

Kiss My Keto, Our Story



Alex



Michael

Co-founders

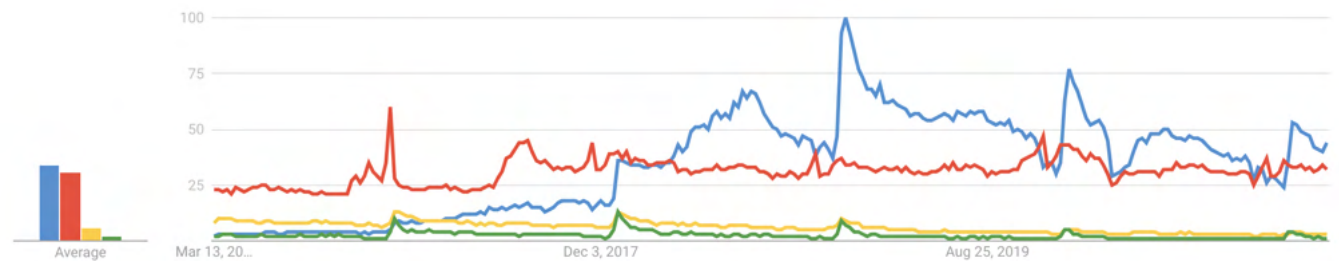
kiss
myketo

- **Founded 2017** as a direct to consumer company in Los Angeles, California. We started with a full range supplements to help people add fat to their diets with appropriate macronutrient levels and using correct ingredients to support a Keto lifestyle.
- **Q3 2017** - launched our education tool, Ketocademy. It is a platform to streamline information about Keto, macronutrients, the benefits of Keto and how our bodies function.
- **December 2018** - understanding that people wanted more of the foods that they love but without the negative health consequences Kiss My Keto created the first ever, ready-to-eat snack, the Keto Bar.
- **2019 expansion into retail** locations across the US and Canada, growing to over 10,000 retail doors today.
- **Q3 2019** - pursued all other snack categories after the success of our nutrition bars. We quickly expanded into chocolate, gummy candy, baking mixes, cookies, granola, soup, baking mixes and bread.
- **Widely recognized** as the leading Keto lifestyle brand, with 10+ categories.

Growth of Keto Segment in the US

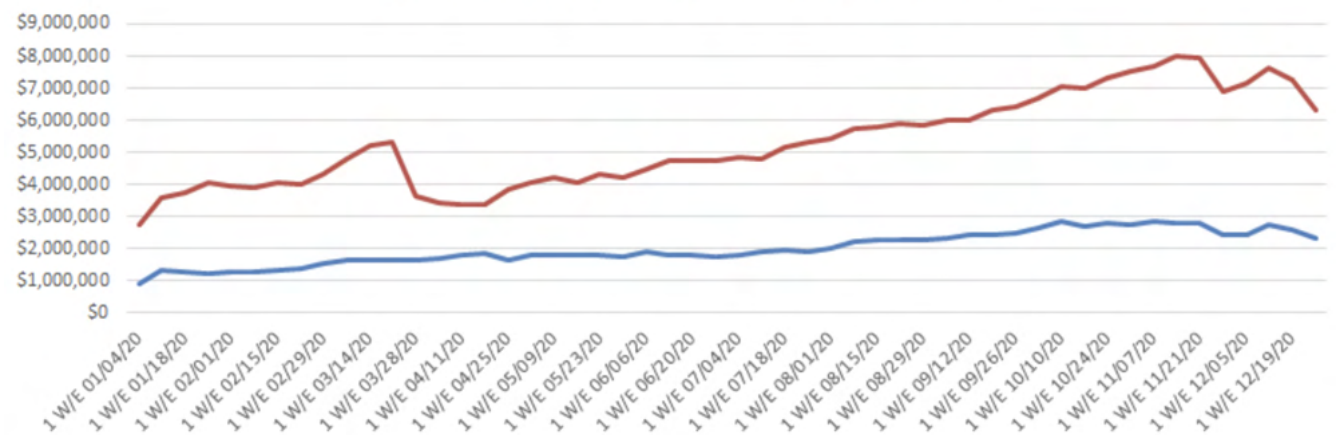
Google Interest Over Time - Search Terms

● keto ● vegan ● paleo ● whole30



Keto Items Continue To Grow: 2020 + 163% vs. 2019 in XAOC

Keto Friendly YOY \$ Sales 2019 vs 2020 - XAOC



Amazon search term in Q1 1/1/21- 3/31/21 Keto ranked 351 on the entire Amazon website

Department	Search Term	Search Frequency Rank
Amazon.com	keto	351
Amazon.com	keto snacks	466
Amazon.com	keto pills	989
Amazon.com	keto food	2,462
Amazon.com	keto bread	3,761
Amazon.com	one shot keto	4,125
Amazon.com	keto cereal	9,281
Amazon.com	keto chips	10,603
Amazon.com	keto cookies	15,990
Amazon.com	keto coffee	16,990
Amazon.com	keto chocolate	18,021
Amazon.com	keto bars	19,717
Amazon.com	keto granola	20,828

Paid Advertising

Drive awareness, trial and repeat purchase online and in-store!

Last year, Kiss My Keto spent over \$1,200,000 on digital advertising in 172,000,000+ impressions.

