

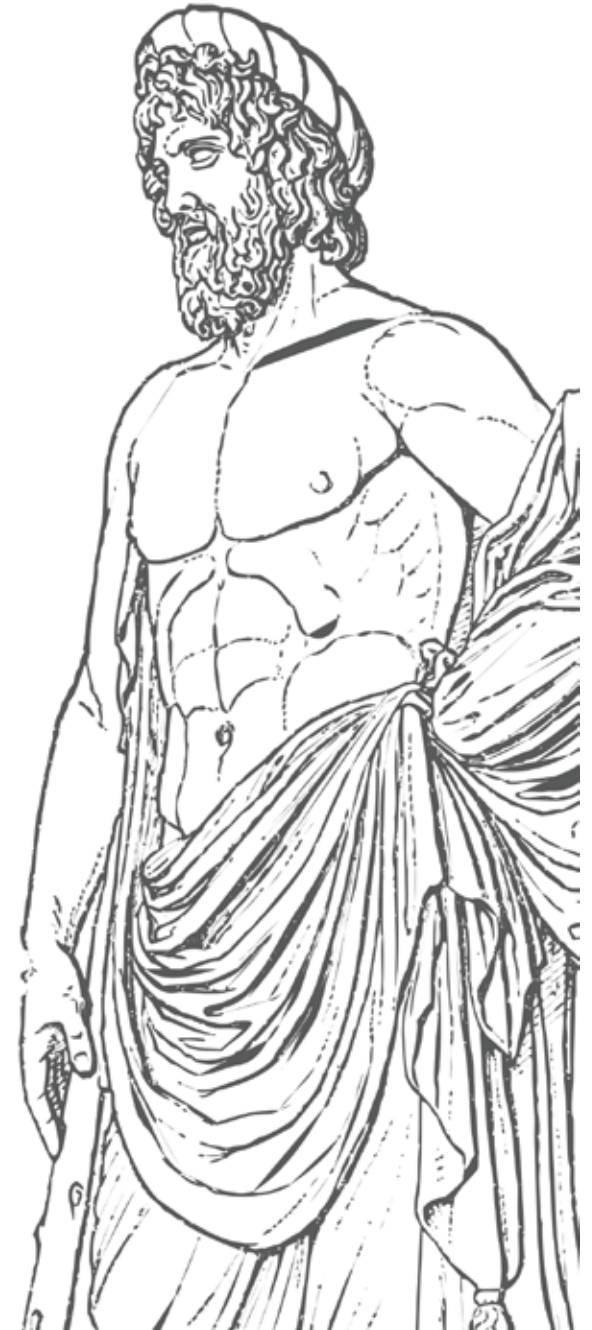
Ⓚ KETO ROCKETS

UK based ,privately owned
limited liability company with
own trademark registered in
UK for an innovative
Keto Rockets brands.



“Our Philosophy”

If any thing truly defines Keto Rockets. It is the value we offer to our consumers / customers, while carrying the unmatched innovative Keto Rockets brands/ products to help people loose weight and improve their eating habits in order to stay fit for better lives.





**Who
we are?**



(K) KETO ROCKETS



“Vision”

'Turning high carb high calorie food into healthy low carb low calorie food and enable you to loose weight, in order to help people eat well and stay fit'



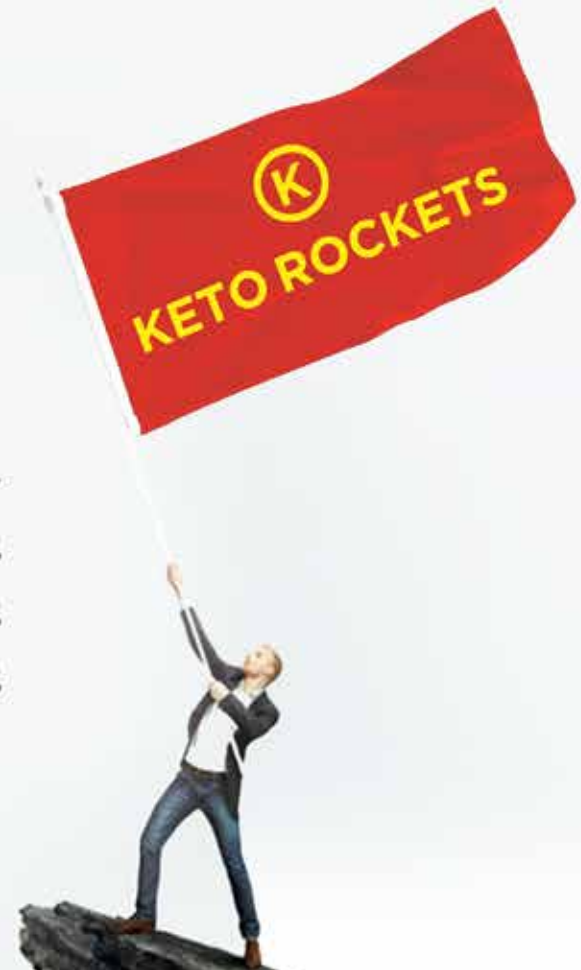
“Mission”

At Keto Rockets our mission is simple 'To cook is to create and to create a low carb low calorie Keto friendly food with out using the main ingredients Flour , Oil and sugar. which is an innovation and act of faith and integrity; our commitment to Keto friendly low carb low calorie food quality and services has and always remain our focus'



“Goal”

Our main goal is to be the first most successful Keto friendly low carb low calorie food out let in the world, serving people with tasty and healthy low carb low calorie Keto friendly food for the whole family'



Which Diet Regimen !!!

- ▶ Ketogenic Diet !
- ▶ Atkins Diet!
- ▶ Healthy Diet !
- ▶ Mediterranean Diet!
- ▶ Surgery !!
Gastric Sleeve !
- ▶ Gluten free bread !

