



# READY MEAL DEVELOPED WITH LOW GLYCEMIC INDEX INGREDIENTS



[zeropicco.it](http://zeropicco.it)

# A more controlled nutritional response, ready when needed

Designed to provide a practical and balanced option when the daily diet plan becomes difficult to manage.



## THE PROBLEM

# When the pace speeds up meal control becomes difficult

- ✓ *Long Days*
- ✓ *Frequent Travel*
- ✓ *Irregular schedules*
- ✓ *Unexpected events*



In these moments, the problem is not only what you eat, **but how well you can stay consistent** with your nutritional balance.

WHY ZERO PICCO® WAS CREATED?

# ZERO PICCO® created to reduce dietary improvisation

It offers a **more mindful choice** for moments when organized alternatives are unavailable. A complete meal, designed to **support the continuity of your nutritional journey**

## ZERO PICCO® it is the result of a formulation process

The recipes are developed based on the selection of ingredients and their nutritional balance, to offer a **practical, consistent, and nutrient-rich meal.**



Designed to promote greater **consistency and balance** in daily nutritional management

# A simple principle: less improvisation, more nutritional control

- ✓ Promote a more stable nutritional management
- ✓ Avoid improvised food choices
- ✓ Maintain consistency in your nutritional journey

A **ready-to-use** solution that supports a more mindful approach to daily meals.



# When there's no time to plan, a ready-to-go option is needed

- ✓ Travel and business trips
- ✓ Intense and irregular work schedules
- ✓ Improvised lunch breaks
- ✓ Lack of nutritionally reliable alternatives
- ✓ Need for a complete meal, not just a traditional snack

A solution that helps maintain balance even on the most challenging days.



# Excellent nutritional values. More balanced choices.

Created for those seeking a ready-to-eat meal with dependable nutritional values

- ✓ Up to 13 g of protein / 100 g
- ✓ Up to 5.6 g of fiber / 100 g

The **balance between ingredients, fiber, and protein** allows for a complete meal with clear and well-defined nutritional characteristics:

Significant protein content,  
presence of dietary fiber,  
moderate energy intake,  
selected carbohydrates,  
and controlled portion

## **Format:**

270 g portion  
ready in minutes  
ambient storage  
long shelf life



A solution that combines **practicality and balance**  
in everyday meal management

# Everyday nutrition and new weight management pathways

In recent years, the adoption of structured weight management and glycemic response programs has become increasingly widespread, also thanks to the introduction of new pharmacological therapies such as GLP-1 receptor agonists. In these contexts, **everyday nutrition plays a central role**: managing portions, maintaining nutritional balance and avoiding improvised meals helps ensure continuity in one's journey.

**ZERO PICCO®** meals are formulated with nutritional characteristics consistent with these needs:

- Controlled portion
- Adequate protein content
- Presence of fiber
- Moderate energy intake
- Selected carbohydrates

**ZERO PICCO®** is not a medical product and does not replace therapies or professional advice. It is proposed as a **practical food solution with defined nutritional values**, useful in the daily management of meals when organizing is not simple.

FOOD  
SUPPORT

NUTRITIONAL  
CONTINUITY

DAILY  
SIMPLICITY

# Nutritional supervision Dr. Alessandra Parisi

*Dietitian specialized in metabolic nutrition and  
glycemic response management*

Scientific lead of the **ZERO PICCO®** project, she oversees the nutritional formulation of recipes and the educational content related to mindful nutrition.

*"Modern nutritional recommendations promote balanced meals, rich in fiber and with selected carbohydrates, within an overall controlled dietary pattern."*

**ZERO PICCO®** is built on this approach: offering a nutritionally consistent food solution in situations where organizing a meal is not simple.

## A prevention-oriented approach to metabolic health

*Dr. Alessandra Parisi*  
*Dietitian*  
*President FANO Rome OOV*  
*Member ADIa*



# Four recipes.

## Same nutritional logic

Different recipes, same function



### Chicken with beans

A meal that supports, not accelerates



### Quinoa with chicken, peas and carrots

Continuity when stability is needed.



