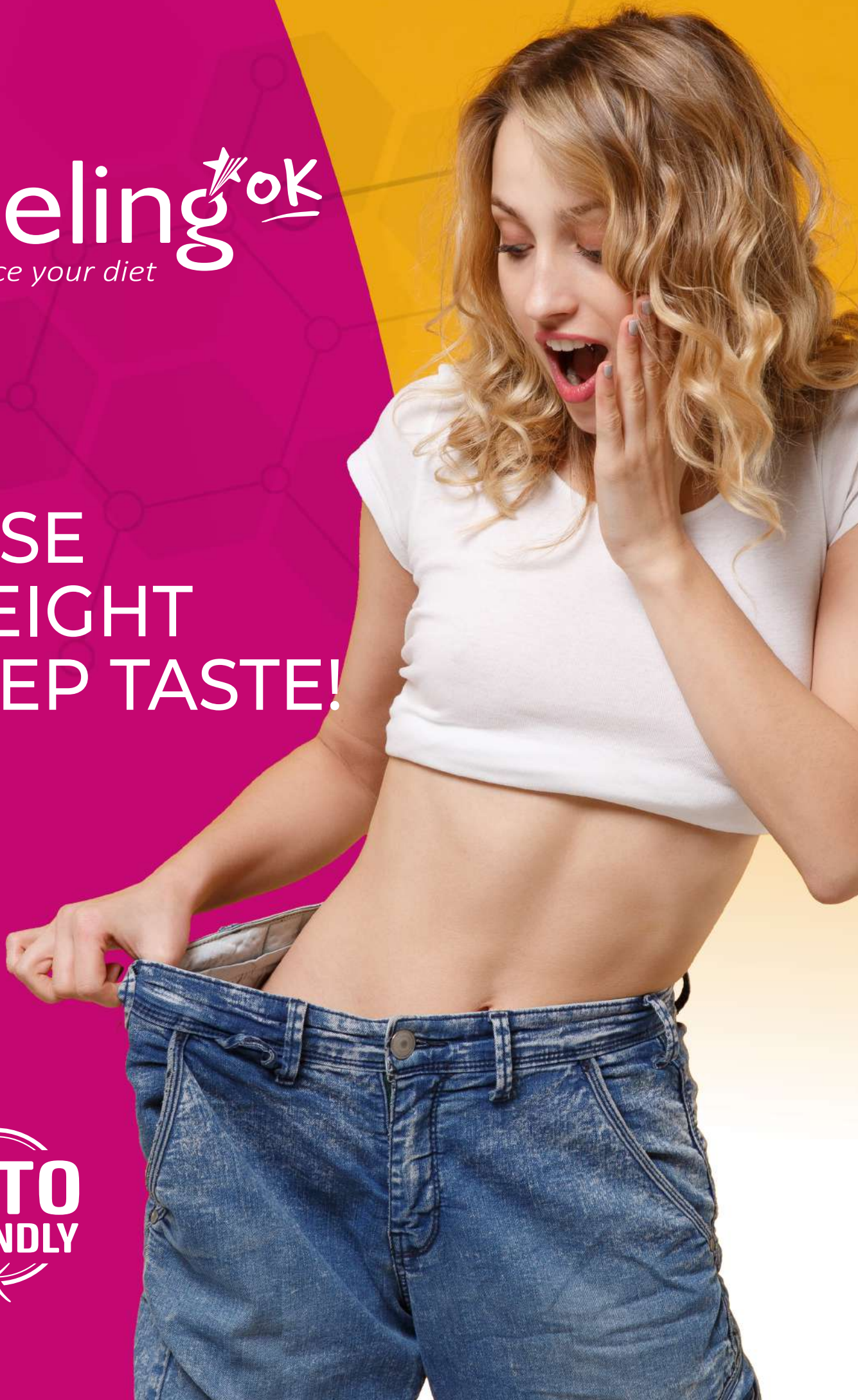


feeling <sup>✂</sup>ok  
*balance your diet*

LOSE  
WEIGHT  
KEEP TASTE!

**KETO**  
**FRIENDLY**

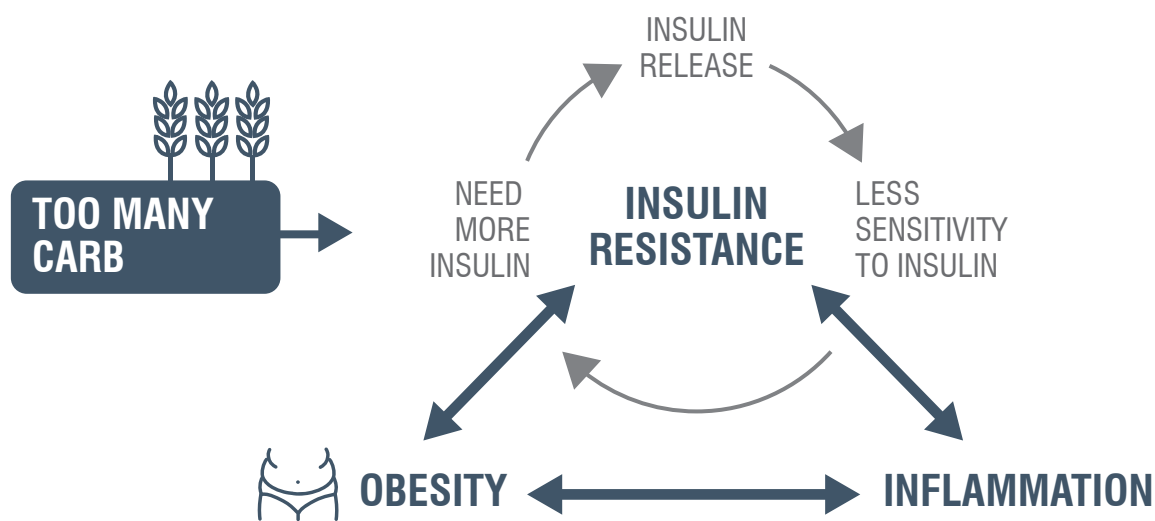


# Feeling Ok

a wide range of **reduced-carb foods**, rich in noble proteins and **vegetable fibers**, suitable for:

- **LOW CARB DIETS**
- **KETOGENIC DIETS**
- **LOW GLYCEMIC INDEX / LOAD DIETS**
- **ANTI-INFLAMMATORY DIETS**
- **PROTEIN DIETS**

It is widely acknowledged that a diet rich in sugar and refined flours stimulates the production of the hormone insulin, impeding lipolysis and promoting lipogenesis. Furthermore, **abdominal fat** triggers systemic inflammation through the secretion of inflammatory adipokines.



The Scientific evidence\* of the past 15 years has documented how inflammation is one of the crucial mechanisms in the development of insulin resistance associated with metabolic diseases such as obesity and type 2 diabetes.

**On the other hand, a low-carbohydrate diet promotes the production of the hormone glucamone, aiding in the reduction of body fat by increasing lipolysis and decreasing lipogenesis, while also impeding inflammatory processes.**

\* Mraz M, Lacinova Z, Drapalova J, et al. The effect of very-low-calorie diet on mRNA expression of inflammation-related genes in subcutaneous adipose tissue and peripheral monocytes of obese patients with type 2 diabetes mellitus. J Clin Endocrinol Metab. 2011; 96: E606-613.  
Donath MY, Shoelson SE. Type 2 diabetes as an inflammatory disease. Nat Rev Immunol. 2011; 11: 98-107

**KETO**  
**FRIENDLY**  
*K*

*+protein*



**KETOGENIC DIET**  
**FOODS**

+protein

For a healthy  
fast burger



SOY  
FREE

LACTOSE  
FREE

VEGAN  
100%

## Burger bun *sesame*

### LOW CARB FOOD PREPARATION

INGREDIENTS: pea protein, rice protein, WHEAT fibre, acacia fibre, WHEAT protein, olive oil, SESAME seeds (3%), salt, yeast, emulsifier: sunflower lecithin, e471, preservative: potassium sorbate.