Impressions Last Year:


Facebook	28,000,000
Amazon	108,000,000
Google	16,000,000
Others	20,000,000
Total	172,000,000

Retail:

- Leverage digital coupons to promote trial of products.
- Promote in-store availability and awareness.

Kiss My Keto
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"I purchased the grain and nut bread and cinnamon raisin bread. Both were outstanding. I was really hesitant about trying it ...[See More](#)




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Our keto bread 🍞 has 200 five star reviews and counting [SHOP NOW](#)

👍❤️😬 Sande ... 1.1K Comments 444 Shares

👍 Like 💬 Comment ➦ Share

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Giving up bread is a big challenge for a lot of people who go on a keto diet. But good news — you no longer have to. In fact, if ...[See More](#)



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4 Delicious Flavors [SHOP NOW](#)

👍❤️😬 Gabriel J... 231 Comments 37 Shares

👍 Like 💬 Comment ➦ Share

Kiss My Keto 2020: 10,000 Points of Distribution and Growing!



keto bars

The worlds first fully ketogenic bar in Coconut, Cookie Dough, and Peanut Butter flavors, with 3g net carbs, 1g sugar & a dark chocolate crunch to die for!

kiss
myketo

Chocolate Coconut



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 18g	23%	Total Carbohydrate 18g	7%
Serving size 1 Bar (50g)		Saturated Fat 12g	60%	Dietary Fiber 11g	39%
		Trans Fat 0g		Total Sugars 1g	
		Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
		Sodium 85mg	4%	Sugar Alcohol 4g	
				Protein 9g	16%
Calories per serving		230			
		Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 2mg 10% • Potassium 195mg 4%			
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					

INGREDIENTS: TAPIOCA FIBER SYRUP, EXTRA VIRGIN COCONUT OIL, UNSWEETENED CHOCOLATE, WHOLE EGG POWDER, MILK PROTEIN ISOLATE, CASHEWS, INULIN, VEGETABLE GLYCERIN, EGG WHITE PROTEIN, ERYTHRITOL, COCOA BUTTER, COCONUT, NATURAL FLAVOR, COCOA POWDER (PROCESSED WITH ALKALI), GUM ACACIA, SUNFLOWER LECITHIN, MCT POWDER (MEDIUM CHAIN TRIGLYCERIDES, ACACIA GUM), SEA SALT, ALMONDS, STEVIA EXTRACT, VANILLA EXTRACT.

CONTAINS: EGG, MILK, TREE NUTS (ALMONDS, CASHEW, COCONUT).

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: PEANUTS, SOY, OTHER TREE NUTS, AND WHEAT.

1g Sugar
3g Net Carbs
18g Fat
9g Protein
per bar



Chocolate Cookie Dough



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 18g	23%	Total Carbohydrate 18g	7%
Serving size 1 Bar (50g)		Saturated Fat 12g	60%	Dietary Fiber 11g	39%
		Trans Fat 0g		Total Sugars 1g	
		Cholesterol 80mg	27%	Includes 0g Added Sugars	0%
		Sodium 105mg	5%	Sugar Alcohol 4g	
				Protein 9g	16%
Calories per serving		230			
		Vitamin D 0mcg 0% • Calcium 115mg 8% • Iron 2mg 10% • Potassium 152mg 4%			
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					

INGREDIENTS: TAPIOCA FIBER SYRUP, COCONUT OIL, WHOLE EGG POWDER, ALMONDS, UNSWEETENED CHOCOLATE, MILK PROTEIN ISOLATE, INULIN, VEGETABLE GLYCERIN, EGG WHITE PROTEIN, ERYTHRITOL, COCOA BUTTER, CACAO NIBS, NATURAL FLAVOR, GUM ACACIA, SUNFLOWER LECITHIN, SEA SALT, MCT POWDER (MEDIUM CHAIN TRIGLYCERIDES, ACACIA GUM), CASHEWS, STEVIA EXTRACT, VANILLA EXTRACT.

CONTAINS: EGG, MILK, TREE NUTS (ALMONDS, CASHEW, COCONUT).

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: PEANUTS, SOY, OTHER TREE NUTS, AND WHEAT.

1g Sugar
3g Net Carbs
18g Fat
9g Protein
per bar



Chocolate Peanut Butter



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		Total Fat 19g	24%	Total Carbohydrate 17g	6%
Serving size 1 Bar (50g)		Saturated Fat 13g	65%	Dietary Fiber 10g	36%
		Trans Fat 0g		Total Sugars 1g	
		Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
		Sodium 135mg	6%	Sugar Alcohol 4g	
				Protein 9g	15%
Calories per serving		240			
		Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 2mg 10% • Potassium 195mg 4%			
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					

INGREDIENTS: TAPIOCA FIBER SYRUP, COCONUT OIL, UNSWEETENED CHOCOLATE, WHOLE EGG POWDER, PEANUTS, MILK PROTEIN ISOLATE, INULIN, EGG WHITE PROTEIN, VEGETABLE GLYCERIN, ERYTHRITOL, COCOA BUTTER, COCOA POWDER (PROCESSED WITH ALKALI), NATURAL FLAVOR, GUM ACACIA, PEANUT EXTRACT, SEA SALT, SUNFLOWER LECITHIN, MCT POWDER (MEDIUM CHAIN TRIGLYCERIDES, ACACIA GUM), ALMONDS, CASHEWS, STEVIA EXTRACT.

CONTAINS: EGG, MILK, PEANUT, TREE NUTS (ALMONDS, CASHEW, COCONUT).

