

**Type:** Take away/online/ Meal delivery  
**Country:** Sofia, Bulgaria



### Why it is a good practice?

The KETO menu from Revivo.bg is fully compliant with all the principles of low quantities of fast-release carbohydrates and inclusion of high-fat meals. It was prepared as a result of long and detailed planning and consultation with Dr. Pelov. All products, quantities and proportions are carefully selected to give maximum results and so one starts to feel the impact of real food as quickly as possible. The dishes are prepared in a professional kitchen by a professional chef with a guarantee of quality and are delivered chilled by a special technology to preserve all the taste and nutritional qualities. Each dish is tested and approved only if it has impeccable taste, as our team appreciates and believes that food, in addition to being useful, can and should be delicious.

### About

Revivo's Chef Plamen and technologist is known for his work in iconic places such as the Restaurants "Regina", "Carrera" and pizzeria "Viktoria", now his creative work is available at Revivo. His menus are based on the keto-regime, which is a low-carb and high-fat plan. These are natural fats extracted from nature, not processed or artificial fats that flood the market. Today the stores are full of low-fat products, which, are full of sugar and starch. This leads to the fact that almost everything we buy packaged, has carbohydrates in some form. So, what is a Keto diet and why is it healthy. As we reduce the fast carbohydrates we eat, the liver begins to produce fat ketones, which serve as an alternative fuel when blood sugar is low. The main user of ketones is the brain, as it is the hungriest organ in the body and needs energy around the clock to function properly. When the body goes into keto mode, it begins to burn fat 24 hours a day, whether you exercise or sleep. You can guess that the most obvious effect of all this, is weight loss, which many people strive for. In addition, this ketosis is characterised by the fact that the feeling of hunger dissipates, and after a while the desire to eat sugary foods decreases. Experience shows us that when you eat this way you reduce eating naturally. This way you can stop counting calories.

In general, these recommendations are based on the traditional diet of the Bulgarians. Gradually, people begin to return to their roots. They recommend this lifestyle not just for weight loss, but for healing. Fighting obesity through diet is an attempt to treat the result, but not the cause. Revivo know from experience, that the main reason to abandon a diet or regimen is the difficulty of finding healthy products, lack of cooking time and loss of motivation due to the effort required to make healthy meals. Dr. Pelov has managed to gather everything in a balanced regime, which in addition to improving one's general health makes it easy to implement and it becomes a way of life.



### Healthy

This diet is healthy and balanced, as it takes people back to their roots and nature, where balance is everything. Over the years, we have upset this balance due to the availability of processed, high-carb foods in the market. Sugar addiction ensues and more and more of them are consumed which leads to illness. One of the main symptoms of this is obesity and its related diseases. It is suitable for anyone who wants to lose weight permanently and painlessly and is recommended for those with high blood pressure, cholesterol, or those who wants to have more energy and reduce insomnia.



### Sustainable

Revivo considers sustainability at every step of the way, as an innovative catering company, they utilise eco solutions for their packaging and take a fully transparent approach with their customers in terms of ingredients.



### Dietary requirements

It was prepared as a result of long and detailed planning and consultation with Dr. Pelov. All products, quantities and proportions are carefully selected to give maximum results quickly. Menus typically are 50% Vegetables (Selection of the best vegetables on the market), 15% Protein (meat and fish only from verified sources of proven origin and quality), 20% Natural Vegetable fats (No artificial or processed fats), and 15% Natural Animal Fats (with proven quality and origin).



### Use of technology

The Revivo website, is a complete online ordering platform and information source for customers. Their service is cashless. They have their own delivery vehicles.



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