Average nutritional values	1 portion	
	100g	80g
Energy	1168 kJ 279 kcal	934 kJ 223 kcal
Fat	11.00g	8.80g
- of which saturates	3.00g	2.40g
Carbohydrate	9.00g	7.20g
- of which sugars	1.00g	0.80g
Fibre	22.00g	17.60g
Protein	25.00g	20.00g
Salt	1.35g	1.08g
- of which sodium	540mg	432mg



NET WEIGHT  
**80g**



SHELF-LIFE  
**9 months**

PACKAGE  
**1x80g**

ITEM NUMBERS

**FOK107**



**BURGER BUN**  
sesame

feelingOK.it

# A delicious and soft low-carb focaccia



**LACTOSE  
FREE**

**VEGAN  
100%**

## Focaccella

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, OAT protein, rice protein, \* acacia fibre, WHEAT fibre, olive oil, natural yeast, salt, emulsifier: sunflower lecithin, e471, preservative: potassium sorbate.

\* pitted olives (30%)



NET WEIGHT  
**80g**



SHELF-LIFE  
**9 months**



PACKAGE  
**1x80g**

Average nutritional values	1 portion	
	100g	80g
Energy	1285 kJ 307 kcal	1028 kJ 246 kcal
<b>Fat</b>	15.00g	12.00g
- of which saturates	2.00g	1.60g
<b>Carbohydrate</b>	8.00g	6.40g
- of which sugars	1.00g	0.80g
<b>Fibre</b>	26.00g	20.80g
<b>Protein</b>	22.00g	17.60g
<b>Salt</b>	0.54g	0.43g
- of which sodium	216mg	172.8mg

ITEM NUMBERS

**FOK104**



**FOCACCELLA**

**FOK106**



**FOCACCELLA  
with olives**

+protein

Perfect as a snack or  
in main meals



SOY  
FREE

KETO  
FRIENDLY

LACTOSE  
FREE

## Sandwich

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, OAT protein, rice protein, EGG white, WHEAT fibre, acacia fibre, olive oil, emulsifier: sunflower lecithin, e471, salt, natural yeast, preservative: potassium sorbate.



NET WEIGHT  
**50g**



SHELF-LIFE  
**9 months**

PACKAGE  
**1x50g**

Average nutritional values	1 portion	
	100g	50g
Energy	1247 kJ 298 kcal	624 kJ 149 kcal
Fat	14.00g	7.00g
- of which saturates	4.20g	2.10g
Carbohydrate	8.00g	4.00g
- of which sugars	1.00g	0.50g
Fibre	20.00g	10.00g
Protein	25.00g	12.50g
Salt	1.13g	0.57g
- of which sodium	452mg	226mg

ITEM NUMBERS

FOK105



SANDWICH

feelingok.it

A sweet and  
tasty snack



## Sandwich *cocoa*

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, OAT protein, rice protein, EGG white, WHEAT fibre, acacia fibre, olive oil, cocoa (5%), emulsifier: sunflower lecithin, e471, salt, natural yeast, preservative: potassium sorbate, sweetener: sodium cyclamate.



Average nutritional values	1 portion	
	100g	50g
Energy	1247 kJ 298 kcal	624 kJ 149 kcal
<b>Fat</b>	14.00g	7.00g
- of which saturates	4.20g	2.10g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.00g	0.50g
<b>Fibre</b>	20.00g	10.00g
<b>Protein</b>	25.00g	12.50g
<b>Salt</b>	1.13g	0.57g
- of which sodium	452mg	226mg

ITEM NUMBERS

FOK052



SANDWICH  
cocoa

feelingOK.it

+protein

# The fragrance of flourless cereal bread



**SOY FREE**

**KETO FRIENDLY**

**LACTOSE FREE**

## Bauletto cereals

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, WHEAT protein, OAT protein, EGG white, olive oil, linseed (3%), SESAME seeds (3%), emulsifier: sunflower lecithin, e471, salt, natural yeast, preservative: potassium sorbate.



NET WEIGHT  
**300g**



SHELF-LIFE  
**9 months**

PACKAGE  
**1x300g**

Average nutritional values	1 portion	
	100g	50g
Energy	1222 kJ 292 kcal	611 kJ 146 kcal
Fat	12.00g	6.00g
- of which saturates	4.80g	2.40g
Carbohydrate	10.00g	5.00g
- of which sugars	1.00g	0.50g
Fibre	28.00g	14.00g
Protein	22.00g	11.00g
Salt	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

**FOK426**



**BAULETTO**  
cereals

feelingok.it



Soft like sandwich bread  
but low in carbohydrates



**SOY  
FREE**

**KETO  
FRIENDLY**

**LACTOSE  
FREE**

**VEGAN  
100%**

## Bready's cereals

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, WHEAT protein, acacia fibre, OAT fibre, rice protein, pea protein, SESAME seeds (5%), flax seeds (5%), emulsifier: sunflower lecithin, salt, natural yeast, e471 of plant origin, preservative: potassium sorbate.



NET WEIGHT  
**50g**



SHELF-LIFE  
**9 months**



PACKAGE  
**2x25g**

Average nutritional values	1 portion	
	100g	50g
Energy	1134 kJ 271 kcal	567 kJ 136 kcal
Fat	11.00g	5.50g
- of which saturates	4.50g	2.25g
Carbohydrate	8.00g	4.00g
- of which sugars	1.00g	0.50g
Fibre	20.00g	10.00g
Protein	25.00g	12.50g
Salt	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

**FOK006**



**BREADY'S  
cereals**

feelingOK.it

+protein

# The delightful double flavored variegato



**SOY  
FREE**

**KETO  
FRIENDLY**

## Croissant *double Ciok*

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, OAT protein, rice protein, acacia fibre, WHEAT fibre, BUTTER, olive oil, cocoa cream (pea protein, OAT protein, cocoa, rice protein, erythritol, cocoa fiber, olive oil, HAZELNUTS, sunflower oil), cocoa powder (5%), emulsifier: sunflower lecithin, e471, salt, natural yeast, preservative: potassium sorbate, sweetener: sodium cyclamate, aromas: vanilla.



NET WEIGHT  
**50g**



SHELF-LIFE  
**9 months**



PACKAGE  
**1x50g**

Average nutritional values	1 portion	
	100g	50g
Energy	1605 kJ 383 kcal	802 kJ 192 kcal
<b>Fat</b>	22.00g	11.00g
- of which saturates	11.00g	5.50g
<b>Carbohydrate</b>	10.40g	5.20g
- of which sugars	1.00g	0.50g
<b>Polyols</b>	3.00g	1.50g
<b>Fibre</b>	16.00g	8.00g
<b>Protein</b>	26.15g	13.08g
<b>Salt</b>	1.12g	0.56g
- of which sodium	448mg	224mg

ITEM NUMBERS

**FOK0714**



**CROISSANT  
double ciok**

feelingOK.it

# For a truly delicious breakfast



Average nutritional values	1 portion	
	100g	65g
Energy	1575 kJ 376 kcal	1024 kJ 245 kcal
Fat	22.00g	14.30g
- of which saturates	11.00g	7.15g
Carbohydrate	9.60g	6.24g
- of which sugars	1.00g	0.65g
Polyols	3.00g	1.95g
Fibre	14.00g	9.10g
Protein	26.15g	17.00g
Salt	1.12g	0.73g
- of which sodium	448mg	291.2mg

## Croissant cocoa cream

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, OAT protein, rice protein, acacia fibre, WHEAT fibre, BUTTER, olive oil, cocoa cream (pea protein, OAT protein, cocoa, rice protein, erythritol, cocoa fiber, olive oil, HAZELNUTS, sunflower oil), emulsifier: sunflower lecithin, e471, salt, natural yeast, preservative: potassium sorbate, sweetener: sodium cyclamate, aromas: vanilla.



