiome** but also **regulate your blood sugar levels**.

2.2 g

NET CARB
PER SERVING

10 g

FIBER
PER SERVING

GO LOW CARB & GET YOUR DIABETES UNDER CONTROL

ENJOY GUILTFREE PLEASURES WITH KETO ANGELS

NUTRITIONAL VALUES PER SERVING (35 g)	
Energy (Kcal)	196
Protein (g)	6.3
Total carbohydrates (g)	13
Net carb (glycaemic carbs, g)	2.2
Dietary fibre (g)	10
Total fat (g)	16
Saturated fat (g)	5

INGREDIENTS:
Almond powder,
coconut flour,
psyllium husk,
olive oil, salt, and
E500



LOW CARB GLUTEN-FREE PATISSERIE

GUILT-FREE PLEASURES

FLOURLESS, NO ADDED SUGARS, NO MARGARINE, NO SHORTENING

EXCLUSIVELY LOW GLYCEMIC INDEX INGREDIENTS & HEALTHY FAT
(BUTTER, OLIVE & COCONUT OIL)

PRICE: Rs. 95.00, MOQ 3 units



DARK CHOCOLATE MOELLEUX

Low carb & GLUTEN-FREE

A CHOCOLATE MOELLEUX WITH AN INTENSE COCOA KICK FOR AMATEUR OF DARK CHOCOLATE.

WITH A SCOOP OF SOUR CREAM, THIS CAKE ELEVATES THE TASTE BUDS TO A NEW DIMENSION OF PLEASURES. AVAILABLE AS COCONUT-DARK CHOCO AND ORANGE-DARK CHOCO.

LOW CARB QUILT-FREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	288
Protein (g)	6.6
Total carbohydrates (g)	8.2
Net carb (glycaemic carbs, g)	3.1
Dietary fibre (g)	2.4
Total fat (g)	23.4
Saturated (g)	13.7

Ingredients:
sugar-free dark
chocolate,
butter, xylitol,
almond powder,
cocoa and eggs.

Note: Depending on the type of the dark chocolate used the net carb content will vary from a minimum of 3.1g to a max of 6g per serving

PRICE: Rs. 125.00, MOQ 3 units



MOELLEUX CROUSTILLANT NOISETTE

Low carb & GLUTEN-FREE

A CHOCOLATE MOELLEUX WITH AN INTENSE COCOA KICK FOR AMATEUR OF DARK CHOCOLATE.

WITH A SCOOP OF SOUR CREAM, THIS CAKE ELEVATES THE TASTE BUDS TO A NEW DIMENSION OF PLEASURES. AVAILABLE AS COCONUT-DARK CHOCO AND ORANGE-DARK CHOCO.

LOW CARB GLUTEN-FREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	288
Protein (g)	6.6
Total carbohydrates (g)	8.2
Net carb (glycaemic carbs, g)	3.1
Dietary fibre (g)	2.4
Total fat (g)	23.4
Saturated (g)	13.7

Ingredients:
sugar-free dark
chocolate,
butter, xylitol,
almond powder,
cocoa and eggs.

Note: Depending on the type of the dark chocolate used the net carb content will vary from a minimum of 3.1g to a max of 6g per serving

PRICE: Rs. 85.00, MOQ 3 units



KETO ANGELS

Go Low Carb!

MIX NUT BROWNIES
FLOURLESS & GLUTEN-FREE

(Diabetes & Keto Friendly)

2.5 g NET CARB
PER SERVING

0 g GLUTEN

LOW CARB GLUTEN-FREE DELICIOUS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	160
Protein (g)	3.3
Total carbohydrates (g)	9.0
Net carb (glycaemic carbs, g)	2.5
Dietary fibre (g)	1.6
Total fat (g)	17.6
Saturated (g)	10.1

Ingredients: sugar-free dark chocolate, butter, xylitol, almond nuts, cashew nuts, hazelnut, almond powder, cocoa and eggs.

Ultra moist brownies with crunchy roasted mix nuts.