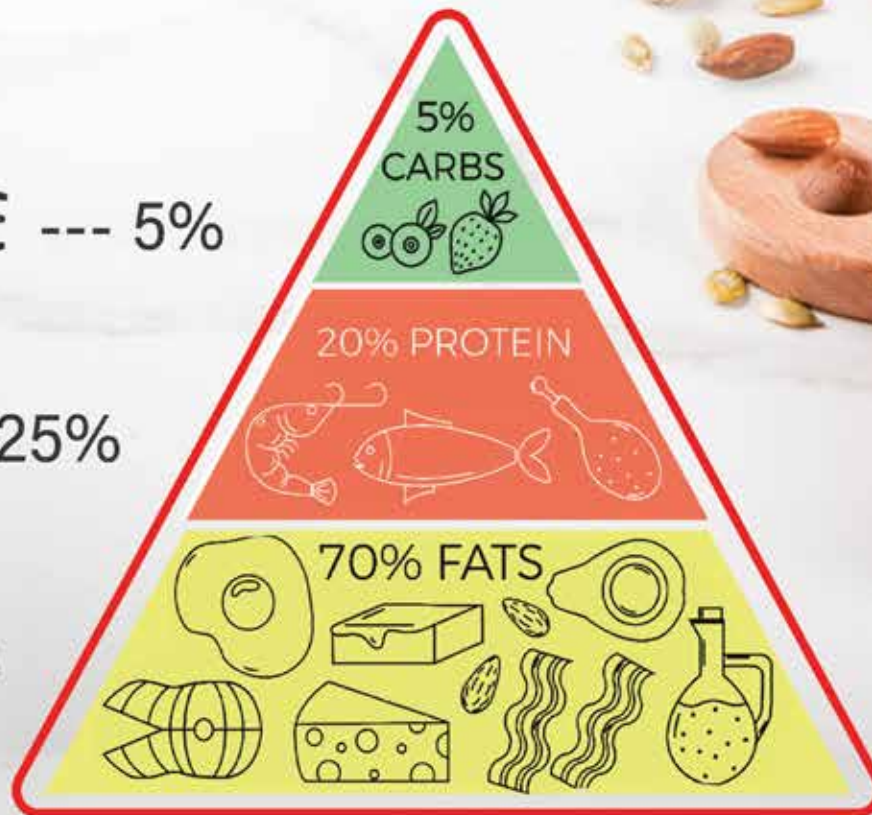


THE KETOGENIC **FOOD PYRAMID**

CARBOHYDRATE --- 5%

PROTEIN ----- 25%

FATS ----- 70%





“Keto Rockets” Profile and Team

We at Keto Rockets believe that we are on the face of earth to make great Keto low carb low calorie food products, we are constantly focusing on innovating.

Through innovation we believe the choices we make about Keto low carb low calorie food, where it comes from and how it's prepared without using the main ingredients flour, oil and sugar which have a direct and powerful impact on the health of individuals, communities and the environment.

In terms of services "Keto Rockets" will be recognized for striving to provide only the highest quality, freshly prepared, healthy and tasty keto low carb low calorie products to its customers.



“Keto Rockets”

Profile and Team

We Specialize in serving keto low carb low calorie food meals with an emphasis on health, maintaining body weight, hygiene and fresh ingredients.

We make Special efforts to keep our dishes consistent and our "Special" JustSpecial.....

1

“Keto Rockets” and Health Benefits

Keto Rockets offers Keto products that offer adequate amounts of healthful fats, proteins, and a minimum amount of carbohydrate. In fact, the goal here is to obtain more calories from fat instead of carbs.

Our Keto products help in promoting weight loss in a number of ways. For instance, they reduce appetite and boost metabolism. In addition to boosting metabolism, our products reduce acne. Acne has a number of causes and they link to blood sugar and diet in people.

For instance, products of Keto Rockets help in decreasing the levels of total cholesterol while increasing the HDL or high-density lipoprotein.



2

“Keto Rockets” Bakery Items for Diabetics

These bakery items are made from psyllium husk. Actually, psyllium is a fiber that is made from the seed husk of *Plantago Ovata*. It also goes by the term ispaghula.

Commonly, it is recognized as a laxative but researchers have found that the consumption of psyllium is quite beneficial to several parts of the body including pancreas and heart.

A number of studies have shown that fibers similar to psyllium are capable of helping people in maintaining a healthy glycemic balance.