# Indulgent softness for your breakfast



Average nutritional values	1 portion	
	100g	50g
Energy	1432 kJ 342 kcal	716 kJ 171 kcal
Fat	20.00g	10.00g
- of which saturates	11.00g	5.50g
Carbohydrate	8.00g	4.00g
- of which sugars	1.00g	0.50g
Fibre	15.00g	7.50g
Protein	25.00g	12.50g
Salt	1.12g	0.56g
- of which sodium	448mg	224mg

## Croissant

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, OAT protein, rice protein, acacia fibre, WHEAT fibre, BUTTER, olive oil, emulsifier: sunflower lecithin, e471, salt, natural yeast, preservative: potassium sorbate, sweetener: sodium cyclamate, aromas: vanilla.



ITEM NUMBERS

FOK0711

CROISSANT  
cocoa cream



FOK0710

CROISSANT



feelingok.it

+protein

Excellent for breakfast  
or as a snack



SOY  
FREE

KETO  
FRIENDLY

LACTOSE  
FREE

VEGAN  
100%

## ChocoToast

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, rice fibre, acacia fibre, WHEAT protein, OAT protein, rice protein, olive oil, natural yeast, salt, emulsifier: e471, sunflower lecithin, Cocoa cover (cocoa butter, cocoa, oat protein (GLUTEN), rice protein, cocoa fiber, HAZELNUTS, erythritol, emulsifier, sunflower lecithin).



NET WEIGHT  
**50g**



SHELF-LIFE  
**9 months**

PACKAGE  
**2x25g**

Average nutritional values	1 portion	
	100g	50g
Energy	1567 kJ 374 kcal	784 kJ 187 kcal
<b>Fat</b>	26.00g	13.00g
- of which saturates	10.00g	5.00g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.00g	0.50g
- of which polyols	6.00g	3.00g
<b>Fibre</b>	15.00g	7.50g
<b>Protein</b>	22.00g	11.00g
<b>Salt</b>	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

FOK445



CHOCOTOAST

feelingok.it

# Sweetness and taste with few calories



**LACTOSE  
FREE**

**KETO  
FRIENDLY**

**SOY  
FREE**

## Toast *cocoa*

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, WHEAT fibre, EGG white, acacia fibre, OAT protein, rice protein, cocoa (4%), ALMOND (3%), HAZELNUT (3%), olive oil, natural yeast, salt, sweetener: sucralose, emulsifier: e471, sunflower lecithin.



NET WEIGHT  
**160g**



SHELF-LIFE  
**15 months**

PACKAGE  
**4x40g**

Average nutritional values	1 portion	
	100g	40g
Energy	1520 kJ 363 kcal	608 kJ 145 kcal
<b>Fat</b>	11.00g	4.40g
- of which saturates	4.00g	1.60g
<b>Carbohydrate</b>	8.00g	3.20g
- of which sugars	0.80g	0.32g
<b>Fibre</b>	28.00g	11.20g
<b>Protein</b>	44.00g	17.60g
<b>Salt</b>	1.35g	0.54g
- of which sodium	540mg	216mg

ITEM NUMBERS

**FOK041**



**TOAST  
cocoa**

feelingok.it

+protein

Deliver taste and flavour to your table



SOY FREE

KETO FRIENDLY

LACTOSE FREE

Average nutritional values	1 portion	
	100g	40g
Energy	1482 kJ 354 kcal	593 kJ 142 kcal
Fat	10.00g	4.00g
- of which saturates	4.00g	1.60g
Carbohydrate	8.00g	3.20g
- of which sugars	0.80g	0.32g
Fibre	28.00g	11.20g
Protein	44.00g	17.60g
Salt	1.35g	0.54g
- of which sodium	540mg	216mg

## Toast

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, rice protein, EGG white, WHEAT fibre, acacia fibre, olive oil, natural yeast, salt, emulsifier: sunflower lecithin, e471.



NET WEIGHT  
160g



SHELF-LIFE  
15 months



PACKAGE  
4x40g

Delicious and fragrant toast ready to be enjoyed



SOY FREE

KETO FRIENDLY

LACTOSE FREE

Average nutritional values	1 portion	
	100g	40g
Energy	1494 kJ 357 kcal	598 kJ 143 kcal
Fat	13.00g	5.20g
- of which saturates	5.00g	2.00g
Carbohydrate	8.00g	3.20g
- of which sugars	1.00g	0.40g
Fibre	40.00g	16.00g
Protein	32.00g	12.80g
Salt	1.54g	0.62g
- of which sodium	616mg	246.4mg

## Toast oil seeds

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, WHEAT protein, OAT protein, EGG white, linseed, SESAME seeds, olive oil, salt, natural yeast, emulsifier: sunflower lecithin.



NET WEIGHT  
160g



SHELF-LIFE  
15 months



PACKAGE  
4x40g

ITEM NUMBERS

FOK003  
TOAST



FOK015  
TOAST  
oil seeds



feelingok.it

Italian taste



**LACTOSE FREE**

**KETO FRIENDLY**

**SOY FREE**

## Grissi

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, OAT protein, rice protein, EGG white, WHEAT fibre, acacia fibre, olive oil, natural yeast, salt, \*, emulsifier: sunflower lecithin, e471.

\* - if SESAME seeds (5%)  
- if oregano 2%



NET WEIGHT  
**150g**



SHELF-LIFE  
**15 months**



PACKAGE  
**3x50g**

Average nutritional values	1 portion	
	100g	50g
Energy	1473 kJ 352 kcal	737 kJ 176 kcal
<b>Fat</b>	12.00g	6.00g
- of which saturates	6.00g	3.00g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.00g	0.50g
<b>Fibre</b>	30.00g	15.00g
<b>Protein</b>	38.00g	19.00g
<b>Salt</b>	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

**FOK004**



GRISSI  
natural

**FOK001**



GRISSI  
with sesame

**FOK013**



GRISSI  
oregano

feelingOK.it

+protein

Practical and tasty for  
your balanced meal



**LACTOSE  
FREE**

**KETO  
FRIENDLY**

**SOY  
FREE**

**VEGAN  
100%**

## Piada

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, rice protein, OAT protein, WHEAT fibre, acacia fibre, olive oil, raising agents: sodium bicarbonate, salt, emulsifier: sunflower lecithin, e471, preservative: potassium sorbate.



NET WEIGHT  
**100g**



SHELF-LIFE  
**9 months**

PACKAGE  
**2x50g**

Average nutritional values	1 portion	
	100g	50g
Energy	1524 kJ 364 kcal	762 kJ 182 kcal
<b>Fat</b>	18.00g	9.00g
- of which saturates	5.65g	2.83g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.00g	0.50g
<b>Fibre</b>	25.00g	12.50g
<b>Protein</b>	30.00g	15.00g
<b>Salt</b>	1.12g	0.56g
- of which sodium	448mg	224mg

ITEM NUMBERS

**FOK095**



**PIADA**



Tasty and crispy,  
always with you



## MiniSnacker

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, OAT protein, rice protein, EGG white, WHEAT fibre, acacia fibre, olive oil, natural yeast, emulsifier: sunflower lecithin, e471.



NET WEIGHT  
**50g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x50g**

Average nutritional values	1 portion	
	100g	50g
Energy	1469 kJ 351 kcal	735 kJ 176 kcal
Fat	12.00g	6.00g
- of which saturates	4.80g	2.40g
Carbohydrate	8.00g	4.00g
- of which sugars	1.00g	0.50g
Fibre	25.50g	12.75g
Protein	40.00g	20.00g
Salt	1.32g	0.66g
- of which sodium	528mg	264mg

ITEM NUMBERS

**FOK0056**



**MINI SNACKER**  
natural

+protein

Let yourself be surprised  
by the taste



**LACTOSE  
FREE**

**KETO  
FRIENDLY**

**SOY  
FREE**

**VEGAN  
100%**

## Snacker

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, OAT protein, WHEAT protein, acacia fibre, pea protein, olive oil, \*, emulsifier: sunflower lecithin, salt.

