

Everyone loves pasta.

But why does it have to be  
considered such a guilty pleasure??

We all dream of  
a pasta that's:

**Low carb.**

**Keto.**

**High Protein.**

**Plant Powered.**

**Delicious.**



Kaizen was born during my own **100+lb weight loss journey**.

Kaizen means “**change for the better**” – a Japanese philosophy encouraging small, sustainable steps towards any goal.



As I lost weight, I looked forward to cheat meals every Saturday. I couldn't find a way to fit pasta into my everyday life. Every "healthy" pasta I tried had at least one of these issues:

①

Too high in carbs  
and/or little protein

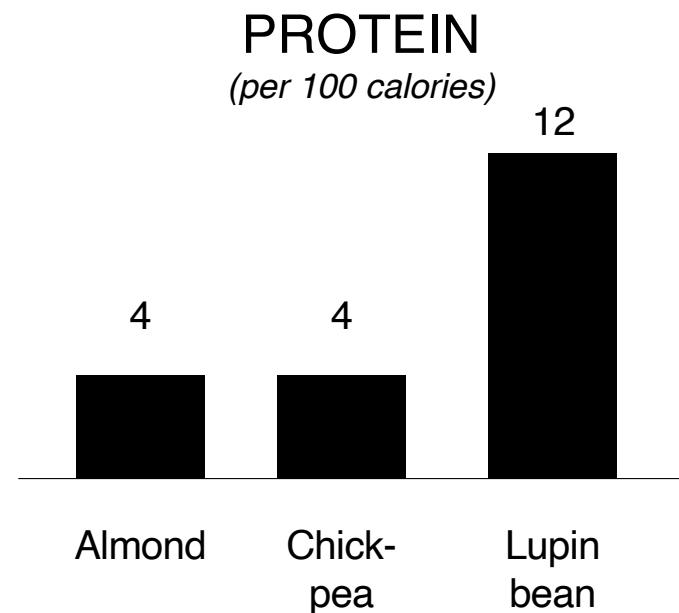
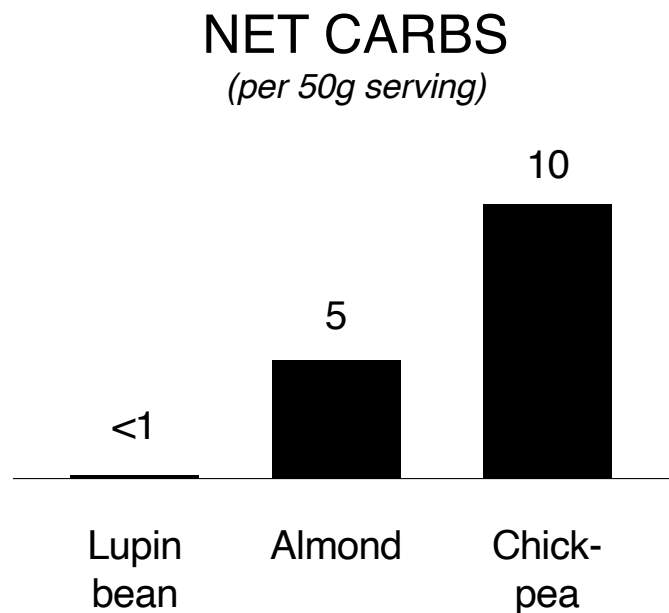
②

Questionable smell  
or ingredients

③

Subpar taste  
and/or texture

We spent 4 years testing hundreds of recipes and various nuts, legumes, and ingredients until we fell in love with the lupin bean.







**Kaizen has 6 net carbs,  
20 grams of protein, and  
130 calories per serving**

*That's 80% fewer carbs, 3x  
the protein, and 30% fewer  
calories than regular pasta*

Lupin beans have long been considered a superfood – so why not use them to make pasta?