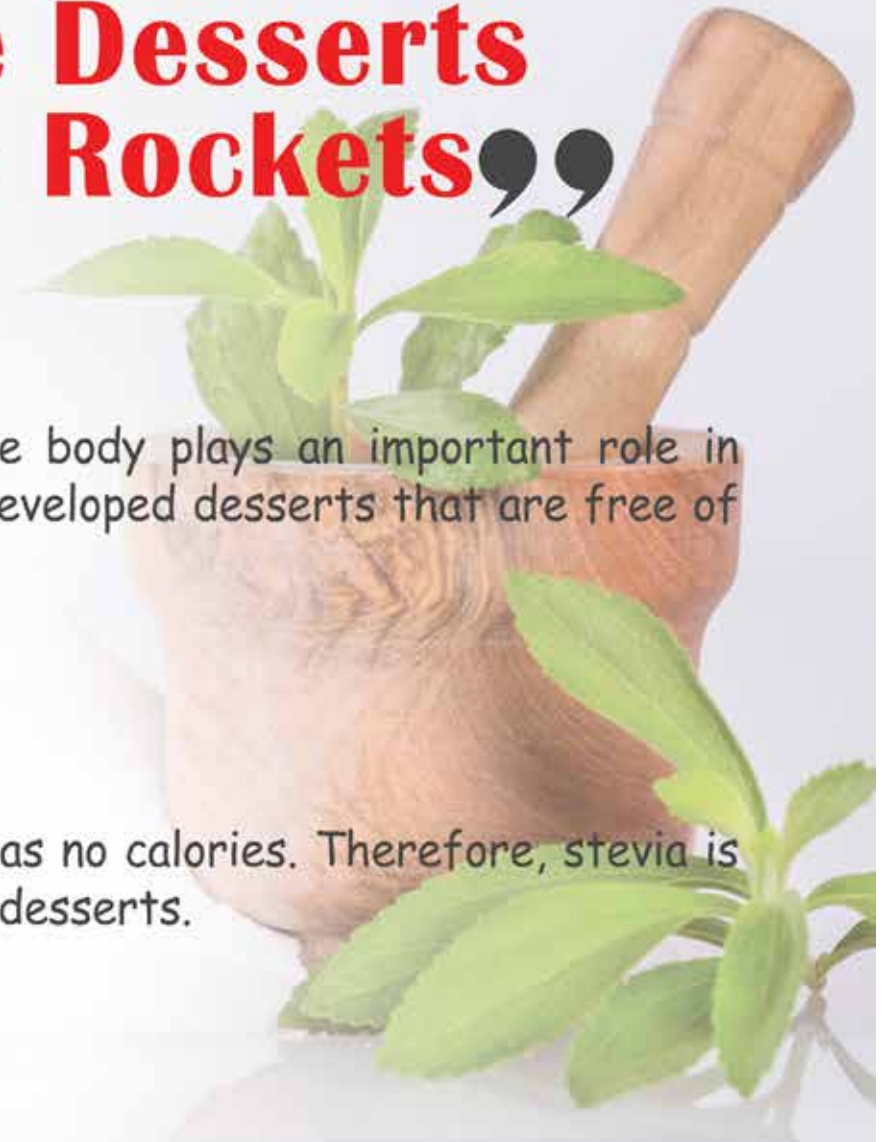
In stomach, it soaks up water and it serves to make bowel movements a lot easier. In fact, it serves to promote regularity without enhancing flatulence. People suffering from Crohn's disease and irritable bowel syndrome are familiar with the irregularity of bowel.



3

“Sugar-Free Desserts from Keto Rockets”

- ▶ The reduction of sugar consumption to the body plays an important role in reducing weight. Therefore, Keto Rockets developed desserts that are free of sugar using the ingredients below.
- ▶ Almond flour
- ▶ Stevia
- ▶ Sorbitol
- ▶ And Erythritol
- ▶ A non-nutritive sweetener is the one that has no calories. Therefore, stevia is used as a healthy alternative to sugar in our desserts.



“Global Ketogenic” Diet Market



Was the most Googled food-related topic with 25.4 million searches.



Has overtaken previously popular diets such as the Atkins Diet and intermittent fasting.



The ketogenic diet market is predicted to reach a global value of \$15.6 billion USD by 2027.



“Energy Homeostasis”

Energy Intake
Food Intake

Energy Expenditure
Metabolism
Exercise

Energy Stores
Glycogen
Fat Mass



“EAT TO LIVE”
Intake = Expenditure
Weight Stable

“LIVE TO EAT”
Intake > Expenditure
Obese

“Keto Rockets Products”



ketogenic Large Bun

“Keto Rockets Products”

ketogenic Large Bun

Dough Type is Lite

Net Carbs (g)	1.4
Calories	62.4
Protein (g)	5.2
Fat (g)	2.8



Dough Type is Balanced

Net Carbs (g)	1.8
Calories	82.8
Protein (g)	3.9
Fat (g)	5.4



Dough Type is Full Fat

Net Carbs (g)	2.88
Calories	108.72
Protein (g)	3.12
Fat (g)	7.8



“Keto Rockets Products”