PRICE: Rs. 100.00, MOQ 3 units

FINANCIER AUX AMANDES

Low carb & GLUTEN-FREE

WE HAVE PRESERVED THE COMPLEXITY OF THIS FAMOUS FRENCH PATISSERIE THOUGH WE STRIPPED OUT FLOUR AND MAXIMISE WITH A PERFECT BLEND OF ALMOND AND COCONUT FLOUR. OUR FINANCIER HAS THIS DELICATE AND PARTICULAR TASTE OF *BEURRE NOISETTE*.

OPTIONS: CHOCO CHIP FINANCIER
CHOCO-HAZELNUT FINANCIER

LOW CARB GLUTENFREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	145
Protein (g)	8
Total carbohydrates (g)	10
Net carb (glycaemic carbs, g)	4
Dietary fibre (g)	2
Total fat (g)	21
Saturated (g)	11

Ingredients:
butter, almond powder, coconut flour, almond nuts, xylitol and eggs



PRICE: Rs. 85.00, MOQ 3 UNITS

PEA PROTEIN DOUGHNUT

Low carb & GLUTEN-FREE

THIS IS AN ULTRA LIGHT, SPONGY VANILLA FLAVOURED DOUGHNUT.

THIS CAKE HAVE A HIGH ABSORPTION CAPACITY AND THUS CAN BE SERVED WITH KETO FRUIT SYRUPS OR FLAVOURED RUM AS AN EQUIVALENT OF THE *BABA AU RHUM*.

OPTIONS: AVAILABLE WITH VARIOUS TOPPINGS AND ICING AS WELL

- **MENDIANT DOUGHNUTS** WITH SUGAR FREE WHITE OR DARK CHOCOLATE WITH MIXED NUTS
- WITH CITRUS ROYAL ICING

LOW CARB GLUTENFREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	179
Protein (g)	5
Total carbohydrates (g)	8
Net carb (glycaemic carbs, g)	4
Dietary fibre (g)	1
Total fat (g)	16
Saturated (g)	8

Ingredients: Almond powder, whey protein, xylitol, butter, full cream, eggs, vanilla, salt & E500



PRICE: Rs. 115.00, MOQ 3 UNITS



PEA PROTEIN DOUGHNUTS OPTIONS

**CHOCOLATE MENDIANT DOUGHNUTS & DOUGHNUT WITH
GLACAGE ROYALE CITRON**

OUR KETO GLUTEN-FREE CUPCAKES

PRICE: Rs. 95.00, MOQ 3 UNITS



VANILLA CUPCAKE WITH MIX NUT STREUSEL

Low carb & GLUTEN-FREE

SIMILAR IN TEXTURE TO A *QUATRE QUARTS* BUT ENRICHED WITH NUTTY GOURMANDISE AND SUGAR-FREE CHOCOLATE CHIP. (NEW RECIPE IS NOW LACTOSE-FREE!)

OPTIONS: AVAILABLE WITH VARIOUS TOPPINGS WITH SUGAR FREE WHITE OR DARK CHOCOLATE

- RAFAELLO-LIKE TOPPING
- FERRERO-LIKE TOPPING
- CHOCOLATE & DESSICATED COCONUT

LOW CARB GLUTEN-FREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	194
Protein (g)	8
Total carbohydrates (g)	9
Net carb (glycaemic carbs, g)	4
Dietary fibre (g)	3
Total fat (g)	15
Saturated (g)	5

Ingredients: Almond powder, xylitol, erythritol, yogurt, sugar-free chocolate, eggs, salt, E500 and E415

PRICE: Rs. 125.00, MOQ 3 UNITS

RAFFAELLO AND FERRERO HAZELNUT STREUSEL VANILLA CUPCAKES



PRICE: Rs. 95.00, MOQ 3 UNITS



CUPCAKE ORANGE CONFIT & CHOCO CHIPS

Low carb & GLUTEN-FREE

A PERFECT BALANCE BETWEEN THE TANGY SWEET ORANGE AND THE BITTERNESS OF THE SUGAR-FREE DARK CHOCOLATE CHIPS

Ingredients: almond powder, xylitol, erythritol, full cream, sugar-free dark chocolate, eggs, salt, E415 and E500,