	Regular	Chickpea	<b>Kaizen</b>
Net Carbs	39	30	<b>6</b>
Protein	7	11	<b>20</b>
Calories	200	190	<b>130</b>

# Why Kaizen?

*The lowest carb, highest protein, plant based pasta*

Low carb *6 net carbs*

Keto *80% fewer carbs*

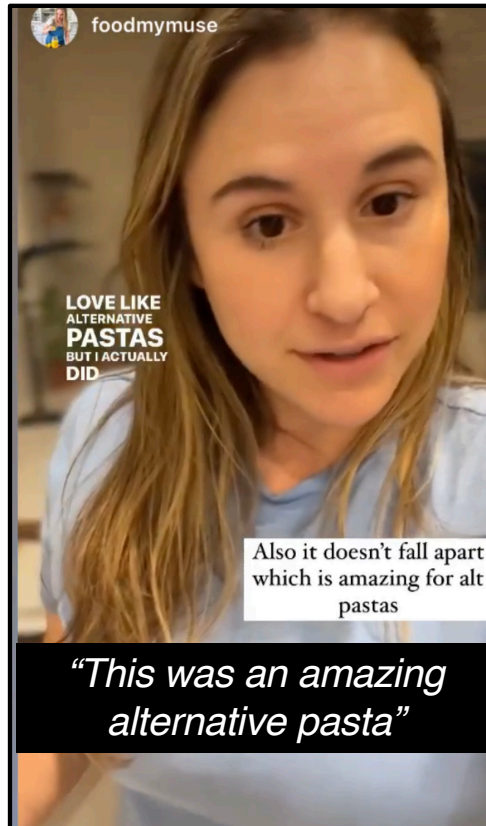
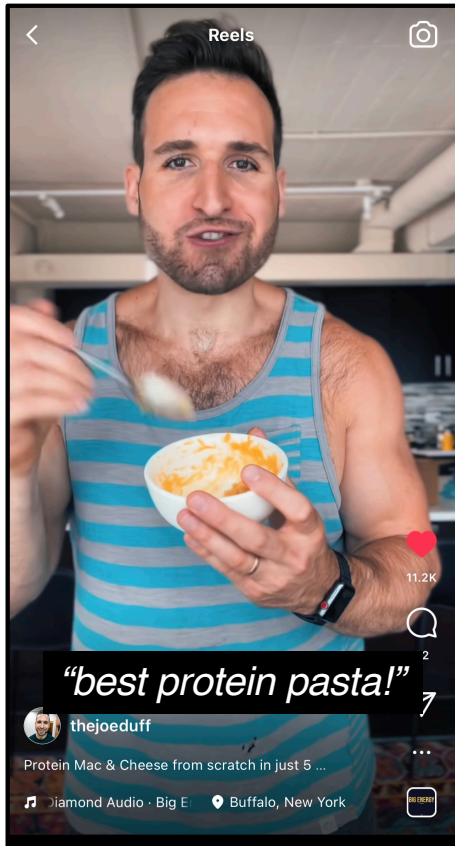
High Protein *20g protein*

Plant Based *made with lupin!*

Delicious ... lets see it!








hawaiianketodad Used @kaizenfoodco low carb pasta to make a cheesy chicken and peas pasta. This pasta is one of the best low carb pastas I've had. -



castiron\_keto mentioned you in a reel: THAI PEANUT PASTA SALAD ✨ Y'all, this low-carb pasta from @kaizenfoodco is black magic. It's not only low-carb but also gluten-free, plant-based, AND high-protein! We're obsessed and this crunchy pasta salad has been on repeat lately. You can grab the full recipe link in our bio 🤗