ketogenic Mini Petit Pain



Dough Type is Lite

Net Carbs (g)	1.4
Calories	62.4
Protein (g)	5.2
Fat (g)	2.8



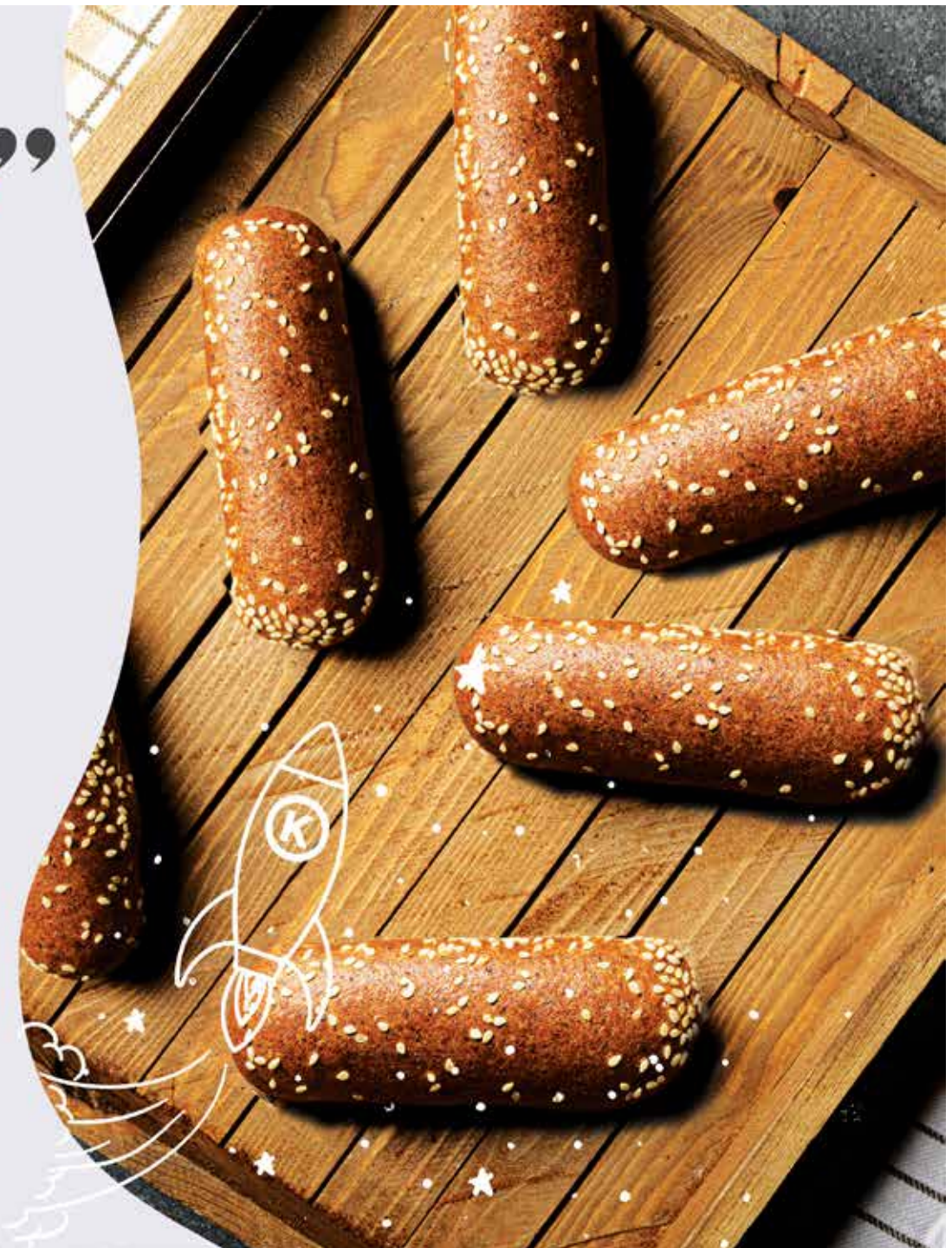
Dough Type is Balanced

Net Carbs (g)	1.8
Calories	82.8
Protein (g)	3.9
Fat (g)	5.4



Dough Type is Full Fat

Net Carbs (g)	2.88
Calories	108.72
Protein (g)	3.12
Fat (g)	7.8



“Keto Rockets Products”

1 Pice ketogenic Small Tortilla

Net Carbs (g)	0.5
Calories	48.5
Protein (g)	2.2
Fat (g)	2.6

1 Pice ketogenic Large Tortilla

Net Carbs (g)	3
Calories	138
Protein (g)	6.5
Fat (g)	9



“Keto Rockets Products”

1 Slice ketogenic Vegetabele pizza



Dough Type is Lite

Net Carbs (g)	3
Calories	92.5
Protein (g)	6.7
Fat (g)	4.9



Dough Type is Balanced

Net Carbs (g)	3.9
Calories	110
Protein (g)	5.7
Fat (g)	6.8



Dough Type is Full Fat

Net Carbs (g)	4.3
Calories	131
Protein (g)	5
Fat (g)	9



“Keto Rockets Products”