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: SOY, OTHER TREE NUTS, AND WHEAT.

1g Sugar
3g Net Carbs
19g Fat
9g Protein
per bar



Description	CASE / UOM	UPC	SRP
Keto Bar Chocolate Coconut	12 / 12 / 1.76 oz	8-5000225145-6	\$ 3.29
Keto bar Chocolate Cookie Dough	12 / 12 / 1.76 oz	8-5000225146-3	\$ 3.29
Keto Bar Chocolate Peanut Butter	12 / 12 / 1.76 oz	8-5000225147-0	\$ 3.29

Birthday Cake



INGREDIENTS: TAPIOCA FIBER SYRUP, COCONUT OIL, ALMOND BUTTER, WHOLE EGG POWDER, UNSWEETENED CHOCOLATE, MILK PROTEIN ISOLATE, INULIN, VEGETABLE GLYCERIN, EGG WHITE PROTEIN, ERYTHRITOL, COCOA BUTTER, NATURAL FLAVOR, ACACIA GUM, VANILLA EXTRACT, SUNFLOWER LECITHIN, SEA SALT, MCT POWDER (MEDIUM CHAIN TRIGLYCERIDES, ACACIA GUM), CASHEWS, STEVIA EXTRACT.

CONTAINS: EGG, MILK, TREE NUTS (ALMONDS, CASHEW, COCONUT).

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: PEANUTS, SOY, OTHER TREE NUTS, AND WHEAT.

1g Sugar
3g Net Carbs
18g Fat
9g protein
per bar



Salted Caramel



Nutrition Facts		Amount/serving		% Daily Value*	
1 serving per container		Total Fat 19g		24%	
Serving size 1 Bar (50g)		Saturated Fat 12g		60%	
		Trans Fat 0g			
		Cholesterol 80mg		27%	
		Sodium 250mg		11%	
Calories per serving	230	Total Carbohydrate 17g		6%	
		Dietary Fiber 11g		39%	
		Total Sugars 1g			
		Includes 0g Added Sugars		0%	
		Sugar Alcohol 4g			
		Protein 10g		19%	
		Vitamin D 0mcg 0%		Calcium 117mg 10%	
		Iron 1mg 6%		Potassium 158mg 4%	
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					

INGREDIENTS: TAPIOCA FIBER SYRUP, COCONUT OIL, WHOLE EGG POWDER, UNSWEETENED CHOCOLATE, ALMOND BUTTER, MILK PROTEIN ISOLATE, ALMONDS, INULIN, VEGETABLE GLYCERIN, EGG WHITE PROTEIN, ERYTHRITOL, COCOA BUTTER, NATURAL FLAVOR, SEA SALT, ACACIA GUM, SUNFLOWER LECITHIN, MCT POWDER (MEDIUM CHAIN TRIGLYCERIDES, ACACIA GUM), CASHEWS, STEVIA EXTRACT, CINNAMON, VANILLA EXTRACT

CONTAINS: EGG, MILK, TREE NUTS (ALMONDS, CASHEW, COCONUT).

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: PEANUTS, SOY, OTHER TREE NUTS, AND WHEAT.

1g Sugar
2g Net Carbs
19g Fat
10g Protein
per bar



Maple Donut



INGREDIENTS: TAPIOCA FIBER SYRUP, COCONUT OIL, WHOLE EGG POWDER, UNSWEETENED CHOCOLATE, MILK PROTEIN ISOLATE, ALMOND BUTTER, ALMONDS, INULIN, VEGETABLE GLYCERIN, EGG WHITE PROTEIN, ERYTHRITOL, COCOA BUTTER, NATURAL FLAVOR, ACACIA GUM, SUNFLOWER LECITHIN, SEA SALT, MCT POWDER (MEDIUM CHAIN TRIGLYCERIDES, ACACIA GUM), CASHEWS, CINNAMON, STEVIA EXTRACT, VANILLA EXTRACT.

CONTAINS: EGG, MILK, TREE NUTS (ALMONDS, CASHEW, COCONUT).

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: PEANUTS, SOY, OTHER TREE NUTS, AND WHEAT.

1g Sugar
2g Net Carbs
18g Fat
9g Protein
per bar



Description	CASE / UOM	UPC	SRP
Keto Bar Birthday Cake	12 / 12 / 1.76 oz	8-50002-25124-1	\$ 3.29
Keto Bar Salted Caramel	12 / 12 / 1.76 oz	8-50002-25123-4	\$ 3.29
Keto Bar Maple Donut	12 / 12 / 1.76 oz	8-50002-25125-8	\$ 3.29

What Are Keto Bars Made Of?

Here's what makes this treat keto-friendly.



MCTs.

Medium-chain triglycerides are also found in coconut oil. But the difference is, MCT oil has a higher concentration of MCTs, making it a more effective supplement for weight loss. MCT oil helps you reach nutritional ketosis by converting into ketones in your liver.

Whole Egg Powder.

Made with real eggs, whole egg powder helps with your moderate protein intake. It's also a source of calcium and other minerals.

Coconut Oil.

Research suggests that coconut oil can blast body fat by controlling your appetite. Coconut oil also increases HDL which is your good cholesterol.

Milk Protein Isolate.

Increasing your feeling of fullness, milk protein isolate contains the same amino acids in fresh milk. If you want to gain lean muscle mass, using it as a post-workout supplement is a great idea.