\* if tomato and paprika: paprika (5%) - dried tomato (2%)

\* if sesame: SESAME seeds (3%)



NET WEIGHT  
**50g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x50g**



DISPLAY-BOX  
**11 pz**

Average nutritional values	1 portion	
	100g	50g
Energy	1423 kJ 340 kcal	712 kJ 170 kcal
Fat	14.00g	7.00g
- of which saturates	4.20g	2.10g
Carbohydrate	8.00g	4.00g
- of which sugars	1.00g	0.50g
Fibre	37.00g	18.50g
Protein	27.00g	13.50g
Salt	1.50g	0.75g
- of which sodium	600mg	300mg

ITEM NUMBERS

**FOK101**



**SNACKER**  
tomato and paprika

**FOK102**



**SNACKER**  
sesame

feelingok.it

Crunchy and golden, try them as a snack



## Crosti

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, acacia fibre, OAT protein, rice protein, EGG white, WHEAT fibre, \*, olive oil, natural yeast, salt, emulsifier: e471, sunflower lecithin.

\* - if olives: olives (10%)

- if cheese: parmesan (MILK 5%)



NET WEIGHT  
**50g**



SHELF-LIFE  
**15 months**

PACKAGE  
**1x50g**

Average nutritional values	1 portion	
	100g	50g
Energy	1566 kJ 374 kcal	783 kJ 187 kcal
Fat	14.00g	7.00g
- of which saturates	5.00g	2.50g
Carbohydrate	8.00g	4.00g
- of which sugars	1.00g	0.50g
Fibre	28.00g	14.00g
Protein	40.00g	20.00g
Salt	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

**LACTOSE FREE** FOK0054



CROSTI

**LACTOSE FREE** FOK0055



CROSTI  
with olives

FOK092



CROSTI  
cheese

feelingOK.it

+protein

# A tasty low-carb breakfast



## Muffin

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, EGG white, WHEAT fibre, BUTTER, olive oil, acacia fibre, \*, maltitol, salt, emulsifier: sunflower lecithin, e471, natural yeast.

- \* - if berries (5%),
- if cocoa (4%), chocolate chips (cocoa, cocoa butter, sunflower lecithin)



NET WEIGHT  
**50**



SHELF-LIFE  
**9 months**



PACKAGE  
**1x50g**



Average nutritional values	100g	1 portion 50g
Energy	1587 kJ 379 kcal	794 kJ 190 kcal
<b>Fat</b>	22.00g	11.00g
- of which saturates	8.80g	4.40g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.00g	0.50g
<b>Polyols</b>	8.00g	4.00g
<b>Fibre</b>	17.00g	8.50g
<b>Protein</b>	24.00g	12.00g
<b>Salt</b>	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

**FOK719**



**MUFFIN**

**FOK721**



**MUFFIN  
berries**

**FOK722**



**MUFFIN  
cocoa**

# For a delicious balanced breakfast



## Plumcake

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, isolated pea proteins, EGG white, WHEAT fibre, acacia fibre, MILK proteins, BUTTER, \*, olive oil, maltitol, erythritol, emulsifier: sunflower lecithin, e471, raising agents: sodium bicarbonate, pyrophosphate sodium.

- \* - if vanilla-lemon (flavor)
- if orange (5%)
- if cocoa (5%)
- if ALMOND (5%)

Average nutritional values	1 portion	
	100g	45g
Energy	1723 kJ 412 kcal	775 kJ 185 kcal
Fat	24.00g	10.80g
- of which saturates	9.00g	4.05g
Carbohydrate	8.00g	3.60g
- of which sugars	1.00g	0.45g
Polyols	9.00g	4.05g
Fibre	15.00g	6.75g
Protein	28.00g	12.60g
Salt	0.050g	0.023g
- of which sodium	20mg	9mg



NET WEIGHT  
**45g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x45g**



DISPLAY-BOX  
**10 pz**

ITEM NUMBERS

**FOK031**



**PLUMCAKE**  
vanilla-lemon

**FOK134**



**PLUMCAKE**  
orange

**FOK032**



**PLUMCAKE**  
cocoa

**FOK137**



**PLUMCAKE**  
almond

+protein

Delicious snack,  
practical and light



## SavordOk

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: isolated pea proteins, rice protein, EGG white, WHEAT protein, WHEAT fibre, acacia fibre, OAT fibre, BUTTER, high oleic sunflower oil, \*, maltitol, erythritol, emulsifier: sunflower lecithin, raising agents: sodium bicarbonate, pyrophosphate sodium.

- \* - if ALMOND (5%) - if coconut flakes (5%)
- if orange (5%) - if cocoa (5%)
- if berries (5%) - if apricot (5%)
- if vanilla-lemon (flavor) - if HAZELNUT (5%)

Average nutritional values	1 portion	
	100g	35g
Energy	1599 kJ 382 kcal	560 kJ 134 kcal
<b>Fat</b>	18.00g	6.30g
- of which saturates	6.00g	2.10g
<b>Carbohydrate</b>	8.00g	2.80g
- of which sugars	1.00g	0.35g
<b>Polyols</b>	10.00g	3.50g
<b>Fibre</b>	18.00g	6.30g
<b>Protein</b>	32.00g	11.20g
<b>Salt</b>	0.13g	0.046g
- of which sodium	52mg	18.2mg



NET WEIGHT  
**35g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x35g**



DISPLAY-BOX  
**15 pz**

ITEM NUMBERS



**FOK336**  
SAVORDOK  
almond



**FOK333**  
SAVORDOK  
coconut



**FOK334**  
SAVORDOK  
orange



**FOK338**  
SAVORDOK  
cocoa



**FOK331**  
SAVORDOK  
berries



**FOK332**  
SAVORDOK  
apricot



**FOK335**  
SAVORDOK  
vanilla-lemon



**FOK330**  
SAVORDOK  
hazelnut

feelingOK.it

A glazed snack, with  
a unique taste



## SavordOk *glazed with cocoa*

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: pea protein, rice protein, EGG white, WHEAT protein, WHEAT fibre, acacia fibre, OAT fibre, BUTTER, Cocoa cover (cocoa butter, cocoa, rice protein, OAT protein, pea protein, erythritol, HAZELNUTS), high oleic sunflower oil, \*, maltitol, erythritol, emulsifier: sunflower lecithin, raising agents: sodium bicarbonate, pyrophosphate sodium.

- \* - if vanilla-lemon (flavor)
- if orange (5%)
- if coconut flakes (5%)

Average nutritional values	1 portion	
	100g	43g
Energy	1766 kJ 422 kcal	760 kJ 181 kcal
<b>Fat</b>	21.80g	9.37g
- of which saturates	9.40g	4.04g
<b>Carbohydrate</b>	8.75g	3.76g
- of which sugars	1.00g	0.43g
<b>Polyols</b>	10.00g	4.30g
<b>Fibre</b>	22.00g	9.46g
<b>Protein</b>	30.70g	13.20g
<b>Salt</b>	0.13g	0.056g
- of which sodium	52mg	22.36mg



NET WEIGHT  
**43g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x43g**



DISPLAY-BOX  
**15 pz**

ITEM NUMBERS

**FOK097**



**SAVORDOK GLAZED**  
vanilla-lemon

**FOK098**



**SAVORDOK GLAZED**  
orange

**FOK099**



**SAVORDOK GLAZED**  
coconut

+protein

Great for breakfast or  
as a snack



KETO  
FRIENDLY

SOY  
FREE

## Biscottone

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: rice protein, WHEAT protein, MILK proteins, BUTTER, EGG white, maltitol, erythritol, WHEAT fibre, acacia fibre, emulsifier: sunflower lecithin, raising agents: sodium bicarbonate, pyrophosphate sodium, \*.