1 Slice ketogenic Chicken pizza



Dough Type is Lite

Net Carbs (g)	3.1
Calories	111.4
Protein (g)	10.3
Fat (g)	5.2



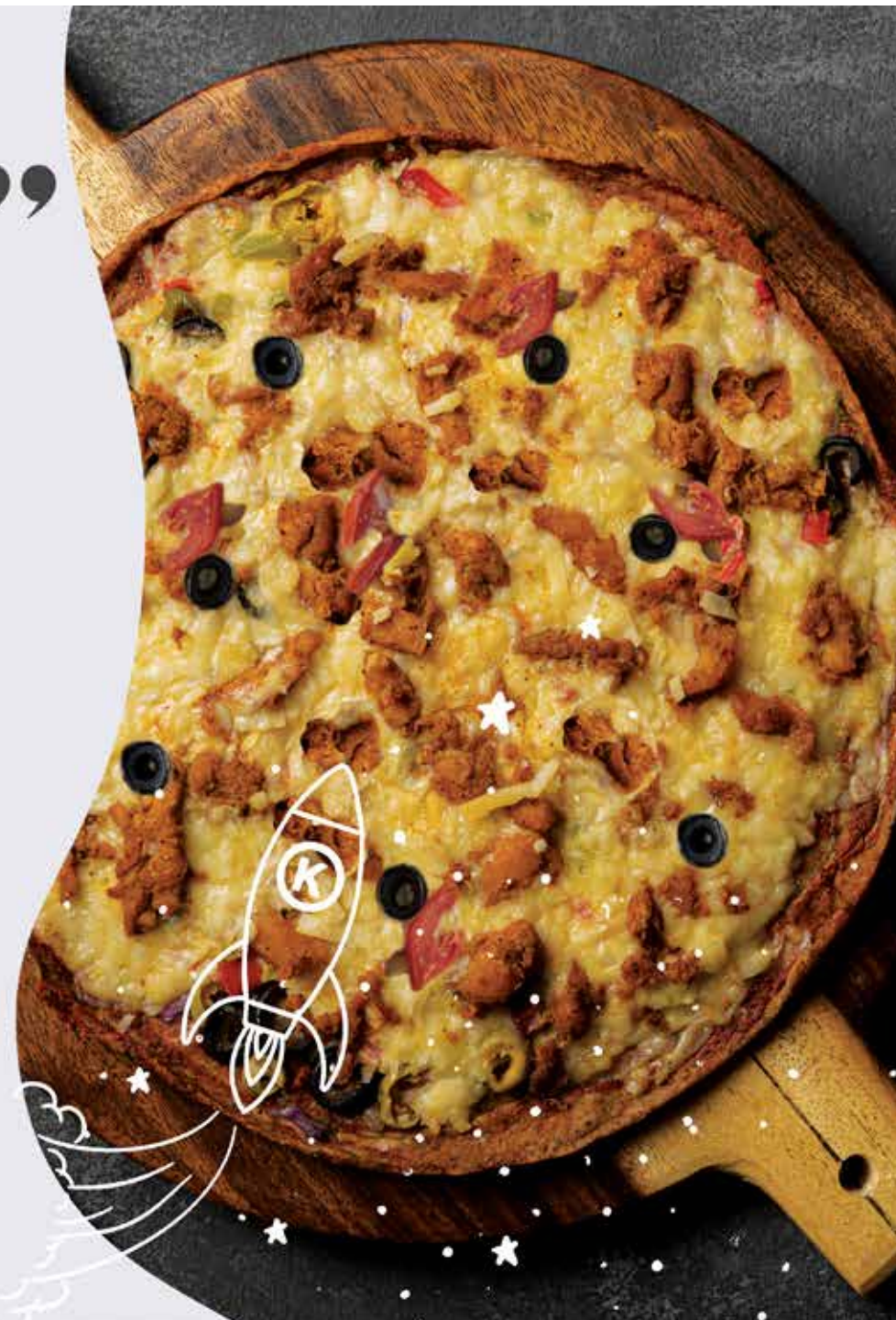
Dough Type is Balanced

Net Carbs (g)	3.8
Calories	128
Protein (g)	9.3
Fat (g)	7.2



Dough Type is Full Fat

Net Carbs (g)	4.3
Calories	149.9
Protein (g)	8.6
Fat (g)	9.4



“Keto Rockets Products”

1 Slice ketogenic Supreme pizza



Dough Type is Lite

Net Carbs (g)	3.1
Calories	115.8
Protein (g)	10.4
Fat (g)	5.6



Dough Type is Balanced

Net Carbs (g)	3.8
Calories	133
Protein (g)	9.5
Fat (g)	7.6



Dough Type is Full Fat

Net Carbs (g)	4.3
Calories	154.3
Protein (g)	8.7
Fat (g)	9.8



“Keto Rockets Products”

1 Slice Ketogenic Tuna pizza



Dough Type is Lite

Net Carbs (g)	3.1
Calories	112.3
Protein (g)	9.5
Fat (g)	5.7



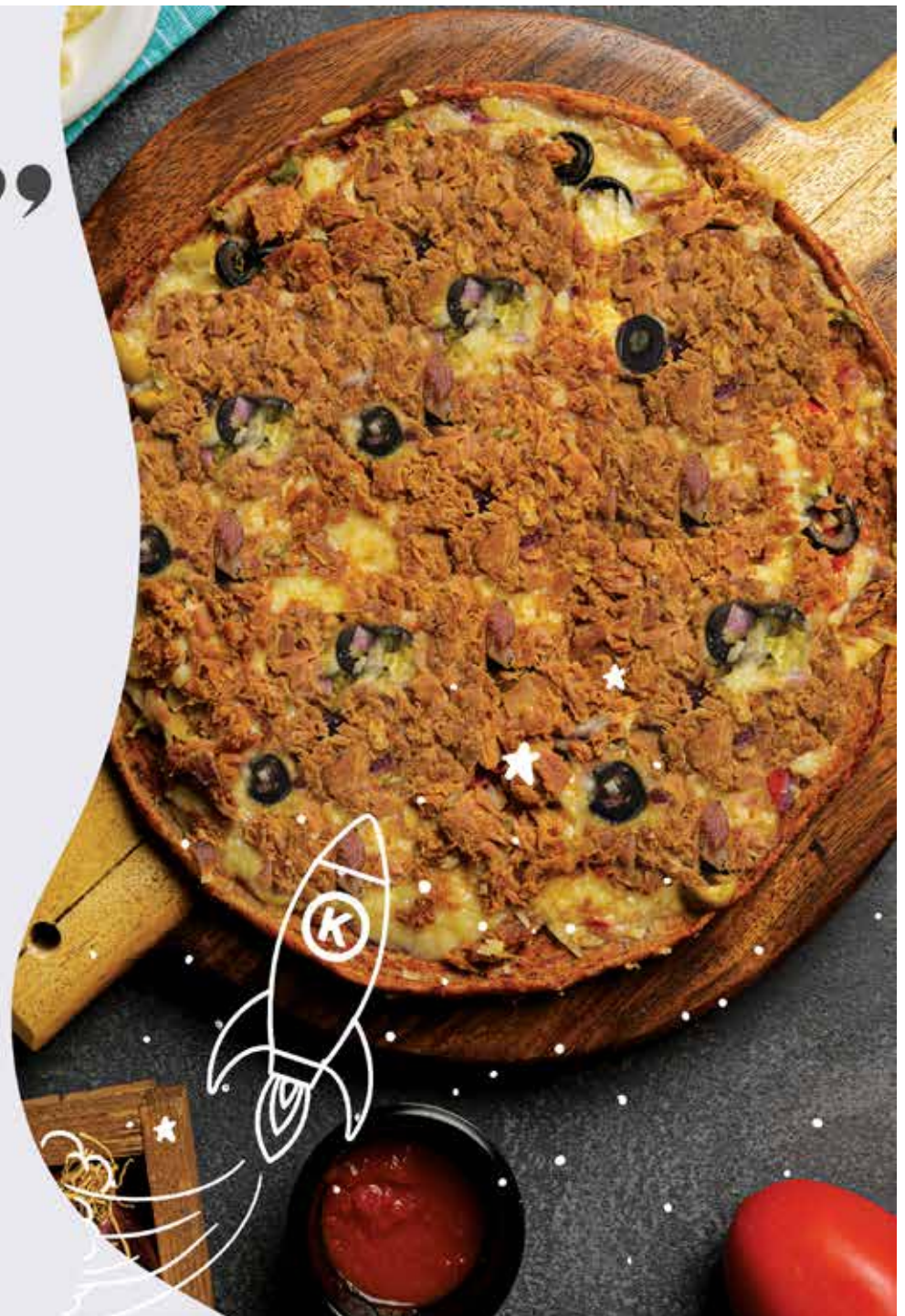
Dough Type is Balanced

Net Carbs (g)	3.7
Calories	129
Protein (g)	8.5
Fat (g)	7.7



Dough Type is Full Fat

Net Carbs (g)	4.3
Calories	150.8
Protein (g)	7.8
Fat (g)	9.9



“Keto Rockets Products”

