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Sated Launches Keto Meal Replacement Shake for People On the Go

Nutritionally complete with high-quality ingredients, Sated's pre-made shakes make popular keto diet enjoyable and easy to maintain

Boston, MA (August 14, 2018) — Eating healthy in today's fast-paced environment can be extremely difficult, expensive, and time-consuming — especially for those watching their carb intake. To take the stress out of eating well, [Sated](#) introduces a new line of ready-to-drink, ketogenic (keto) meal replacement shakes that help people reach their diet and health goals. Today, Sated launched a Kickstarter campaign in the hopes of raising \$10,800 to bring convenient, delicious nutrition to people across the country.

Sated shakes are a nutritionally complete meal in a bottle. Ultra-low in carbohydrates, Sated shakes make it easy to follow a keto diet. The shakes are high in fat and have moderate protein to prevent blood sugar spikes or crashes. Sated shakes bring consumers convenient, optimum nutrition that tastes good and leaves them feeling satisfied, or sated, until their next meal.

“By following a keto regimen, people usually experience decreased hunger, weight loss, and physical and mental performance benefits,” said Ted Tieken, founder of Sated. “Although the keto diet is fantastic for achieving health goals, adhering to it can be really tough. We're excited to bring people the portable and affordable solution they've been looking for.”

Currently offered in chocolate and vanilla, Sated shakes are virtually carbohydrate free with less than 2g net carbs in a complete 400 calorie meal. Sated is made with a proprietary blend of four natural sweeteners, two kinds of protein, four kinds of healthy fats (olive, flax, coconut and MCT oils, giving it a 1:1 ratio of omega-3 to omega-6) and three kinds of fiber to fuel a keto lifestyle. Each Sated shake provides as much protein as three eggs, as much potassium as two bananas, more calcium than a cup of milk, more fiber than a bowl of oatmeal, and as much omega-3 as 15,441 chia seeds.

“This grab-and-go shake is perfect for anyone headed to work, to the gym or to run errands — it's made for anyone looking to improve their dietary health,” said Tieken. “We understand schedules don't always allow time for cooking and fast food options are loaded with carbs and sugar. Sated shakes make it easy to eat healthy no matter where you are.”

Sated is currently available for pre-order on Kickstarter for \$59.00 USD, which includes one Sated 18-pack for almost 35% off the retail price. Receive up to to 50% off with free US shipping

and \$5 per meal once the campaign concludes. For more information about the campaign or to place an order, visit pr.go2.fund/Sated.

About Sated

Founded in Cambridge, Massachusetts, Sated is a leading ketogenic and low-carb food company. Sated products are delicious and convenient, making it easier to live a low-carb lifestyle. Every Sated product contains less than one gram of net carbs per 100 calories. Unlike most food companies, Sated starts from the nutrition and works backward. For more information, please visit www.Sated.com.