- \* - if vanilla-lemon (flavor)
- if coconut flakes (5%)
- if orange (5%)
- if cocoa (5%)
- if ALMOND (5%)

Average nutritional values	1 portion	
	100g	25g
Energy	1708 kJ 408 kcal	427 kJ 102 kcal
<b>Fat</b>	20.00g	5.00g
- of which saturates	6.50g	1.63g
<b>Carbohydrate</b>	10.00g	2.50g
- of which sugars	1.00g	0.25g
<b>Polyols</b>	20.00g	5.00g
<b>Fibre</b>	10.00g	2.50g
<b>Protein</b>	30.00g	7.50g
<b>Salt</b>	0.13g	0.033g
- of which sodium	52mg	13mg



NET WEIGHT  
**50g**



SHELF-LIFE  
**15 months**



PACKAGE  
**2x25g**



DISPLAY-BOX  
**15 pz**

ITEM NUMBERS

**FOK035**



**BISCOTTONE**  
vanilla-lemon

**FOK033**



**BISCOTTONE**  
coconut

**FOK034**



**BISCOTTONE**  
orange

**FOK038**



**BISCOTTONE**  
cocoa

**FOK036**



**BISCOTTONE**  
almond

feelingOK.it



# Sweet and practical snack in its unique formulation



## Delizia

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, isolated pea proteins, EGG white, WHEAT fibre, acacia fibre, OAT fibre, BUTTER, high oleic sunflower oil, maltitol, erythritol, emulsifier: sunflower lecithin, raising agents: sodium bicarbonate, pyrophosphate sodium, \*\*.

- \* - if vanilla-lemon (flavor)
- if cocoa (5%)
- if apricot (5%)

The ingredients written in capital letters can cause reactions in allergic or intolerant people.

Average nutritional values	1 portion	
	100g	50g
Energy	1566 kJ 374 kcal	783 kJ 187 kcal
<b>Fat</b>	18.00g	9.00g
- of which saturates	6.00g	3.00g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.00g	0.50g
<b>Polyols</b>	10.00g	5.00g
<b>Fibre</b>	18.00g	9.00g
<b>Protein</b>	30.00g	15.00g
<b>Salt</b>	0.13g	0.065g
- of which sodium	52mg	26mg



NET WEIGHT  
**50g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x50g**

ITEM NUMBERS

**FOK347**



**DELIZIA**  
vanilla-lemon

**FOK340**



**DELIZIA**  
cocoa

**FOK339**



**DELIZIA**  
apricot

+protein

A delicious and flavorful snack  
for any moment of the day



## Cantucci

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, isolated pea proteins, EGG white, WHEAT fibre, acacia fibre, OAT fibre, BUTTER, high oleic sunflower oil, \*, maltitol, erythritol, sweetener: sodium cyclamate, emulsifier: sunflower lecithin, raising agents: sodium bicarbonate, pyrophosphate sodium.

\* if cocoa (5%) - if roasted ALMOND (5%)

Average nutritional values	100g	1 portion 50g
Energy	1566 kJ 374 kcal	783 kJ 187 kcal
<b>Fat</b>	18.00g	9.00g
- of which saturates	6.00g	3.00g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.00g	0.50g
<b>Polyols</b>	10.00g	5.00g
<b>Fibre</b>	18.00g	9.00g
<b>Protein</b>	30.00g	15.00g
<b>Salt</b>	0.13g	0.065g
- of which sodium	52mg	26mg



NET WEIGHT  
**50g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x50g**

ITEM NUMBERS

**FOK238**



**CANTUCCI**  
cocoa

**FOK236**



**CANTUCCI**  
almond

# Experience the sweetness without sugar



Average nutritional values	100g
Energy	1916 kJ 458 kcal
Fat	29.50g
- of which saturates	14.00g
Carbohydrate	15.00g
- of which sugars	1.00g
Polyols	13.00g
Fibre	10.00g
Protein	28.00g
Salt	0.10g
- of which sodium	40mg

## Spreadable Cream *cocoa*

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEY protein (MILK), pea protein, OAT protein, cocoa (12%), rice protein, erythritol, cocoa fiber, olive oil, HAZELNUTS, emulsifier: sunflower lecithin.



ITEM NUMBERS

FOK079



NET WEIGHT  
100g



FOK080



NET WEIGHT  
250g



SPREADABLE CREAM  
cocoa

SPREADABLE CREAM  
cocoa - Big



Average nutritional values	100g
Energy	703 kJ 204 kcal
Fat	14.00g
- of which saturates	8.00g
Carbohydrate	3.00g
- of which sugars	0.80g
Polyols	15.00g
Fibre	25.00g
Protein	4.00g
Salt	0.10g
- of which sodium	40mg

## Lemon Zero

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: erythritol, coconut oil, lemon peel, preservative: potassium sorbate.



NET WEIGHT  
250g



SHELF-LIFE  
15 months



ITEM NUMBERS

FOK220  
LEMON  
ZERO



feeling\*ok.it

+protein

Let yourself be surprised  
by the taste!



VEGAN  
100%

KETO  
FRIENDLY

SOY  
FREE

## Tavoletta

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: cocoa butter, cocoa (12%), rice protein, OAT protein, pea protein, erythritol, HAZELNUTS, emulsifier: sunflower lecithin.



NET WEIGHT  
20g



SHELF-LIFE  
12 months



PACKAGE  
1x20g



DISPLAY-BOX  
30 pz

Average nutritional values	1 portion	
	100g	20g
Energy	1849 kJ 442 kcal	368 kJ 88 kcal
Fat	30.00g	6.00g
- of which saturates	20.00g	4.00g
Carbohydrate	12.00g	2.40g
- of which sugars	1.00g	0.20g
Polyols	10.00g	2.00g
Fibre	12.00g	2.40g
Protein	25.00g	5.00g
Salt	0.10g	0.020g
- of which sodium	40mg	8mg

ITEM NUMBERS

FOK076



TAVOLETTA  
cacao

To create what you desire!



Average nutritional values	100g
Energy	1340 kJ 320 kcal
Fat	10.00g
- of which saturates	6.00g
Carbohydrate	12.00g
- of which sugars	0.50g
Fibre	35.00g
Protein	28.00g
Salt	0.010g
- of which sodium	4mg



## Protein Mix pizza & bread

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, rice protein, OAT protein, WHEAT fibre, coconut oil, emulsifier: sunflower lecithin.

ITEM NUMBERS

**FOK096**

**PROTEIN MIX**  
pizza & bread



NET WEIGHT  
**600g**



SHELF-LIFE  
**15 months**

PACKAGE  
**2x300g**



**SOY FREE**

Average nutritional values	100g
Energy	1356 kJ 324 kcal
Fat	12.00g
- of which saturates	5.00g
Carbohydrate	8.00g
- of which sugars	1.00g
Polyols	10.00g
Fibre	32.00g
Protein	24.00g
Salt	0.54g
- of which sodium	216mg

## Pancake Mix & Waffle

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: concentrated WHEY protein, EGG white, WHEAT protein, WHEAT fibre, pea protein, acacia fibre, coconut oil, erythritol, emulsifier: sunflower lecithin, e471, raising agents: sodium bicarbonate, pyrophosphate sodium.

ITEM NUMBERS

**FOK081**

**PANCAKE MIX**



NET WEIGHT  
**400g**



SHELF-LIFE  
**15 months**

PACKAGE  
**1x400g**

feeling ok.it

+protein

# The Italian tradition with few carbohydrates

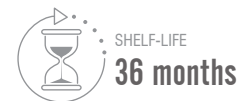


Average nutritional values	1 portion	
	100g	50g
Energy	1403 kJ 335 kcal	702 kJ 168 kcal
Fat	4.00g	2.00g
- of which saturates	0.54g	0.27g
Carbohydrate	12.30g	6.15g
- of which sugars	0.80g	0.40g
Fibre	15.00g	7.50g
Protein	55.00g	27.50g
Salt	0.55g	0.28g
- of which sodium	220mg	110mg

## Main courses

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, EGG white, WHEY protein (MILK), pea protein, WHEAT fibre, WHEAT flour, acacia fibre, stabilizing agents: guar gum e412, psyllium.