1 Slice Ketogenic Salami pizza



Dough Type is Light

Net Carbs (g)	3.3
Calories	125.0
Protein (g)	8.2
Fat (g)	7.6



Dough Type is Balanced

Net Carbs (g)	3.9
Calories	142
Protein (g)	7.3
Fat (g)	9.6



Dough Type is Full Fat

Net Carbs (g)	4.6
Calories	163.6
Protein (g)	6.5
Fat (g)	11.8



“Keto Rockets Products”

Ketogenic Beef Burger Sandwich



Dough Type is Lite

Net Carbs (g)	6.4
Calories	449.9
Protein (g)	47.7
Fat (g)	23.2



Dough Type is Balanced

Net Carbs (g)	7.8
Calories	482.4
Protein (g)	45.7
Fat (g)	27.1



Dough Type is Full Fat

Net Carbs (g)	8.9
Calories	526.9
Protein (g)	44.2
Fat (g)	31.5



“Keto Rockets Products”

Ketogenic Double Beef Burger Sandwich



Dough Type is Lite

Net Carbs (g)	6.8
Calories	748.9
Protein (g)	85
Fat (g)	38.7



Dough Type is Balanced

Net Carbs (g)	8.2
Calories	781.4
Protein (g)	83
Fat (g)	42.6



Dough Type is Full Fat

Net Carbs (g)	9.3
Calories	825.9
Protein (g)	81.5
Fat (g)	47



“Keto Rockets Products”

Ketogenic Chicken Burger Sandwich



Dough Type is Light

Net Carbs (g)	6.4
Calories	414.9
Protein (g)	46.4
Fat (g)	20



Dough Type is Balanced

Net Carbs (g)	7.8
Calories	47.4
Protein (g)	44.4
Fat (g)	23.9



Dough Type is Full Fat

Net Carbs (g)	8.9
Calories	491.9
Protein (g)	42.9
Fat (g)	28.3



“Keto Rockets Products”

1 Piece Ketogenic Nachos

Net Carbs (g)	0.4
Calories	14.8
Protein (g)	0.7
Fat (g)	1.1



“Keto Rockets Products”

1 Piece Ketogenic Olive Roll

Net Carbs (g)	2.3
Calories	45.3
Protein (g)	2.1
Fat (g)	3.1



“Keto Rockets Products”

1 Piece Ketogenic Rusk

Net Carbs (g)	1
Calories	75
Protein (g)	4
Fat (g)	6



“Keto Rockets Products”

1 Piece Ketogenic Biscuits

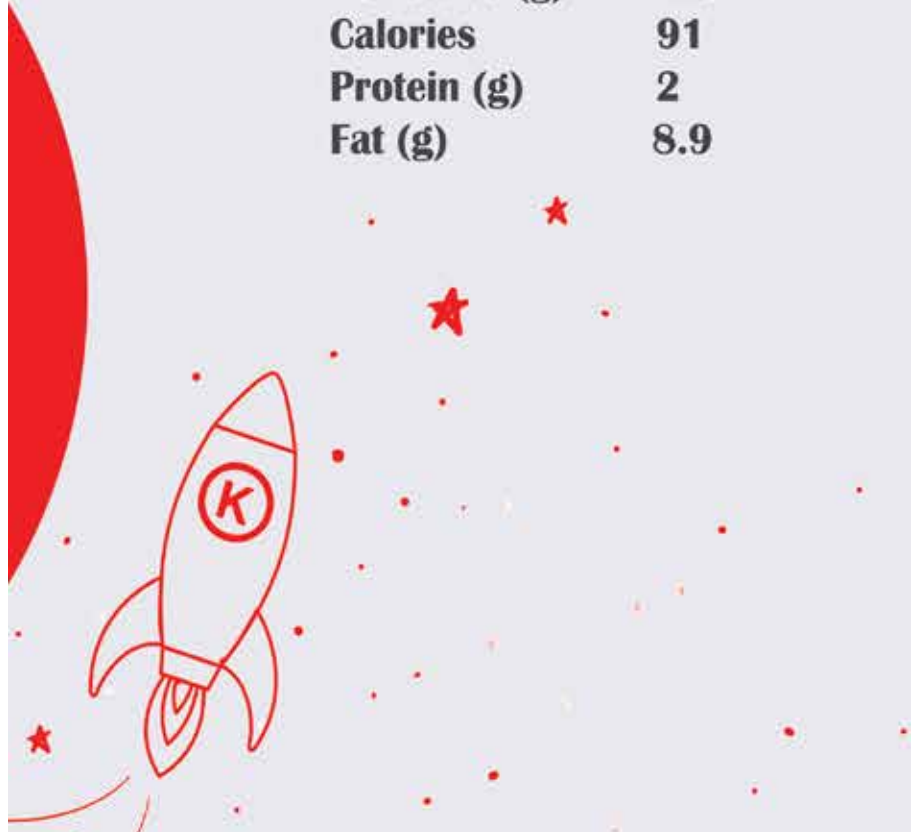
Net Carbs (g)	0.9
Calories	33.2
Protein (g)	0.7
Fat (g)	3



“Keto Rockets Products”

1 Piece Ketogenic Basbosa

Net Carbs (g)	2.5
Calories	91
Protein (g)	2
Fat (g)	8.9



“Keto Rockets Products”

1 Piece Ketogenic Qatayrf

Net Carbs (g)	4.0
Calories	30.9
Protein (g)	1.1
Fat (g)	2.5



Keto Rockets Products

1 Piece Ketogenic Petit Four

Net Carbs (g)	1
Calories	52
Protein (g)	1.2
Fat (g)	4.6



“Keto Rockets Products”

1 Piece Ketogenic Cinnamon Sticks

Net Carbs (g)	1.2
Calories	27.7
Protein (g)	0.8
Fat (g)	1.3



“Keto Rockets Products”