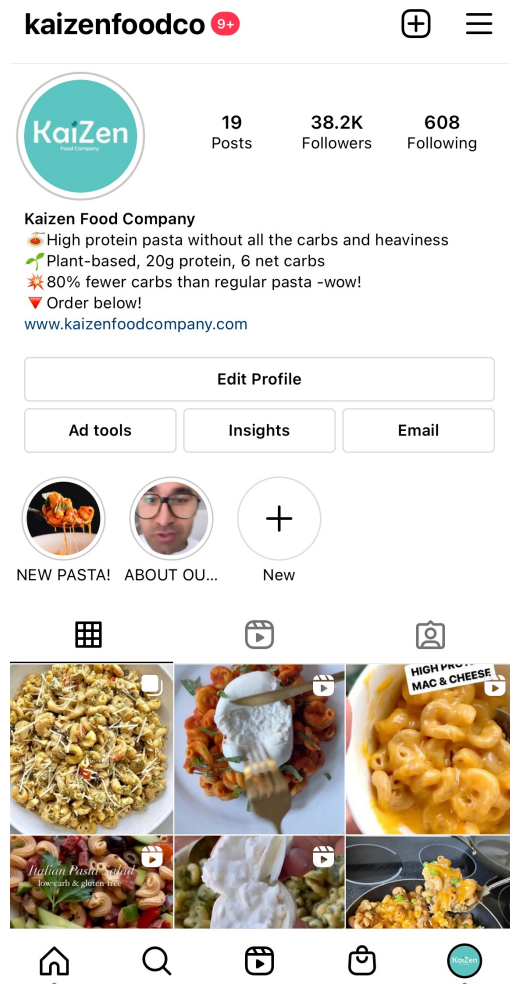
**Dominating Type 1 Diabetes** 7m · 🌐

Dinner!  
Ate at 4pm  
2 units R insulin  
Alfredo with ground turkey, turkey bacon, purple onion, broccoli, peas, cheese, and @kaizenfoodco noodles!  
The BEST low carb high protein noodles we have tried so far! They recently changed their recipe, and they nailed it! The noodles hold their shape and tastes wonderful 🤗  
Made with Lupin flour, zero spikes on blood sugars.  
Simple and delicious Sunday dinner!

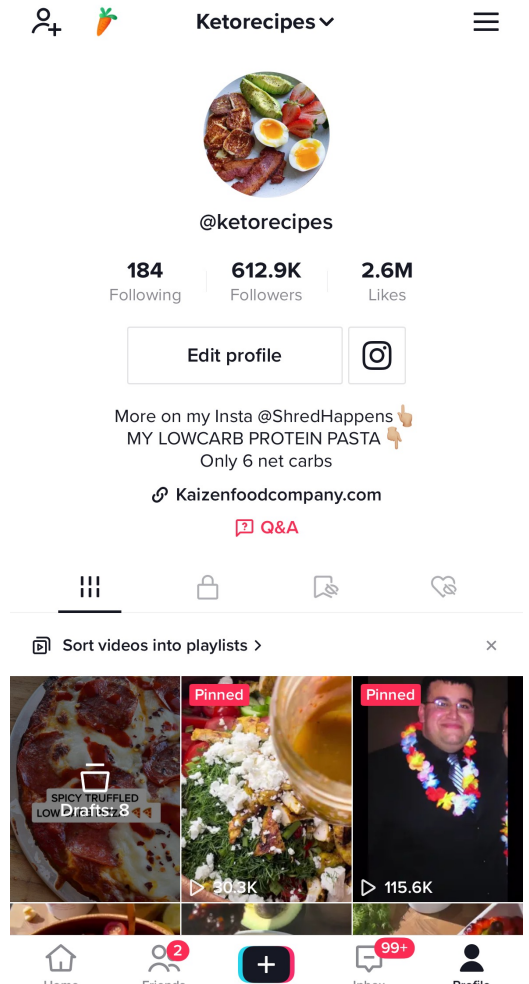
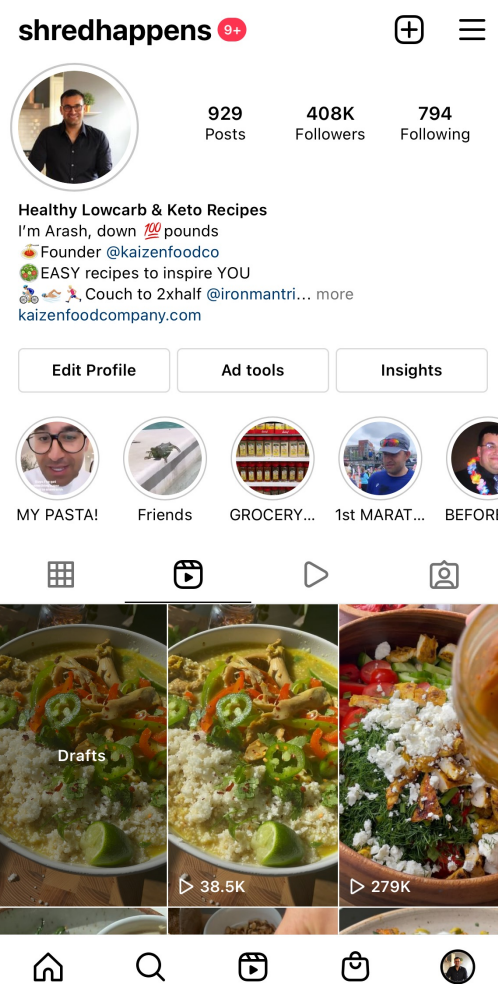
Thank you.

How can I help?

We will support your sales efforts with our global community of 1M+ on social!



450k on Instagram



600k+ on Tiktok