Purified Stevia Extract.

This is a non-nutritive sweetener that comes from the stevia plant. Unlike regular sweeteners in the market, stevia will not raise your blood sugar.

Almonds.

A handful of almonds a day keeps disease away. Almonds contain antioxidants that fight inflammation and help reduce the risk of heart disease.

Gummy Bears Fruity



Nutrition Facts

1 serving per container	
Serving size	1 Bag (23g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 15g	6%
Dietary Fiber 12g	43%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Sugar Alcohol 1g	
Protein 1g	
Vitamin D 0mcg 0% • Calcium 0mg 0%	
Iron 0.4mg 0% • Potassium 0mg 0%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CHICORY ROOT FIBER, SOLUBLE TAPIOCA FIBER, GELATIN, ERYTHRITOL, CITRIC ACID, PECTIN, NATURAL FRUIT FLAVORS (PEACH, STRAWBERRY, APPLE), MALIC ACID, SODIUM CITRATE, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES (PALM, PALM KERNEL OIL), SPINACH POWDER (COLOR), CARNAUBA WAX, PURPLE CARROT JUICE CONCENTRATE (COLOR), BETA-CAROTENE (COLOR), STEVIA LEAF EXTRACT.

CONTAINS: COCONUT

2g Sugar
2g Net Carbs
12g Dietary Fiber
40 Calories
per bag



Tropical Rings



Nutrition Facts

1 serving per container	
Serving size	1 Bag (50g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 38g	14%
Dietary Fiber 29g	105%
Total Sugars <1g	
Includes <1g Added Sugars	0%
Sugar Alcohols 7g	
Protein 0g	
Vit. D 0mcg 0% • Calcium 0mg 0%	
Iron 0mg 0% • Potas. 0mg 0%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: SOLUBLE CORN FIBER, SOLUBLE TAPIOCA FIBER, ERYTHRITOL, GLYCERIN, PECTIN, CITRIC ACID, SODIUM CITRATE, MALIC ACID, AGAR-AGAR, NATURAL FRUIT FLAVORS (MANGO, ORANGE, PINEAPPLE), MEDIUM CHAIN TRIGLYCERIDES (PALM, PALM KERNEL OIL), PURPLE CARROT JUICE CONCENTRATE (FOR COLOR), STEVIA LEAF EXTRACT, BETA-CAROTENE (FOR COLOR).

less than 1g Sugar
2g Net Carbs
29g Dietary Fiber
70 Calories
per bag



Fish Friends



Nutrition Facts

1 serving per container	
Serving size	1 Bag (50g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 37g	14%
Dietary Fiber 31g	111%
Total Sugars <1g	
Includes <1g Added Sugars	0%
Sugar Alcohols 4g	
Protein 0g	
Vit. D 0mcg 0% • Calcium 0mg 0%	
Iron 0mg 0% • Potas. 0mg 0%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: SOLUBLE CORN FIBER, SOLUBLE TAPIOCA FIBER, ERYTHRITOL, GLYCERIN, PECTIN, CITRIC ACID, SODIUM CITRATE, AGAR-AGAR, NATURAL BERRY FLAVORS (BLUEBERRY, RASPBERRY), COCONUT OIL, PURPLE CARROT JUICE CONCENTRATE (FOR COLOR), MEDIUM CHAIN TRIGLYCERIDES (PALM, PALM KERNEL OIL), STEVIA LEAF EXTRACT, CARNAUBA WAX.

CONTAINS: COCONUT.

less than 1g Sugar
2g Net Carbs
31g Dietary Fiber
80 Calories
per bag



Watermelon



Nutrition Facts

1 serving per container	
Serving size	1 Bag (50g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 38g	14%
Dietary Fiber 28g	101%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Sugar Alcohols 7g	
Protein 0g	
Vit. D 0mcg 0% • Calcium 0mg 0%	
Iron 0mg 0% • Potas. 0mg 0%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: SOLUBLE CORN FIBER, SOLUBLE TAPIOCA FIBER, ERYTHRITOL, GLYCERIN, PECTIN, CITRIC ACID, MALIC ACID, SODIUM CITRATE, AGAR-AGAR, NATURAL WATERMELON FLAVOR, PURPLE CARROT JUICE CONCENTRATE (COLOR), MEDIUM CHAIN TRIGLYCERIDES (PALM, PALM KERNEL OIL), STEVIA LEAF EXTRACT, SPINACH POWDER (COLOR).

1g Sugar
3g Net Carbs
28g Dietary Fiber
80 Calories
per bag



Description	CASE / UOM	UPC	SRP
Gummy Bears	16 / 12 / 0.79 oz	8-50002-25100-5	\$ 1.69
Tropical Rings Gummy Candy	16 / 6 / 1.76 oz	8-50011-14386-5	\$ 3.29
Sweet Fish Gummy Candy	16 / 6 / 1.76 oz	8-50011-14378-0	\$ 3.29
Watermelon Gummy Candy	16 / 6 / 1.76 oz	8-50026-75523-7	\$ 3.29

What Are Keto Gummies Made Of?

Here's what makes this treat keto-friendly.



Prebiotic Soluble Fiber from Chicory Root.

Promotes a healthy gut. It increases your feeling of fullness and also helps with your bowel movements.

Erythritol.

Used as a keto-friendly sugar substitute, it has a sweetness that is close to sugar but it does not spike your blood glucose.