1 Piece Ketogenic Cinnamon Bites

Net Carbs (g)	1.2
Calories	70.7
Protein (g)	2.3
Fat (g)	6.4

1 Piece Ketogenic Chocolate Bites

Net Carbs (g)	1.2
Calories	70.4
Protein (g)	2.4
Fat (g)	6.5

1 Piece Ketogenic Caramel Bites

Net Carbs (g)	1.0
Calories	71.5
Protein (g)	2.3
Fat (g)	6.7



“Keto Rockets Products”

1 Piece Ketogenic

Chocolate Digestive Biscuits

Net Carbs (g)	0.9
Calories	33.4
Protein (g)	0.8
Fat (g)	3.1

1 Piece Ketogenic

Digestive Biscuits

Net Carbs (g)	0.9
Calories	33.2
Protein (g)	0.7
Fat (g)	3



“Keto Rockets Products”

1 Slice **Ketogenic** Medium Size Cake

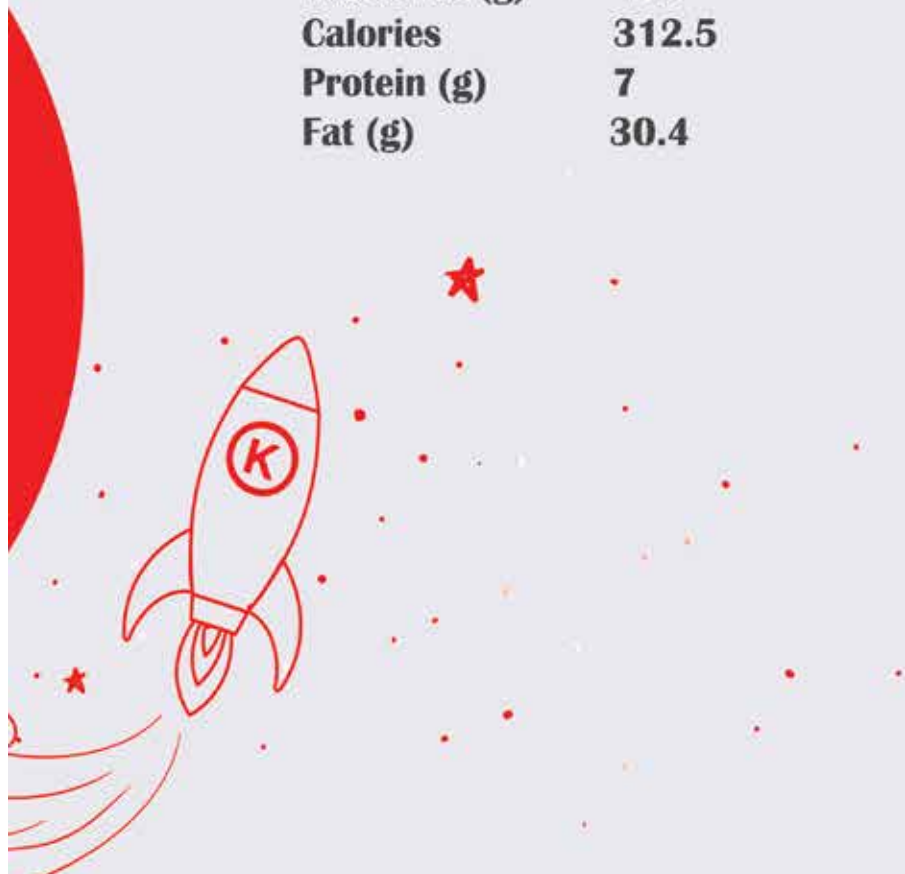
Net Carbs (g)	5.2
Calories	431.5
Protein (g)	6.3
Fat (g)	44.8



“Keto Rockets Products”

1 Slice Ketogenic Small Size Cake

Net Carbs (g)	4.6
Calories	312.5
Protein (g)	7
Fat (g)	30.4



“Keto Rockets Products”

1 Piece Ketogenic Cake

Net Carbs (g)	2.1
Calories	128
Protein (g)	4.7
Fat (g)	11.3



“Keto Rockets Products”

1 Piece Ketogenic Cream Kunafa

Net Carbs (g)	3.2
Calories	128.3
Protein (g)	4.3
Fat (g)	10.8

1 Piece Ketogenic Chocolate Kunafa

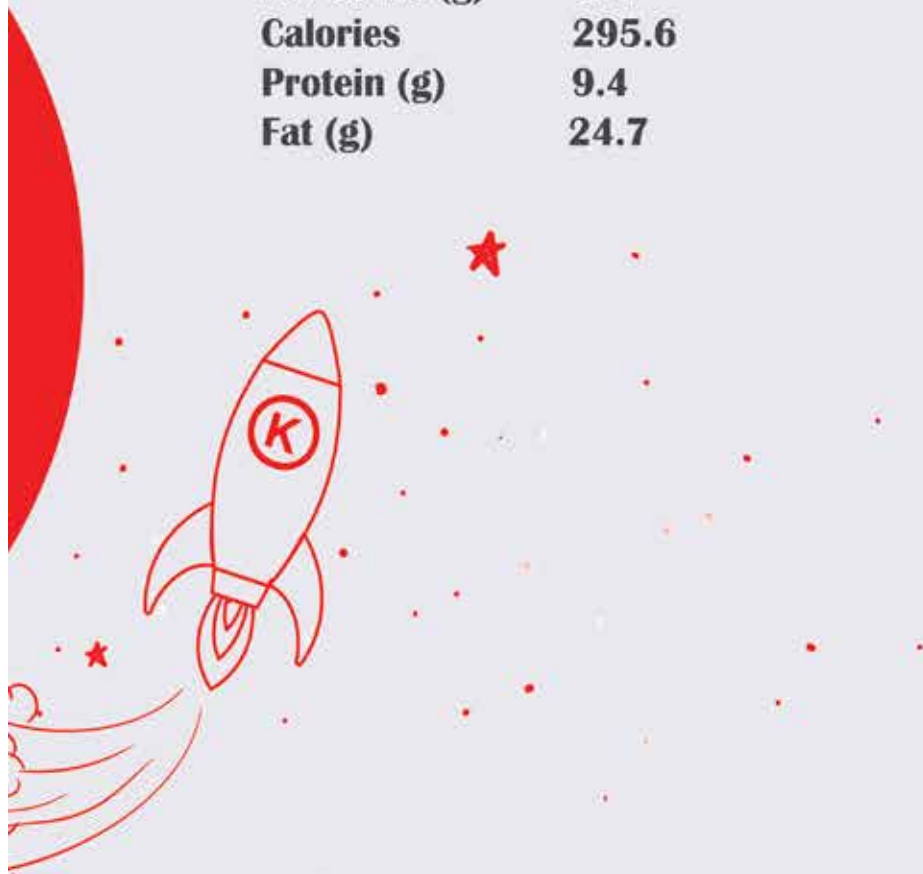
Net Carbs (g)	3.3
Calories	127.9
Protein (g)	4.4
Fat (g)	10.7