ITEM NUMBERS

ITEM NUMBERS	FOK050	FOK060	FOK066	FOK488	FOK489	FOK613
	<b>PENNE</b>	<b>SEDANI</b>	<b>FUSILLI</b>	<b>SAGNETTE</b>	<b>QUADRETTI</b>	<b>RISONI</b>
	<b>PACKAGE</b> <b>1x50g</b>	<b>PACKAGE</b> <b>1x50g</b>	<b>PACKAGE</b> <b>1x50g</b>	<b>PACKAGE</b> <b>1x100g</b>	<b>PACKAGE</b> <b>1x100g</b>	<b>PACKAGE</b> <b>1x100g</b>
	<b>PESO NETTO</b> <b>50g</b>	<b>PESO NETTO</b> <b>50g</b>	<b>PESO NETTO</b> <b>50g</b>	<b>PESO NETTO</b> <b>100g</b>	<b>PESO NETTO</b> <b>100g</b>	<b>PESO NETTO</b> <b>100g</b>

**KETO**  
FRIENDLY

**SOY**  
FREE



 **SHELF-LIFE**  
**36 months**

**FOK087**



**PENNE**

PACKAGE  
**1x500g**



PESO NETTO  
**500g**

**FOK088**



**FUSILLI**

PACKAGE  
**1x500g**



PESO NETTO  
**500g**

**FOK051**



**PENNE**

PACKAGE  
**1x250g**



PESO NETTO  
**250g**

**FOK067**



**FUSILLI**

PACKAGE  
**1x250g**



PESO NETTO  
**250g**

**FOK614**



**RISONI**

PACKAGE  
**1x500g**



PESO NETTO  
**500g**

ITEM NUMBERS

+protein



SOY  
FREE

KETO  
FRIENDLY

Holiday

## Palombina

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, OAT protein, BUTTER, rice protein, EGG white, WHEAT fibre, acacia fibre, orange peel, natural yeast, emulsifier: sunflower lecithin, e471, salt, preservative: potassium sorbate, sweetener: sodium cyclamate.



NET WEIGHT  
100g



SHELF-LIFE  
9 months

PACKAGE  
1x100g

Average nutritional values	100g
Energy	1507 kJ 360 kcal
Fat	22.00g
- of which saturates	5.00g
Carbohydrate	8.00g
- of which sugars	1.00g
Fibre	25.00g
Protein	20.00g
Salt	1.12g
- of which sodium	448mg



SOY  
FREE

KETO  
FRIENDLY

Holiday

## Palombina chocolate chips

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, OAT protein, BUTTER, rice protein, EGG white, WHEAT fibre, acacia fibre, chocolate chips ( cocoa, cocoa butter, sunflower lecithin ) 5%, emulsifier: sunflower lecithin, e471, salt, preservative: potassium sorbate, natural yeast, sweetener: sodium cyclamate.



NET WEIGHT  
100g



SHELF-LIFE  
9 months

PACKAGE  
1x100g

Average nutritional values	100g
Energy	1507 kJ 360 kcal
Fat	22.00g
- of which saturates	5.00g
Carbohydrate	8.00g
- of which sugars	1.00g
Fibre	25.00g
Protein	20.00g
Salt	1.12g
- of which sodium	448mg

FOK093

FOK192



PALOMBINA  
orange peel



PALOMBINA  
chocolate chips

ITEM NUMBERS



**SOY  
FREE**

**KETO  
FRIENDLY**

Celebrate without  
feeling guilty

*Holiday*



## Pan Natale *raisins*

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: OAT protein, WHEAT protein, rice protein, BUTTER, raisins, WHEAT fibre, acacia fibre, maltitol, salt, natural yeast, e471, preservative: potassium sorbate, sweetener: sodium cyclamate.



NET WEIGHT  
**90g**



SHELF-LIFE  
**9 months**



PACKAGE  
**1x90g**

## Pan Natale *chocolate chips*

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, rice protein, OAT protein, WHEAT fibre, BUTTER, chocolate chips (cocoa, cocoa butter, sunflower lecithin ) 5%, acacia fibre, salt, natural yeast, e471, preservative: potassium sorbate, sweetener: sodium cyclamate.



NET WEIGHT  
**90g**



SHELF-LIFE  
**9 months**



PACKAGE  
**1x90g**

Average nutritional values	1 portion	
	100g	90g
Energy	1343 kJ 321 kcal	1209 kJ 289 kcal
Fat	20.00g	18.00g
- of which saturates	5.00g	4.50g
Carbohydrate	8.00g	7.20g
- of which sugars	1.00g	0.90g
- of which polyols	4.50g	4.05g
Fibre	18.00g	16.20g
Protein	20.00g	18.00g
Salt	1.15g	1.04g
- of which sodium	460mg	414mg

ITEM NUMBERS

**FOK044**



**PAN NATALE  
raisins**

**FOK045**



**PAN NATALE  
chocolate chips**

feeling  k.it

+protein

To make your days sweeter

**NO** ADDED  
**SUGAR**



## Sweety *dolcificante*

ZERO-CALORIE with sweeteners

INGREDIENTS: water, sweetener: sodium cyclamate, sodium saccharin.



NET WEIGHT  
**50ml**



SHELF-LIFE  
**15 months**

PACKAGE  
**1x50ml**

Average nutritional values	100g
Energy	0 kJ 0 kcal
<b>Fat</b>	0.00g
- of which saturates	0.00g
<b>Carbohydrate</b>	0.00g
- of which sugars	0.00g
<b>Fibre</b>	0.00g
<b>Protein</b>	0.00g
<b>Salt</b>	0.00g
- of which sodium	0mg

ITEM NUMBERS

**FOK501**



**SWEETY**

feeling\*OK.it

**KETO**  
**FRIENDLY**

**High**  
**+ FIBRE**



feeling  k.it

**LOW CARB**  
**DIET FOODS**

High  
+FIBRE

A snack rich  
in cereals



## Croissant cereals

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, WHEAT protein, rice protein, acacia fibre, OAT protein, OAT fibre, EGG white, olive oil, coconut oil, BUTTER, SESAME seeds (5%), flax seeds (5%), salt, natural yeast, preservative: potassium sorbate, e471.



Average nutritional values	1 portion	
	100g	50g
Energy	1507 kJ 360 kcal	753 kJ 180 kcal
<b>Fat</b>	24.00g	12.00g
- of which saturates	10.00g	5.00g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	2.00g	1.00g
<b>Fibre</b>	16.00g	8.00g
<b>Protein</b>	20.00g	10.00g
<b>Salt</b>	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

FOK0712



CROISSANT  
cereals

feelingok.it

# A croissant for every time



## Savory Croissant

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, WHEAT protein, OAT protein, rice protein, acacia fibre, BUTTER, olive oil, emulsifier: sunflower lecithin, e471, salt, natural yeast, preservative: potassium sorbate, aromas: vanilla.

Average nutritional values	1 portion	
	100g	50g
Energy	1432 kJ 342 kcal	716 kJ 171 kcal
Fat	20.00g	10.00g
- of which saturates	10.00g	5.00g
Carbohydrate	8.00g	4.00g
- of which sugars	1.00g	0.50g
Fibre	25.00g	12.50g
Protein	20.00g	10.00g
Salt	1.12g	0.56g
- of which sodium	448mg	224mg



# Balance begins in the morning



## Croissant

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT fibre, WHEAT protein, OAT protein, rice protein, acacia fibre, BUTTER, olive oil, emulsifier: sunflower lecithin, e471, salt, natural yeast, preservative: potassium sorbate, sweetener: sodium cyclamate, aromas: vanilla.

Average nutritional values	1 portion	
	100g	50g
Energy	1432 kJ 342 kcal	716 kJ 171 kcal
Fat	20.00g	10.00g
- of which saturates	10.00g	5.00g
Carbohydrate	8.00g	4.00g
- of which sugars	1.00g	0.50g
Fibre	25.00g	12.50g
Protein	20.00g	10.00g
Salt	1.12g	0.56g
- of which sodium	448mg	224mg



ITEM NUMBERS

**FOK089**  
CROISSANT  
salty



**FOK090**  
CROISSANT



High  
+ FIBRE

Try it also  
lightly toasted



LACTOSE  
FREE

KETO  
FRIENDLY

SOY  
FREE

VEGAN  
100%

## Bauletto

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, WHEAT protein, acacia fibre, OAT protein, rice protein, olive oil, natural yeast, salt, emulsifier: sunflower lecithin, e471.



