



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 16<sup>TH</sup> FEBRUARY

## DELIVERY SUNDAY 15<sup>TH</sup> FEBRUARY

### DAY 1

16.7g carbs / 1,202 cal

**Breakfast pot & granola  
with strawberry jam**

4g carbs / 341 cal

**Chicken and broccoli  
bake**

5.2g carbs / 415 cal

**Beef stroganoff with  
cauliflower rice**

7.5g carbs / 446 cal

### DAY 2

15.9g carbs / 1,117 cal

**Breakfast pot & granola  
with blueberry jam**

4.5g carbs / 342 cal

**3 cheese & shallot quiche**

2.3g carbs / 358 cal

**Thai green curry with  
cauliflower rice**

9.1g carbs / 417 cal

*mild* 

### DAY 3

12.8g carbs / 1,296 cal

**Sausages, cherry  
tomatoes and mushrooms**

3.3g carbs / 326 cal

**Cream of mushroom soup  
with bread roll**

4.6g carbs / 270 cal

**Cheesy lasagne**

4.9g carbs / 700 cal

### DAY 4

13.2g carbs / 1,369 cal

**Pancakes with salted  
caramel syrup**

1.6g carbs / 227 cal

**BBQ pulled pork with pan-  
fried greens**

4.3g carbs / 646 cal

**Chicken pizzaiola with  
parmesan broccoli**

7.3g carbs / 496 cal

### DAY 5

14.5g carbs / 1,186 cal

**Blueberry muffin**

3.3g carbs / 193 cal

**Beef stir-fry**

3.6g carbs / 383 cal

**Mackerel and tuna  
fishcakes in pesto sauce  
with vegetables**

7.6g carbs / 610 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 11<sup>th</sup> February at 12 NOON**