NUTRITION FACTS (PER SERVING)	
Amount per serving	
Calories	214
Total carbohydrates	20
Net carbohydrates	7
Dietary fiber	3
Protein	8
Fat	15
Saturated fat	6

PRICE: Rs. 115.00, MOQ 3 UNITS



DOUBLE CHOC PROTEIN CUPCAKE

Low carb & GLUTEN-FREE

A LIGHT AND NUTRITIONALLY DENSE CUPCAKE WITH PEA PROTEIN AND COVERED WITH A DELICATE COATING OF TEMPERED DARK CHOCOLATE WITH WHITE CHOCOLATE DRIZZLES. A DELICIOUS WAY TO INCORPORATE ESSENTIAL AMINO ACIDS IN OUR DIET.

Ingredients: almond powder, xylitol, erythritol, cocoa, pea protein, full cream, sugar-free dark chocolate, eggs, salt, E415 and E500

NUTRITION FACTS (PER SERVING)	
Amount per serving	
Calories	230
Total carbohydrates	18
Net carbohydrates	5
Dietary fiber	4
Protein	9
Fat	16
Saturated fat	6

OUR KETO & GLUTEN-FREE TARTS

PRICE: Rs. 95.00, MOQ 3 UNITS



Go Low Carb!

*TARTE AUX COCO
FLOURLESS*

(Diabetes & Keto Friendly)

4 g

**NET CARB
PER SERVING**

0 g

GLUTEN

LOW CARB GUILTFREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	262
Protein (g)	13
Total carbohydrates (g)	5
Net carb (glycaemic carbs, g)	4
Dietary fibre (g)	8
Total fat (g)	22
Saturated (g)	13

Ingredients: Almond powder, butter, xylitol, full cream, desiccated coconut, eggs, E500 & E415.

PRICE: Rs. 95.00, MOQ 3 UNITS



Go Low Carb!

*TARTE AUX FRANGIPAN
FLOURLESS*

(Diabetes & Keto Friendly)

2 g **NET CARB**
PER SERVING

0 g **GLUTEN**

*(New Recipe
Gelatine-free)*

LOW CARB GUILTFREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	191
Protein (g)	11
Total carbohydrates (g)	4
Net carb (glycaemic carbs, g)	2
Dietary fibre (g)	8
Total fat (g)	15
Saturated (g)	6

Ingredients: Almond powder, butter, xylitol, full cream, almond, eggs, milk, coconut flour, E500 & E415.

PRICE: Rs. 95.00, MOQ 3 UNITS



PATEIS DE NATA

Low carb & GLUTEN-FREE

A KETO AND GLUTEN-FREE VERSION OF THE FAMOUS PORTUGUESE EGG TARTS. INSTEAD OF A PUFF PASTRY WE HAVE HERE OUR SIGNATURE *SABLEE*...A PERFECT CRUNCHY AND CREAMY

Ingredients: almond powder, coconut flour, xylitol, cheese, cream, eggs, orange, cinnamon, cloves, E500 and E415.

NUTRITION FACTS (PER SERVING)	
Amount per serving	
Calories	164
Total carbohydrates	7
Net carbohydrates	5
Dietary fiber	-
Protein	6
Fat	14
Saturated fat	7

PRICE: Rs. 115.00, MOQ 3 UNITS

TARTES AUX FRUITS SEC ET CHOCOLAT

Low carb & GLUTEN-FREE

PERFECT FOR THE FESTIVE SEASONS. THIS TART WILL MAKE YOU THINK OF WINTERY MORNINGS, CHRISTMAS TREES AND HOT CHOCOLATE...SO MUCH MORE COMFORTING THAN MINCE PIES.