NET WEIGHT  
**300g**



SHELF-LIFE  
**9 months**



PACKAGE  
**1x300g**

Average nutritional values	100g	300g
	Energy	1038 kJ 248 kcal
Fat	8.00g	24.00g
- of which saturates	1.00g	3.00g
Carbohydrate	8.00g	24.00g
- of which sugars	1.00g	3.00g
Fibre	36.00g	108.00g
Protein	18.00g	54.00g
Salt	1.12g	3.36g
- of which sodium	448mg	1344mg

ITEM NUMBERS

FOK422



BAULETTO

feelingok.it

Great as a snack  
or in main meals



**LACTOSE FREE** **KETO FRIENDLY** **SOY FREE** **VEGAN 100%**

Average nutritional values	100g	1 portion 40g
Energy	1063 kJ 254 kcal	425 kJ 102 kcal
<b>Fat</b>	10.00g	4.00g
- of which saturates	1.00g	0.40g
<b>Carbohydrate</b>	8.00g	3.20g
- of which sugars	1.00g	0.40g
<b>Fibre</b>	30.00g	12.00g
<b>Protein</b>	18.00g	7.20g
<b>Salt</b>	1.35g	0.54g
- of which sodium	540mg	216mg

## Sandwich

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, WHEAT protein, OAT protein, rice protein, olive oil, acacia fibre, salt, natural yeast, emulsifier: sunflower lecithin, e471, preservative: potassium sorbate.

NET WEIGHT **40g** | SHELF-LIFE **9 months** | PACKAGE **1x40g**



For a light  
balanced breakfast

**LACTOSE FREE** **KETO FRIENDLY** **SOY FREE** **VEGAN 100%**

Average nutritional values	100g	1 portion 40g
Energy	1097 kJ 262 kcal	439 kJ 105 kcal
<b>Fat</b>	10.00g	4.00g
- of which saturates	1.00g	0.40g
<b>Carbohydrate</b>	8.00g	3.20g
- of which sugars	1.00g	0.40g
<b>Fibre</b>	30.00g	12.00g
<b>Protein</b>	20.00g	8.00g
<b>Salt</b>	0.45g	0.18g
- of which sodium	180mg	72mg

## Sandwich COCOA

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT fibre, WHEAT protein, OAT protein, rice protein, olive oil, cocoa (5%), acacia fibre, salt, natural yeast, emulsifier: sunflower lecithin, e471, preservative: potassium sorbate, sweetener: sodium cyclamate.

NET WEIGHT **40g** | SHELF-LIFE **9 months** | PACKAGE **1x40g**

COD. ART.

**F0K048**

**SANDWICH**



**F0K049**

**SANDWICH  
cocoa**



feeling\*ok.it

High  
+ FIBRE

Crispy slices  
for every moment



LACTOSE  
FREE

KETO  
FRIENDLY

SOY  
FREE

VEGAN  
100%

## Toast

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, acacia fibre, rice fibre, WHEAT protein, OAT protein, rice protein, \*, olive oil, natural yeast, salt, \*\*, emulsifier: sunflower lecithin, mono and diglycerides of fatty acids.

if TOMATO: \* dehydrated tomato (5%) - \*\* origano



Average nutritional values	1 portion	
	100g	40g
Energy	1365 kJ 326 kcal	546 kJ 130 kcal
<b>Fat</b>	12.00g	4.80g
- of which saturates	5.00g	2.00g
<b>Carbohydrate</b>	8.00g	3.20g
- of which sugars	0.80g	0.32g
<b>Fibre</b>	45.00g	18.00g
<b>Protein</b>	24.00g	9.60g
<b>Salt</b>	1.35g	0.54g
- of which sodium	540mg	216mg

ITEM NUMBERS

FOK403



TOAST

FOK402



TOAST  
tomato

feelingok.it



For a breakfast or a sweet and light snack



**LACTOSE FREE**

**KETO FRIENDLY**

**SOY FREE**

**VEGAN 100%**

## Toast cocoa

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT fibre, acacia fibre, WHEAT protein, OAT protein, rice protein, cocoa (5%), ALMOND (3%), HAZELNUT (3%), olive oil, natural yeast, salt, sweetener: sucralose, e471, emulsifier: sunflower lecithin.



NET WEIGHT  
**160g**



SHELF-LIFE  
**15 months**

PACKAGE  
**4x40g**

Average nutritional values	1 portion	
	100g	40g
Energy	1260 kJ 301 kcal	504 kJ 120 kcal
<b>Fat</b>	11.00g	4.40g
- of which saturates	3.00g	1.20g
<b>Carbohydrate</b>	8.00g	3.20g
- of which sugars	0.80g	0.32g
<b>Fibre</b>	45.00g	18.00g
<b>Protein</b>	20.00g	8.00g
<b>Salt</b>	1.35g	0.54g
- of which sodium	540mg	216mg

ITEM NUMBERS

**FOK441**



**TOAST cocoa**

feelingok.it

High  
+FIBRE

Even the breadding  
an be light!



**LACTOSE  
FREE**

**KETO  
FRIENDLY**

**SOY  
FREE**

**VEGAN  
100%**

## Pan Grattato

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, rice fibre, acacia fibre, WHEAT protein, OAT protein, rice protein, olive oil, natural yeast, salt, e471, emulsifier: sunflower lecithin.



NET WEIGHT  
**500g**



SHELF-LIFE  
**15 months**

PACKAGE  
**2x250g**

Average nutritional values	100g
Energy	1241 kJ 297 kcal
<b>Fat</b>	10.50g
- of which saturates	1.20g
<b>Carbohydrate</b>	8.00g
- of which sugars	0.80g
<b>Fibre</b>	45.00g
<b>Protein</b>	20.00g
<b>Salt</b>	1.35g
- of which sodium	540mg

ITEM NUMBERS

**FOK043**



**PAN GRATTATO**

feelingok.it

Fragrant and golden,  
available in various flavors



**LACTOSE  
FREE**

**KETO  
FRIENDLY**

**SOY  
FREE**

**VEGAN  
100%**

## Grissì

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, acacia fibre, WHEAT protein, OAT protein, olive oil, rice protein, natural yeast, salt, \*, e471, emulsifier: sunflower lecithin.

\* if SESAME (5%) - if rosemary (2%) - if oregano (1%)



NET WEIGHT  
**150g**



SHELF-LIFE  
**15 months**



PACKAGE  
**3x50g**

Average nutritional values	1 portion	
	100g	50g
Energy	1270 kJ 303 kcal	635 kJ 152 kcal
<b>Fat</b>	10.60g	5.30g
- of which saturates	4.25g	2.13g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.80g	0.90g
<b>Fibre</b>	46.00g	23.00g
<b>Protein</b>	21.00g	10.50g
<b>Salt</b>	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

**FOK404**



GRISSÌ  
natural

**FOK005**



GRISSÌ  
sesame

**FOK091**



GRISSÌ  
oregano

**FOK014**



GRISSÌ  
rosemary

feelingok.it

Delicious and tasty snack  
to always carry with you



**KETO FRIENDLY**

**SOY FREE**

**LACTOSE FREE**

**VEGAN 100%**

## Minigriss *tomato*

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT fibre, wheat GLUTEN, OAT protein, rice protein, acacia fibre, dehydrated tomato (12%), olive oil, natural yeast, salt, e471, emulsifier: sunflower lecithin.



NET WEIGHT  
**50g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x50g**

Average nutritional values	1 portion	
	100g	50g
Energy	1231 kJ 294 kcal	615 kJ 147 kcal
<b>Fat</b>	10.00g	5.00g
- of which saturates	4.00g	2.00g
<b>Carbohydrate</b>	8.00g	4.00g
- of which sugars	1.00g	0.50g
<b>Fibre</b>	46.00g	23.00g
<b>Protein</b>	20.00g	10.00g
<b>Salt</b>	1.35g	0.68g
- of which sodium	540mg	270mg

ITEM NUMBERS

**FOK405**



**MINIGRISS**  
tomato

feelingkok.it



To create what  
you want!