### Curry chicken with chickpeas and carrots

completeness without excess



### Quinoa with pumpkin, chicken and lentils

gradual energy for long days

# Chicken with beans

- ✓ **Long shelf life** thanks to high-temperature thermal processing
- ✓ **No added preservatives**
- ✓ **No artificial additives**
- ✓ **No added sugars**
- ✓ **12g of protein per 100g**
- ✓ **5.6g of fiber per 100g**

Nutritional values per 100g

Energy	417 kJ / 100 kcal
Fat	2.8 g
of which saturated fats	0.04 g
Carbohydrates	4.2 g
of which sugars	2.4 g
Fiber	5.6 g
Protein	12.0 g
Salt	0.50 g

## Ingredients:

Sauce 40.8%: tomato, carrots, onion, high oleic sunflower seed oil, native inulin, blend of starches and vegetable fibers, bamboo/pea fiber, vegetable fiber, white pepper; Steamed cooked chicken cubes 37%: chicken breast, salt; Cooked beans 22.2%. May contain traces of: **CELERY, MUSTARD, SOY**



GLUTEN FREE

# Quinoa with chicken, peas and carrots

- ✓ **Long shelf life** thanks to high-temperature thermal processing
- ✓ **No added preservatives**
- ✓ **No artificial additives**
- ✓ **No added sugars**
- ✓ **9,8g of protein per 100g**
- ✓ **5g of fiber per 100g**

Nutritional values per 100g

Energy	485 kJ / 116 kcal
Fat	3,1 g
of which saturated fats	0.36 g
Carbohydrates	9,7 g
of which sugars	1,8 g
Fiber	5.0 g
Protein	9,8 g
Salt	0.31 g

## Ingredients:

Steamed cooked chicken cubes 28.1% (chicken breast, salt), cooked quinoa mix 15% (white quinoa, red quinoa, black quinoa), peas 14%, carrots 11.8%, high oleic sunflower seed oil, native inulin.  
May contain traces of: **GLUTEN, CELERY, MUSTARD, SOY.**



# Curry chicken with chickpeas and carrots

- ✓ **Long shelf life** thanks to high-temperature thermal processing
- ✓ **No added preservatives**
- ✓ **No artificial additives**
- ✓ **No added sugars**
- ✓ **13g of protein per 100g**
- ✓ **4,3g of fiber per 100g**

Nutritional values per 100g

Energy	458 kJ / 109 kcal
Fat	3,9 g
of which saturated fats	0,51 g
Carbohydrates	3,7 g
of which sugars	2,7 g
Fiber	4,3 g
Protein	13.0 g
Salt	0.59 g

## Ingredients:

Sauce 40.8%: low-fat white yogurt (skimmed MILK), live lactic cultures, carrots 32.7%, onion, high oleic sunflower seed oil, curry 2% (turmeric, coriander, **MUSTARD**, paprika, fenugreek, ginger, cumin, nutmeg, black pepper), **CELERY**, seeds, rice starch, canola oil, native inulin, mix of starches and plant fibers (rice, bamboo/pea), bamboo plant fiber, white pepper. Steamed cooked chicken cubes 37% (chicken breast, salt); cooked chickpeas 22.2%. May contain traces of: **MILK, CELERY, MUSTARD, SOY.**



GLUTEN FREE

# Quinoa with pumpkin, chicken and lentils

- ✓ **Long shelf life** thanks to high-temperature thermal processing
- ✓ **No added preservatives**
- ✓ **No artificial additives**
- ✓ **No added sugars**
- ✓ **7,7g of protein per 100g**
- ✓ **5g of fiber per 100g**

Nutritional values per 100g

Energy	499 kJ / 119 kcal
Fat	3,2 g
of which saturated fats	0,36 g
Carbohydrates	13 g
of which sugars	3,0 g
Fiber	5,0 g
Protein	7,7 g
Salt	0.32 g

## Ingredients:

Zucchini 29.6%, steamed cooked chicken cubes 26% (chicken breast, salt), tricolor quinoa mix 14.8% (white quinoa, red quinoa, black quinoa), lentils 11%, high oleic sunflower seed oil, native inulin, onion. May contain traces of: **GLUTEN, CELERY, MUSTARD, SOY.**



GLUTEN FREE

Contains naturally occurring sugars at 2.0 g per portion, in accordance with Reg. (EU) No. 1924/2006.

WHY IN PHARMACY?

# ZERO PICCO® is a solution that pharmacists can confidently recommend

A clear and responsible  
message.  
No sensationalistic  
promises.  
A reliable food solution in  
a trusted setting.  
Simple rotation, no cold  
chain management.  
Easy to manage, easy to  
explain, easy to sell

FOR THE PROFESSIONAL

**ZERO PICCO®**

is also designed for those  
who recommend it

- ✓ Clear positioning
- ✓ Consistent nutritional approach
- ✓ Simple, defensible communication

A product that supports professionals without complicating their recommendations.



A practical and reliable  
nutritional solution to manage  
meals even when it's not  
possible to cook or plan ahead.

**ZERO PICCO®**

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