Ingredients: almond, hazelnuts, cashew nuts, peanuts, xylitol, cream, butter, cheese, cream, butter, lemon, orange and E500



NUTRITION FACTS (PER SERVING)	
Amount per serving	
Calories	450
Total carbohydrates	20
Net carbohydrates	8
Dietary fiber	6
Protein	15
Fat	38
Saturated fat	10

PRICE: Rs. 150.00, MOQ 3 UNITS

TARTES AUX CITRON

MERINGUEE

Low carb & GLUTEN-FREE

Best served chilled, our lemon pie has been inspired from the famous Italian recipe. We have however made it flourless and with no added sugar. Tangy-sweet perfection!

Ingredients: almond powder, xylitol, erythritol, cream, cheese, eggs, lemon, vanilla, E500 and E415.

NUTRITION FACTS (PER SERVING)	
Amount per serving	165
Calories	7
Total carbohydrates	10
Net carbohydrates	5.5
Dietary fiber	2
Protein	13
Fat	6
Saturated fat	165



PRICE: Rs. 115.00, MOQ 3 UNITS



TARTES AUX CHOCOLAT

Low carb & GLUTEN-FREE

Made with a sugar-free dark chocolate, this tart is real guiltless pleasure. Intense and generous.

Ingredients: almond, chocolate, butter, cheese, xylitol, cream eggs, salt, E500 and E415.

NUTRITION FACTS (PER SERVING)	
Amount per serving	248
Calories	7
Total carbohydrates	1
Net carbohydrates	3
Dietary fiber	7
Protein	21
Fat	10
Saturated fat	248

**MORE KETO &
GLUTEN-FREE TREATS**

PRICE: Rs. 135.00, MOQ 3 UNITS



NEW YORK STYLE COOKIE BARS

Low carb & GLUTEN-FREE

OUR COOKIE BARS ARE CRISPY ON THE OUTSIDE, SOFT AND CHEWY ON THE INSIDE WITH OOZY DARK AND WHITE CHOCO CHIPS AND CRUNCHY ROASTED HAZELNUTS OR WALNUTS.

Ingredients: almond, hazelnuts or walnuts, butter, xylitol, isomalt, chocolate, pea protein, eggs and E500.

NUTRITION FACTS (PER SERVING)	
Amount per serving	778
Calories	30
Total carbohydrates	14
Net carbohydrates	9
Dietary fiber	26
Protein	68
Fat	17
Saturated fat	778

PRICE: Rs. 200.00 (pack of 6), MOQ 3 PACKS



KETO ANGELS

Go Low Carb!

**KANDWLA (STUFFED COCONUT
PASTIES)**

HIGH IN PROTEIN & VEGAN

(Diabetes & Keto Friendly)

2 g NET CARB
PER SERVING

6 g PROTEIN
PER SERVING

LOW CARB GUILT-FREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	120
Protein (g)	6
Total carbohydrates (g)	6
Net carb (glycaemic carbs, g)	2
Dietary fibre (g)	2
Total fat (g)	8
Saturated (g)	5

Ingredients: Almond powder, wheat gluten, desiccated coconut, xylitol, olive oil, salt, cardamom and E415

LOW CARB AND VEGAN

PRICE: Rs. 160.00 (pack of 2 choco bars), MOQ 3 PACKS



KETO BOUNTY DARK CHOCOLATE

(Diabetes & Keto Friendly)

5.7g

NET CARB
PER BAR

10g

FAT
PER BAR

LOW CARB GUILTFREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	308
Protein (g)	4.2
Total carbohydrates (g)	14.7
Net carb (glycaemic carbs, g)	5.7
Dietary fibre (g)	5.4
Total fat (g)	9.7
Saturated (g)	6.2

Ingredients: Desiccated coconut, xylitol, full cream, sugar-free chocolate & eggs.

PRICE: Rs. 160.00 (pack of 2 bars), MOQ 3 PACKS



Go Low Carb!