Pectin.

A soluble prebiotic fiber that aids digestion, feeds your good gut bacteria and promotes a healthy weight.

MCT Oil.

Fats that come from coconut oils, Medium chain triglycerides (MCTs) are easily absorbed and used as a source of energy or converted into ketones to fuel your body and mind.

Stevia Leaf Extract.

Calorie-free and a healthy replacement for regular sugar. It is known to have antidiabetic and antioxidant properties.

Original Dark



0g Sugar
2g Net Carbs
11g Fat
110 Calories
per serving



Nutrition Facts			
3 Servings per container			
Serving size 1/3 bar (28g)			
Calories	per 1/3 bar 110		per 1 bar 340
	% DV*		% DV*
Total Fat	11g	14%	33g 43%
Saturated Fat	7g	34%	20g 102%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	0mg	0%	0mg 0%
Total Carb.	15g	5%	44g 16%
Dietary Fiber	8g	29%	24g 87%
Total Sugars	0g		<1g
Incl. Added Sugars	0g	0%	0g 0%
Erythritol	5g		15g
Protein	2g		5g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	10mg	0%	40mg 4%
Iron	3.2mg	20%	9.7mg 50%
Potassium	150mg	4%	450mg 10%

INGREDIENTS: UNSWEETENED CHOCOLATE, INULIN, ERYTHRITOL, COCOA BUTTER, SUNFLOWER LECITHIN, VANILLA POWDER, STEVIA EXTRACT.

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, WHEAT, EGG, AND MILK.

Roasted Almonds



0g Sugar
1g Net Carb
11g Fat
120 Calories
per serving



Nutrition Facts			
3 Servings per container			
Serving size 1/3 bar (28g)			
Calories	per 1/3 bar 120		per 1 bar 360
	% DV*		% DV*
Total Fat	11g	15%	34g 44%
Saturated Fat	8g	31%	19g 94%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	0mg	0%	0mg 0%
Total Carb.	14g	5%	41g 15%
Dietary Fiber	8g	27%	23g 82%
Total Sugars	0g		<1g
Incl. Added Sugars	0g	0%	0g 0%
Erythritol	5g		14g
Protein	2g		7g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	20mg	0%	60mg 4%
Iron	3mg	15%	9.1mg 50%
Potassium	150mg	4%	460mg 10%

INGREDIENTS: UNSWEETENED CHOCOLATE, INULIN, ERYTHRITOL, COCOA BUTTER, ALMONDS, SUNFLOWER LECITHIN, VANILLA POWDER, STEVIA EXTRACT.

CONTAINS: ALMONDS.

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, WHEAT, EGG, AND MILK.

Toasted Hazelnuts



0g Sugar
1g Net Carb
12g Fat
120 Calories
per serving



Nutrition Facts			
3 Servings per container			
Serving size 1/3 bar (28g)			
Calories	per 1/3 bar 120		per 1 bar 360
	% DV*		% DV*
Total Fat	12g	15%	35g 45%
Saturated Fat	6g	31%	19g 94%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	0mg	0%	0mg 0%
Total Carb.	14g	5%	41g 15%
Dietary Fiber	8g	27%	23g 81%
Total Sugars	0g		<1g
Incl. Added Sugars	0g	0%	0g 0%
Erythritol	5g		14g
Protein	2g		6g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	20mg	0%	50mg 4%
Iron	3mg	15%	9.1mg 50%
Potassium	150mg	4%	460mg 10%

INGREDIENTS: UNSWEETENED CHOCOLATE, INULIN, ERYTHRITOL, COCOA BUTTER, HAZELNUTS, SUNFLOWER LECITHIN, VANILLA POWDER, STEVIA EXTRACT.

CONTAINS: HAZELNUTS.

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, WHEAT, EGG, AND MILK.

Pumpkin Seeds & Sea salt



0g Sugar
1g Net Carb
11g Fat
120 Calories
per serving



Nutrition Facts			
3 Servings per container			
Serving size 1/3 bar (28g)			
Calories	per 1/3 bar 120		per 1 bar 350
	% DV*		% DV*
Total Fat	11g	15%	34g 44%
Saturated Fat	6g	32%	19g 96%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	10mg	0%	30mg 1%
Total Carb.	14g	5%	41g 15%
Dietary Fiber	8g	27%	23g 80%
Total Sugars	0g		<1g
Incl. Added Sugars	0g	0%	0g 0%
Erythritol	5g		14g
Protein	2g		7g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	10mg	0%	40mg 4%
Iron	3.2mg	20%	9.4mg 50%
Potassium	160mg	4%	470mg 10%

INGREDIENTS: UNSWEETENED CHOCOLATE, INULIN, ERYTHRITOL, COCOA BUTTER, PUMPKIN SEEDS, SUNFLOWER LECITHIN, VANILLA POWDER, STEVIA EXTRACT, SEA SALT.

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, WHEAT, EGG, AND MILK.

Description	CASE / UOM	UPC	SRP
Keto Chocolate Original Dark	4 / 12 / 3oz	8-50002-25103-6	\$ 4.99
Keto Chocolate Roasted Almonds	4 / 12 / 3 oz	8-50002-25104-3	\$ 4.99
Keto Chocolate Toasted Hazelnuts	4 / 12 / 3 oz	8-50002-25105-0	\$ 4.99
Keto Chocolate Pumpkin Seeds & Sea Salt	4 / 12 / 3 oz	8-50002-25106-7	\$ 4.99

What Is Keto Chocolate Made Of?