## Pizza Fast

FOOD PREPARATION |  
REDUCED CARBOHYDRATE

INGREDIENTS: OAT fibre, WHEAT fibre, WHEAT protein, EGG white, rice protein, pea protein, acacia fibre, olive oil, emulsifier: sunflower lecithin, salt, natural yeast, e471, preservative: potassium sorbate.

Average nutritional values	100g	1 portion 60g
Energy	1047 kJ 250 kcal	628 kJ 150 kcal
Fat	10.00g	6.00g
- of which saturates	4.00g	2.40g
Carbohydrate	10.00g	6.00g
- of which sugars	1.00g	0.60g
Fibre	30.00g	18.00g
Protein	15.00g	9.00g
Salt	1.20g	0.72g
- of which sodium	480mg	288mg

ITEM NUMBERS

FOK720



PizzaFast



NET WEIGHT  
**180g**



SHELF-LIFE  
**6 months**



PACKAGE  
**1x180g**

feelingOK.it

**SOY  
FREE**

Delicious biscuits for  
both breakfast and snack



**SOY  
FREE**

## Quadrelli

FOOD PREPARATION | REDUCED CARBOHYDRATE with sweeteners

INGREDIENTS: WHEAT protein, EGG white, rice protein, sunflower oil, BUTTER, acacia fibre, WHEAT fibre, sugar, \*, maltitol, sweetener: sodium cyclamate, emulsifier: sunflower lecithin, raising agents: pyrophosphate sodium, sodium bicarbonate.

- \* - if vanilla-lemon (flavor)
- if coconut flakes (5%)
- if orange (5%)
- if cocoa (5%)
- if ALMOND (5%)
- if HAZELNUT (5%)

Average nutritional values	1 portion	
	100g	50g
Energy	1653 kJ 395 kcal	827 kJ 198 kcal
<b>Fat</b>	19.00g	9.50g
- of which saturates	8.40g	4.20g
<b>Carbohydrate</b>	25.00g	12.50g
- of which sugars	15.00g	7.50g
- of which polyols	10.00g	5.00g
-	g	g
<b>Fibre</b>	10.00g	5.00g
<b>Protein</b>	30.00g	15.00g
<b>Salt</b>	0.13g	0.065g
- of which sodium	52mg	26mg



NET WEIGHT  
**50g**



SHELF-LIFE  
**15 months**



PACKAGE  
**1x50g**

ITEM NUMBERS

**FOK346**



**QUADRELLI**  
vanilla-lemon

**FOK343**



**QUADRELLI**  
coconut

**FOK342**



**QUADRELLI**  
orange

**FOK341**



**QUADRELLI**  
cocoa

**FOK344**



**QUADRELLI**  
almond

**FOK345**



**QUADRELLI**  
hazelnut

feeling ok.it

Do not give up on  
Italian taste



**LACTOSE FREE**

**SOY FREE**

## Main courses

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTI: proteine del GRANO, proteine di pisello, farina di FRUMENTO, albume d'UOVO, fibra di FRUMENTO, fibra di acacia, agenti stabilizzanti: gomma di guar, psillio.

Average nutritional values	1 portion	
	100g	50g
Energy	1285 kJ 307 kcal	643 kJ 154 kcal
Fat	3.00g	1.50g
- of which saturates	0.90g	0.45g
Carbohydrate	25.00g	12.50g
- of which sugars	0.80g	0.40g
Fibre	30.00g	15.00g
Protein	30.00g	15.00g
Salt	0.55g	0.28g
- of which sodium	220mg	110mg

ITEM NUMBERS

**FOK450**

**PENNE**

PACKAGE 1x50g

NET WEIGHT 50g

**FOK054**

**FUSILLI**

PACKAGE 1x50g

NET WEIGHT 50g

**FOK470**

**RISONI**

PACKAGE 1x100g

NET WEIGHT 100g

ITEM NUMBERS

**FOK481**

**TRANCETTI**

PACKAGE 1x250g

NET WEIGHT 250g

**FOK451**

**PENNE**

PACKAGE 1x250g

NET WEIGHT 250g

**FOK055**

**FUSILLI**

PACKAGE 1x250g

NET WEIGHT 250g

**FOK471**

**RISONI**

PACKAGE 1x500g

NET WEIGHT 500g

SHELF-LIFE  
**36 months**

feeling ok.it

Do not give up on  
Italian taste



**LACTOSE**  
**FREE**

**SOY**  
**FREE**

## Spaghetti

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, pea protein, WHEAT flour, EGG white, WHEAT fibre, acacia fibre, stabilizing agents: guar gum, psyllium.



NET WEIGHT  
**500g**



SHELF-LIFE  
**36 months**

PACKAGE  
**1x500g**

Average nutritional values	1 portion	
	100g	50g
Energy	1285 kJ 307 kcal	643 kJ 154 kcal
Fat	3.00g	1.50g
- of which saturates	0.90g	0.45g
Carbohydrate	25.00g	12.50g
- of which sugars	0.80g	0.40g
Fibre	30.00g	15.00g
Protein	30.00g	15.00g
Salt	0.55g	0.28g
- of which sodium	220mg	110mg

ITEM NUMBERS

**FOK480**



**SPAGHETTI**





**LACTOSE FREE** **SOY FREE**

## Spaghetti *tricolore*

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, pea protein, WHEAT flour, EGG white, WHEAT fibre, spinach fibre, tomato fibre, acacia fibre, stabilizing agents: guar gum, psyllium.



NET WEIGHT  
**500g**



SHELF-LIFE  
**36 months**



PACKAGE  
**1x500g**

Average nutritional values	1 portion	
	100g	50g
Energy	1302 kJ 311 kcal	651 kJ 156 kcal
Fat	3.00g	1.50g
- of which saturates	0.90g	0.45g
Carbohydrate	25.00g	12.50g
- of which sugars	0.80g	0.40g
Fibre	32.00g	16.00g
Protein	30.00g	15.00g
Salt	0.55g	0.28g
- of which sodium	220mg	110mg

FOK485



SPAGHETTI  
*tricolore*

ITEM NUMBERS

Do not give up on Italian taste



LACTOSE FREE

SOY FREE

## Linguine

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, pea protein, WHEAT flour, EGG white, WHEAT fibre, acacia fibre, stabilizing agents: guar gum, psyllium.



NET WEIGHT  
**500g**



SHELF-LIFE  
**36 months**



PACKAGE  
**1x500g**

Average nutritional values	1 portion	
	100g	50g
Energy	1285 kJ 307 kcal	643 kJ 154 kcal
Fat	3.00g	1.50g
- of which saturates	0.90g	0.45g
Carbohydrate	25.00g	12.50g
- of which sugars	0.80g	0.40g
Fibre	30.00g	15.00g
Protein	30.00g	15.00g
Salt	0.55g	0.28g
- of which sodium	220mg	110mg



LACTOSE FREE

SOY FREE

## Tagliatelle *cuttlefish ink*

FOOD PREPARATION | REDUCED CARBOHYDRATE

INGREDIENTS: WHEAT protein, pea protein, WHEAT flour, EGG white, WHEAT fibre, acacia fibre, cuttlefish ink 4%, stabilizing agents: guar gum, psyllium.



NET WEIGHT  
**500g**



SHELF-LIFE  
**36 months**



PACKAGE  
**1x500g**

Average nutritional values	1 portion	
	100g	50g
Energy	1285 kJ 307 kcal	643 kJ 154 kcal
Fat	3.00g	1.50g
- of which saturates	0.90g	0.45g
Carbohydrate	25.00g	12.50g
- of which sugars	0.80g	0.40g
Fibre	30.00g	15.00g
Protein	30.00g	15.00g
Salt	0.55g	0.28g
- of which sodium	220mg	110mg

ITEM NUMBERS

FOK482



LINGUINE

FOK490



TAGLIATELLE  
cuttlefish ink

feelingOK.it

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*balance your diet*



*+protein*

 **High  
+FIBRE**



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