



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 16TH FEBRUARY

DELIVERY SUNDAY 15TH FEBRUARY

DAY 1

16.7g carbs / 1,202 cals

Breakfast pot & granola with strawberry jam

4g carbs / 341 cals

Chicken and broccoli bake

5.2g carbs / 415 cals

Beef stroganoff with cauliflower rice

7.5g carbs / 446 cals

DAY 2

15.9g carbs / 1,117 cals

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cals

3 cheese & shallot quiche

2.3g carbs / 358 cals

Thai green curry with cauliflower rice

9.1g carbs / 417 cals

mild

DAY 4

13.2g carbs / 1,369 cals

Pancakes with salted caramel syrup

1.6g carbs / 227 cals

BBQ pulled pork with pan-fried greens

4.3g carbs / 646 cals

Chicken pizzaiola with parmesan broccoli

7.3g carbs / 496 cals

DAY 3

12.8g carbs / 1,296 cals

Sausages, cherry tomatoes and mushrooms

3.3g carbs / 326 cals

Cream of mushroom soup with bread roll

4.6g carbs / 270 cals

Cheesy lasagne

4.9g carbs / 700 cals

DAY 5

14.5g carbs / 1,186 cals

Blueberry muffin

3.3g carbs / 193 cals

Beef stir-fry

3.6g carbs / 383 cals

Mackerel and tuna fishcakes in pesto sauce with vegetables

7.6g carbs / 610 cals

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