Here's what makes this treat keto-friendly.

Unsweetened Chocolate.

The purest form of chocolate, made from fermented and roasted crushed cacao beans. Unlike regular chocolate, it doesn't contain any sugar.

Erythritol.

Used as a keto-friendly sugar substitute, it has a sweetness that is close to sugar but it does not spike your blood glucose. fuel your body and mind.

Cocoa Butter.

With a high fatty content and antioxidants, cocoa butter is considered a superfood. It improves your skin, and reduces inflammation.

Inulin.

A soluble fiber that comes from plants, it promotes gut health and supports weight loss.



Hazelnuts. (Toasted Hazelnut flavor)

With an amazing nutritional profile, they are full of healthy fats as well as vitamins and minerals.

Almonds. (Roasted Almonds flavor)

A popular keto-friendly snack, they help you beat your cravings and stay full.

Pumpkin Seeds.

(Pumpkin Seeds & Sea Salt flavor)

Small in size, enormous in benefits. Full of magnesium, they improve your exercise performance, lower blood pressure, and fight inflammation.

MCT Oil.

Fats that come from coconut oils, Medium chain triglycerides (MCTs) are easily absorbed and used as a source of energy or converted into ketones to fuel your body and mind.

Stevia Leaf Extract.

Calorie-free and a healthy replacement for regular sugar. It is known to have antidiabetic and antioxidant properties.

Sunflower Lecithin.

Known for its ability to reduce bad cholesterol. It's also good for your brain!

Butter



Nutrition Facts	
2 Serving per container	
Serving size 1/2 package (32g)	
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 80mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	18%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 50mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND FLOUR, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), ALLULOSE, SOLUBLE TAPIOCA FIBER, EGGS, NATURAL VANILLA FLAVOR, SALT, GUAR GUM, XANTHAN GUM, BAKING SODA, MEDIUM CHAIN TRIGLYCERIDES (COCONUT, PALM KERNEL OIL), MONK FRUIT EXTRACT.

CONTAINS: MILK, EGGS, TREE NUTS (ALMONDS AND COCONUT).
MANUFACTURED IN A FACILITY THAT PROCESSES OTHER PRODUCTS THAT CONTAIN WHEAT, SOY, PEANUTS, AND OTHER TREE NUTS.

less than **1g Sugar**
3g Net Carbs
13g Fat
170 Calories
per serving



Chocolate Chip



Nutrition Facts	
2 Serving per container	
Serving size 1/2 package (32g)	
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 90mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	18%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 1g	
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 50mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ALMOND FLOUR, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), SOLUBLE TAPIOCA FIBER, CHOCOLATE CHIPS (UNSWEETENED CHOCOLATE, ERYTHRITOL, COCOA BUTTER, STEVIA EXTRACT, SUNFLOWER LECITHIN), EGGS, NATURAL CHOCOLATE FLAVOR, NATURAL VANILLA FLAVOR, SALT, GUAR GUM, XANTHAN GUM, BAKING SODA, MEDIUM CHAIN TRIGLYCERIDES (COCONUT, PALM KERNEL OIL), MONK FRUIT EXTRACT.

CONTAINS: MILK, EGGS, TREE NUTS (ALMONDS AND COCONUT).
MANUFACTURED IN A FACILITY THAT PROCESSES OTHER PRODUCTS THAT CONTAIN WHEAT, SOY, PEANUTS, AND OTHER TREE NUTS.

less than **1g Sugar**
3g Net Carbs
13g Fat
170 Calories
per serving



Description	CASE / UOM	UPC	SRP
Keto Cookies Butter	12 / 2.25 oz	8-50011-14338-4	\$ 4.99
Keto Cookies Chocolate Chip	12 / 2.25 oz	8-50011-14340-7	\$ 4.99

What Are Keto Cookies Made Of?

Here's what makes this treat keto-friendly.



MCTs.

Medium-chain triglycerides are also found in coconut oil. But the difference is, MCT oil has a higher concentration of MCTs, making it a more effective supplement for weight loss. MCT oil helps you reach nutritional ketosis by converting into ketones in your liver.

Eggs.

Eggs are an excellent source of high-quality protein. It contains essential vitamins and minerals such as A, D, calcium, cobalamin, iron, and magnesium.

Almond Flour.

We used almond flour for the cookie dough base. Almond flour is better than most flour types because it's low in carbohydrates and higher in fat — perfect for someone who's embarking on the keto journey. Almond flour is also gluten-free.

Allulose.

A keto-approved sweetener, allulose should not be calculated as part of your carbohydrate intake. It's a rare sweetener that's found in raisins, jackfruit, and figs.

Monk Fruit Extract.

150 to 200 times sweeter than sugar, monk fruit is a zero-calorie sweetener that has no impact on your blood glucose.

Stevia Extract.

Another natural sweetener, stevia contains little to zero calories and carbs. It's a healthful alternative to those who are looking to control their blood sugar levels and weight.

keto brownie

Kiss My Keto Brownies are the perfect keto snack to satisfy your sweet tooth without kicking you out of ketosis. Ketogenic and low-carb friendly, they are made with Pea Protein and Bovine Collagen, have only 1g sugar, 2g net carbs, and 10g protein in a brownie, and will keep you fueled so you can embrace your day with the energy that you deserve, while eating something delicious!



