



Healthy Sustainable Living
www.ketochef.co.nz

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About Us

We're super excited to have launched KetoChef officially to the market!

Keto is known to increase physical and mental energy levels, drastically reduce inflammation, provide fast weight loss results, and a host of other benefits.

Keto food is seen to be tipping into the mainstream as it is being adopted by people across the world leaning towards holistic health, real food and biological well-being. The elimination of processed foods, seed oils, palm oils, and most of all, sugar, from the diet is what is attracting more and more people towards the Keto lifestyle.

We provide delicious options for breads, sweet treats and meals that fit in extremely well with **keto, gluten-free, sugar-free, low-carb, diabetic** lifestyles.

The best part? We have a meal delivery service catering to people struggling with recipe ideas, are short on time or simply can't manage cooking separately for one!

With KetoChef, you can rest assured that all your meals are cooked in approved ingredients as per the keto protocol. None of those seed oils, palm oils, shortening or processed foods. We use authentic butter, ghee, coconut oil, olive oil, fresh produce and absolutely zero sugar to prepare your order.

You could think of us as your extended kitchen, where we combine our comprehensive knowledge of the ketogenic diet, the expertise of professional chefs, and a love for great tasting food to bring you 100% keto meals and products.

If you've been thinking of getting started with ketogenic diet, but struggle to find meal and treat options, this is the solution for you. Visit our [website](#) to explore our range of products.

Besides meals, we also have a selection of tried and tested breads (we must especially mention our vegan bread), pizzas, satiating fat bombs, cookies, and other treats to help you keep cravings at bay.

Whether you're just trailing us, wanting a long-term healthy sustainable living or getting in shape for summer, we're all about kick starting your keto journey for your own unique lifestyle and goals. With that being said, we do recommend you take a long-term approach for your body to adjust properly, to see results, and for you to create habits.