MIX NUT CANDY

Gives the crunch

(Diabetes & Keto Friendly)

14.3g

NET CARB
PER PACK

12.7g

FAT
PER PACK

LOW CARB GUILTFREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	296
Protein (g)	11.7
Total carbohydrates (g)	54.4
Net carb (glycaemic carbs, g)	14.3
Dietary fibre (g)	13.0
Total fat (g)	12.7
Saturated (g)	5.2

Ingredients: Isomalt,
hazelnut, cashew
nut, peanuts &
pumpkin seeds.

KETO SNACKS & MEALS

PERFECT FOR THE *APERRO*

PRICE: Rs. 95.00 (pack of 50g), MOQ 3 PACKS



KETO ANGELS

Go Low Carb!

*KETO CHEESE CRACKERS
FLOURLESS*

(Diabetes & Keto Friendly)

1.4 g NET CARB
PER PACK

55 g PER PACK

**GLUTEN-FREE & ULTRA
CHEESY**

LOW CARB GUILTFREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	368
Protein (g)	17
Total carbohydrates (g)	7
Net carb (glycaemic carbs, g)	1.4
Dietary fibre (g)	4
Total fat (g)	32
Saturated (g)	14

Ingredients: Almond powder, cheese, garlic powder and salt.

LOW CARB & GLUTEN-FREE

PRICE: Rs. 320.00 (platter of 4), MOQ 3 PLATTERS

KETO PIZZA SLICES

Low carb & GLUTEN-FREE



COMES IN PLATTERS OF 4 AND SOLD AS PRECOOKED AND FROZEN. THIS PRODUCT DOES NOT NEED DEFROSTING AND CAN BE COOKED IN AIRFRYER OR OVEN. PERFECT FOR CELIAC AND THOSE LOOKING FOR MORE HEALTHY OPTIONS. (OPTIONS: CHICKEN, TUNA & VEGGIES)

Ingredients: almond, coconut flour, cheese, butter, olive oil, eggs, tomatoes, on options (chicken, tuna, mushroom), bell pepper, olives, garlic, herbs and E500

NUTRITION FACTS (PER SERVING)	
Calories	93.36
Total carbohydrates	4.66
Net carbohydrates	3.06
Dietary fiber	1.48
Protein	7.15
Fat	11
Saturated fat	5

PRICE: Rs. 300.00 (platter of 6), MOQ 3 PLATTERS



KETO ANGELS

Go Low Carb!

*TUNA EMPENADAS
FLOURLESS*

(Diabetes & Keto Friendly)

1.5 g **NET CARB**
PER SERVING

2.0 g **PROTEIN**

LOW CARB GUILTFREE DELIGHTS BY KETO ANGELS

NUTRITIONAL VALUES PER SERVING	
Energy (Kcal)	64
Protein (g)	2.0
Total carbohydrates (g)	3.0
Net carb (glycaemic carbs, g)	1.5
Dietary fibre (g)	2.0
Total fat (g)	4.0
Saturated (g)	2.0

Ingredients: Almond powder, wheat gluten, tuna, emmental, cheddar, onions, garlic, fresh herbs, pepper, ginger, olive oil, salt, E415 and water

LOW CARB EMPANADAS, WITH ONLY 1.5G NET CARB PER SERVING. AVAILABLE WITH DIFFERENT FILLINGS (CHICKEN & BEEF) AS WELL AS VEGAN.

PRICE: Rs. 450.00 (platter of 6), MOQ 3 PLATTERS



KETO TIELLES SETOISE

Low carb & GLUTEN-FREE

OUR TIELLE IS A SPICY OCTOPUS STEW PIE THAT IS INSPIRED FROM THE FAMOUS SOUTHERN FRANCE DELICACY, *LA TIELLE SETOISE*. OUR VERSION IS UNIQUE AS IT IS FLOURLESS, GLUTEN-FREE AND MADE ESSENTIALLY WITH LOW GLYCEMIC INDEX INGREDIENTS. AVAILABLE AS MINI TIELLES IN PLATTERS OF 6 OR INDIVIDUAL SIZE TIELLES (170g, Rs. 175.00)

Ingredients: Octopus, almond powder, tomatoes, cheese, butter, egg, garlic, aromatic herbs, salt, baking powder and xanthan gum.