Brownie



Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 14g	18%	Total Carbohydrates 16g	6%
1 serving per container	Saturated Fat 4.5g	23%	Dietary Fiber 3g	11%
	Trans Fat 0g		Total Sugars 1g	
Serving size 45g	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 170mg	7%	Sugar Alcohol 10g	
Calories per serving 210			Protein 10g	
Vitamin D 0mcg 0% • Calcium 79mg 6% • Iron 3mg 15% • Potassium 341mg 8%				

INGREDIENTS: ALMOND FLOUR, ALMOND BUTTER, CHOCOLATE CHIPS (ERYTHRITOL, PALM KERNEL OIL, COCOA [PROCESSED WITH ALKALI], SUNFLOWER LECITHIN, STEVIA EXTRACT), GLYCERIN, COCOA, PEA PROTEIN ISOLATE, BOVINE COLLAGEN, COCONUT OIL, SOLUBLE TAPIOCA FIBER, WATER, SALT, MEDIUM CHAIN TRIGLYCERIDES (DERIVED FROM COCONUT), GUM ACACIA, NATURAL FLAVOR, PALM KERNEL OIL, STEVIA LEAF EXTRACT.

CONTAINS: TREE NUTS (ALMOND AND COCONUT).

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT, OTHER TREE NUTS, FISH, PEANUTS, AND EGGS.

1g Sugar
3g Net Carbs
14g Fat
10g Protein
per brownie



Description	CASE / UOM	UPC	SRP
Keto Brownie	12 / 6 / 1.59 oz	8-50011-14341-4	\$ 2.99

What Is Keto Brownie Made Of?

Here's what makes this treat keto-friendly.



Almond Butter.

A great alternative to wheat flour, almond flour is nutritious and provides texture to these keto brownies.

Almond Flour.

We used almond flour for the cookie dough base. Almond flour is better than most flour types because it's low in carbohydrates and higher in fat — perfect for someone who's embarking on the keto journey. Almond flour is also gluten-free.

Glycerin.

Sometimes called glycerol, glycerin is a sticky substance that holds the brownies together.

Coconut Oil.

This oil contains healthy fats. It's a handy ingredient in many desserts, adding richness to them.

Bovine Collagen.

A type of protein that comes from cows, bovine collagen helps promote skin and bone health, according to a study.

Soluble Tapioca Fiber.

This adds sweetness to brownies and can be a way to add fiber to your diet.

Stevia.

A popular sugar substitute, stevia comes from the leaves of the stevia plant. It's much sweeter than table sugar but has no impact on your blood sugar levels.

Cocoa.

Cocoa is a purer form of chocolate and has a place on a keto diet.

MCTs.

Medium-chain triglycerides are also found in coconut oil. But the difference is, MCT oil has a higher concentration of MCTs, making it a more effective supplement for weight loss. MCT oil helps you reach nutritional ketosis by converting into ketones in your liver.

Coconut, Almond & Pecan



Nutrition Facts	
9 Servings per container	
Serving size 1/3 cup (30g)	
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	22%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.1mg	6%
Potassium 140mg	4%

INGREDIENTS: DRIED COCONUT, SOLUBLE TAPIOCA FIBER, PUMPKIN SEEDS, ALMONDS, SUNFLOWER SEEDS, ALLULOSE, PECANS, COCONUT OIL, MONK FRUIT EXTRACT.

CONTAINS: COCONUT, ALMONDS, PECANS.

1g Sugar
2g Net Carbs
14g Fat
160 Calories
per serving



Strawberry & Vanilla



Nutrition Facts	
9 Servings per container	
Serving size 1/3 cup (30g)	
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	20%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.9mg	4%
Potassium 130mg	2%

INGREDIENTS: DRIED COCONUT, SUNFLOWER SEEDS, DRIED COCONUT, SUNFLOWER SEEDS, ALMONDS, SOLUBLE TAPIOCA FIBER, ALLULOSE, PECANS, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, DRIED STRAWBERRIES, NATURAL VANILLA FLAVOR, SALT, MONK FRUIT EXTRACT.

CONTAINS: COCONUT, ALMONDS, PECANS.

1g Sugar
3g Net Carbs
13g Fat
150 Calories
per serving



Peanut Butter & Chocolate Chips



Nutrition Facts	
9 Servings per container	
Serving size 1/3 cup (30g)	
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohols <1g	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.1mg	6%
Potassium 150mg	4%

INGREDIENTS: SOLUBLE TAPIOCA FIBER, PUMPKIN SEEDS, ALLULOSE, ALMONDS, PEANUT BUTTER, PEANUTS, PECANS, COCOA NIBS, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, UNSWEETENED CHOCOLATE, ERYTHRITOL, SALT, COCOA BUTTER, STEVIA EXTRACT, MONK FRUIT EXTRACT, SUNFLOWER LECITHIN.

CONTAINS: COCONUT, ALMONDS, PEANUTS, PECANS.

1g Sugar
3g Net Carbs
14g Fat
160 Calories
per serving



Salted Caramel



Nutrition Facts	
9 Servings per container	
Serving size 1/3 cup (30g)	
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	19%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.1mg	6%
Potassium 140mg	4%

INGREDIENTS: DRIED COCONUT, SUNFLOWER SEEDS, ALMONDS, SOLUBLE TAPIOCA FIBER, PUMPKIN SEEDS, ALLULOSE, PECANS, COCONUT OIL, MEDIUM CHAIN TRIGLYCERIDES, NATURAL CARAMEL FLAVOR, SALT, MONK FRUIT EXTRACT.