“Keto Rockets Products”

1 **Ketogenic** Strawberry Kunafa Jar

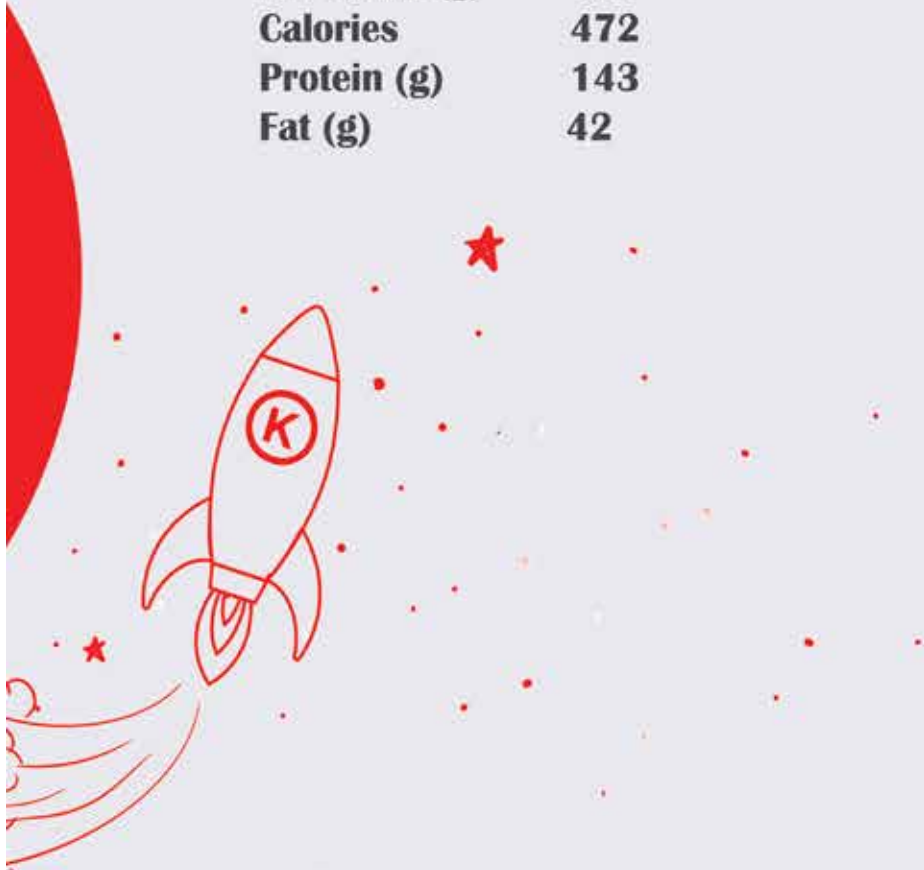
Net Carbs (g)	8.1
Calories	295.6
Protein (g)	9.4
Fat (g)	24.7



“Keto Rockets Products”

1 **Ketogenic** Chocolate Kunafa Jar

Net Carbs (g)	8.7
Calories	472
Protein (g)	143
Fat (g)	42



“Keto Rockets Products”

1 **Ketogenic** Chocolate Spread

Net Carbs (g)	1.1
Calories	33
Protein (g)	4.0
Fat (g)	3



“Keto Rockets Products”

1 Ketogenic Ice Cream

Net Carbs (g)	0
Calories	0
Protein (g)	0
Fat (g)	0



“ Keto Rockets Pipe line Products ”

Ketogenic Blueberry juice

Net Carbs (g)	0
Calories	0



“ Keto Rockets Pipe line Products”

Ketogenic Mix berries Jam

Net Carbs (g) ??
Calories ??



“**Keto Rockets Products**”

We Bake Psyllium

With Love



“Keto Rockets Products”

- ✓ Diabetic Friendly
- ✓ Keto Friendly
- ✓ Low Carb
- ✓ Sugar Free
- ✓ Low Calorie
- ✓ Gluten Free
- ✓ Wheat Free
- ✓ Fibre Source
- ✓ 0% Trans Fat

(K) KETO ROCKETS

✓ 100% Ketogenic
100% Fat burning



“Keto Rockets”

Detailed Nutrition Handbook

Keto diet has gained a lot of popularity in recent times. It is a high-fat and low-carb diet and it serves to lower both insulin and blood sugar levels. We offer a macros handbook and also provide detailed information about food composition and nutrition.

We understand that it is difficult for people to identify the right food items to consume along with the necessary nutrition. Therefore, we provide you with the information needed about food items. The publishers of the book are expert dieticians and highly experienced nutritionists.

Not only do we provide you with the products you need in your keto diet but we also offer the general information that you require.



“Keto Rockets”

Social Media Pages



ketorockets.com.sa



facebook.com/ketorockets.sa



twitter.com/keto_Rocket.sa



instagram.com/Keto_Rockets.sa



linkedin.com/company/Ketorockets/



Smartphone apps.



You Are

What You Eat...!!

SO

Eat healthy

Feel healthy

Be healthy

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