NUTRITION FACTS (PER SERVING: 80g & 170g)

Calories	220	290
Total carbohydrates	5	12
Net carbohydrates	5	1.7
Dietary fiber	3	5.4
Protein	10	12
Fat	3	25
Saturated fat	0.3	10

PRICE: Rs. 450.00 (platter of 6), MOQ 3 PLATTERS
HEAVY SPINACH,
CHICKEN-VEGGIES,
BEEF-MUSHROOM,
LAMB-VEGGIES.



CHEESY PRAWN ROLLS

Low carb & GLUTEN-FREE

Our CHEESY PRAWN ROLL is a unique flourless, gluten-free and low carb product perfect for snacking. These rolls are made essentially with low glycemic index ingredients.

Ingredients:

Medium prawns, cheese, almond powder, butter, egg, garlic, aromatic herbs, salt and baking powder.

NUTRITION FACTS (PER SERVING)	
Calories	105
Total carbohydrates	3
Net carbohydrates	1.2
Dietary fiber	1.5
Protein	5
Fat	9
Saturated fat	5

PRICE: Rs. 150.00 UNIT (FETA-SPINACH, CHICKEN & BEEF) & Rs. 175.00 LAMB PIE



KETO STUFFED PIES

Low carb & GLUTEN-FREE

OUR PIE IS UNIQUE AS IT IS FLOURLESS, GLUTEN-FREE AND MADE ESSENTIALLY WITH LOW GLYCEMIC INDEX INGREDIENTS. DIFFERENT FILLINGS ARE AVAILABLE, NAMELY; FETA-SPINACH, CHICKEN-VEGGIES, BEEF-MUSHROOM, LAMB-VEGGIES.

Ingredients: almond powder, coconut flour, cheese, butter, egg, on options (feta-spinach, chicken-veggies, beef-mushroom & lamb-veggies), garlic, aromatic herbs, salt and baking powder.

NUTRITION FACTS (PER SERVING)	
Calories	150
Total carbohydrates	6
Net carbohydrates	4.5
Dietary fiber	1
Protein	16
Fat	9
Saturated fat	2.3

PLATTER OF 6: Rs. 450.00 (CHEESE), Rs. 500 (CHICKEN) & Rs. 550 (SMOKED MARLIN)



KETO HIGH PROTEIN QUICHES

Low carb & GLUTEN-FREE

COMES IN PLATTERS OF 6 QUICHES? PRECOOKED AND FROZEN. THIS PRODUCT DOES NOT REQUIRE DEFROSTING BUT SIMPLY A QUICK HEATING UP IN EITHER THE OVEN OR AIRFRYER.

TOTALLY FLOURLESS, GLUTEN-FREE AND LOW CARB. OPTIONS AVAILABLE: CHEESE, CHICKEN AND SMOKED MARLIN.

Ingredients: almond powder, cheese, butter, egg, on options (cheese, chicken-olives, smoked marlin-black olives), olive oil, garlic, aromatic herbs, salt, baking powder and xanthan gum.

WE ARE LESS THAN 2G NET CARB AND ABOVE 12G PROTEIN PER QUICHE.