CONTAINS: COCONUT, ALMONDS, PECANS.

1g Sugar
3g Net Carbs
14g Fat
160 Calories
per serving



Description	CASE / UOM	UPC	SRP
Granola Coconut, Almond & Pecan	6 / 9.5 oz	8-50011-14319-3	\$ 11.99
Granola Strawberry & Vanilla	6 / 9.5 oz	8-50011-14374-2	\$ 11.99
Granola Peanut Butter & Chocolate Chips	6 / 9.5 oz	8-50011-14376-6	\$ 11.99
Granola Salted Caramel	6 / 9.5 oz	8-50011-14375-9	\$ 11.99

What Is Keto Granola Made Of?

Here's what makes this treat keto-friendly.



Coconut.

This fruit is a good source of minerals such as potassium and iron. Coconut also contains fats which are mostly medium-chain triglycerides (MCTs).

MCT Oil.

Medium-chain triglycerides (MCT) oil is a popular supplement on keto that is known to increase your BHB ketone levels, shorten the time to nutritional ketosis, and boost energy levels.

Nuts & Seeds

Keto granola contains various nuts and seeds. They include sunflower seeds, pumpkin seeds, almonds, peanuts, and pecans. These are a good fit for the keto diet. Just make sure you don't have tree nut or seed allergies.

Alullose.

A keto-approved sweetener, allulose should not be calculated as part of your carbohydrate intake. It's a rare sweetener that's found in raisins, jackfruit, and figs.

Monk Fruit Extract.

150 to 200 times sweeter than sugar, monk fruit is a zero-calorie sweetener that has no impact on your blood glucose.

keto bone broth

Kiss My Keto Bone Broth is easy to prepare - just add hot water and mix - and is perfect for those following a ketogenic or low-carb lifestyle. Keto Bone Broth is easy to digest, and provides collagen-rich protein, essential for good health of muscles and tissue.

kiss
myketo

Spicy Beef



0g Sugar
2g Carbs
10g Protein
70 Calories
per packet

Nutrition Facts	
1 serving per container	
Serving size	1 packet (17g)
Amount per serving	70
Calories	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vit. D 0mcg 0% • Calcium 25mg 2%	
Iron 0mg 0% • Potassium 104mg 2%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: BEEF BONE BROTH (BSE-FREE), NATURAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES, SALT, YEAST EXTRACT, GUM ACACIA, GUAR GUM, XANTHAN GUM, DEHYDRATED GARLIC, DEHYDRATED ONION, CHILI PEPPER, SPICES, SILICON DIOXIDE.



8 50002 25132 6

Salt & Pepper Chicken



0g Sugar
1g Carbs
10g Protein
50 Calories
per packet

Nutrition Facts	
15 servings per container	
Serving size	1 packet (15g)
Amount per serving	50
Calories	% Daily Value*
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vit. D 0mcg 0% • Calcium 20mg 2%	
Iron 0mg 0% • Potassium 32mg 0%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CHICKEN BONE BROTH, NATURAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES, SALT, YEAST EXTRACT, GUM ACACIA, GUAR GUM, XANTHAN GUM, SILICON DIOXIDE.



8 50011 14365 0

Thai Green Curry Chicken



0g Sugar
2g Carbs
10g Protein
60 Calories
per packet

Nutrition Facts	
15 servings per container	
Serving size	1 packet (17g)
Amount per serving	60
Calories	% Daily Value*
Total Fat 2g	3%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vit. D 0mcg 0% • Calcium 27mg 2%	
Iron 0mg 0% • Potassium 43mg 0%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CHICKEN BONE BROTH, NATURAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES, SALT, YEAST EXTRACT, GUM ACACIA, DEHYDRATED GARLIC, DEHYDRATED ONION, GUAR GUM, XANTHAN GUM, TURMERIC (COLOR), SILICON DIOXIDE.



8 50002 25130 2

Description	CASE / UOM	UPC	SRP
Keto Bone Broth Spicy Beef	12 / 15 / 0.6 oz	8-50002-25132-6	\$ 1.99
Keto Bone Broth Salt & Pepper Chicken	12 / 15 / 0.53 oz	8-50011-14365-0	\$ 1.99
Keto Bone Broth Thai Green Curry Chicken	12 / 15 / 0.6 oz	8-50002-25130-2	\$ 1.99

What Is Keto Bone Broth Made Of?

Here's what makes this treat keto-friendly.



MCTs.

These are fats that come from coconut oils. Medium chain triglycerides (MCTs) are a form of fats that are easily absorbed and used as a source of energy or converted into ketones to fuel your body and mind.

Salt.

Salt replenishes sodium, an electrolyte that is needed to maintain fluid balance in your body and muscle contraction.

Dehydrated Garlic.

Garlic adds flavor and aroma to low-carb bone broth. Garlic also contains medicinal properties.

Dehydrated Onion.

Onion imparts a luscious flavor to bone broth, in addition to its impressive health benefits.

Sunflower Lecithin.

Sunflower lecithin is a fatty substance that is known to improve your skin, cholesterol, heart health, and digestion. It's also essential for your brain!



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