KETO LASAGNA

Low carb & FLOURLESS

CONTAIN GLUTEN

**7G NET CARB PER TRAY
(2 SERVINGS PER TRAY)**

**PRICE (AVAILABLE
OPTIONS):**

**Rs. 550.00 (CHICKEN OR
AUBERGINE MUSHROOM)**

&

**Rs. 650.00 (BEEF
BOLOGNAISE)**

ADDITIONAL INFORMATION

OUR KEY INGREDIENTS

FLOUR SUBSTITUTE: ALMOND POWDER, COCONUT FLOUR,
FLAXSEED MEAL & PSYLLIUM HUSKS



SWEETENING AGENTS: XYLITOL, ERYTHRITOL AND ISOMALT

ALMOND POWDER

HIGH IN **GOOD FATS**:
MONO-UNSATURATED
AND SATURATED FAT

RICH IN **VITAMIN E**
AND OTHER
ANTIOXIDANTS

EXCELLENT SOURCE OF
MICRONUTRIENTS
SUCH AS MANGANESE,
MAGNESIUM, COPPER,
PHOSPHORUS, CALCIUM
AND IRON



- LOW IN CARBS
- CURB CRAZINGS
- ITS **WHOOPING 48% DV** VITAMIN E (FOR 28g SERVINGS) HELPS LOWER RATES OF HEART DISEASE, CANCER & ALZHEIMER'S DISEASE

It is estimated that at least 25% of people with type 2 diabetes have a deficiency in magnesium. **Adequate magnesium intake** has been associated with a reduced risk of type 2 diabetes and improved blood sugar management in people with diabetes



PSYLLIUM HUSK

RICH SOURCE OF
SOLUBLE FIBER

20 CALORIES IN 1
TABLESPOON SERVING

NO GLYCEMIC CARBS



- IMPROVE BOWEL MOVEMENT
- IS HIGHLY SATIATING (CURB CRAVINGS)



Journal of Ethnopharmacology
Volume 102, Issue 2, 14 November 2005, Pages 202-207



Study found that taking 5 grams of psyllium twice a day can help people with type 2 diabetes control their blood sugar.

Psyllium decreased serum glucose and glycosylated hemoglobin significantly in diabetic outpatients

Seyed Ali Ziai^a, Bagher Larijani^b, Shahin Akhondzadeh^a, Hossein Fakhrazadeh^b, Arezoo Dastpak^a, Fatemeh Bandarian^b, Afsaneh Rezai^a, Hassanali Naghdi Badi^c, Tara Emami^d



FLAXSEED

RICH SOURCE OF
SOLUBLE & INSOLUBLE
FIBER

RICHEST KNOWN
SOURCE OF LIGNANS

EXCELLENT SOURCE OF
**ALPHA-LINOLENIC
ACID-ALA** (OMEGA-3)



- IMPROVE **DIGESTIVE HEALTH** & HELPS RELIEVE CONSTIPATION
- ITS HIGH LEVEL OF ALA OFFER **HEART HEALTH** BENEFITS
- LIGNANS HAVE BEEN GREATLY STUDIED FOR THEIR **CANCER-FIGHT PROPERTIES** (FLAXSEED: 75-800 TIMES MORE LIGNANS THAN OTHER PLANT FOODS)

Some studies associate flaxseed intake with a lower risk of breast cancer, particularly for postmenopausal women. While animal and test-tube studies also show flaxseed to protect against colorectal, skin, blood, and lung cancer









According to a review of 25 studies, whole flaxseed may decrease blood sugar and prevent insulin resistance, a condition that impairs the body's ability to regulate blood sugar levels effectively.



THE GLYCEMIC INDEX MADE SIMPLER



The Glycaemic Index helps predict how these bread types might affect blood glucose –important information if you have type 2 diabetes

Type of bread	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does one small 30g slice affect blood glucose compared to 4g teaspoons of table sugar? 
White	71	30	10	3.7 
Brown	74	30	9	3.3 
Rye ,69% whole-grain rye flour	78	30	11	4.0 
Wholegrain barley, 50% barley	85	30	15	5.5 
Wholemeal,stoneground flour	59	30	7	2.6 
Pita, wholemeal	56	30	8	2.9 
Oatmeal batch	62	30	9	3.3 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP

KETO ANGELS LOW CARB BREADS

VEGAN FLAXSEED LOAF	46,2	30	0,85	0,3	 LESS THAN 1/3 TSP
CLASSIC FLAXSEED LOAF	46,2	30	0,85	0,3	 LESS THAN 1/3 TSP