



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 22<sup>ND</sup> DECEMBER

DELIVERY SUNDAY 21<sup>ST</sup> DECEMBER

## Christmas Menu

### DAY 1

16.3g carbs/ 1,281 cals

**Lemon and raspberry  
muffin**

2.8g carbs / 162 cals

**3 cheese & shallot  
quiche**

2.3g carbs / 358 cals

**Roast chicken,  
Yorkshire pudding &  
celeriac dauphinoise**

11.2g carbs / 761 cals

### DAY 2

15.7g carbs/ 1,306 cals

**Breakfast pot & granola  
with blueberry jam**

4.5g carbs / 342 cals

**Chicken & vegetable  
soup with bread roll**

6.3g carbs / 264 cals

**Cheesy lasagne**

4.9g carbs / 700 cals

### DAY 3

14.9g carbs/ 1,276 cals

**Pancakes with sweet  
cinnamon syrup**

1.6g carbs / 227 cals

**Stuffed courgettes**

5.8g carbs / 603 cals

**Beef stroganoff with  
cauliflower rice**

7.5g carbs / 446 cals

### DAY 4

15.6g carbs/ 1,156 cals

**Breakfast pot & granola  
with lemon curd**

3.2g carbs / 373 cals

**Chicken & broccoli  
quiche**

2.7g carbs / 397 cals

**Chicken & chorizo  
casserole with veg**

9.7g carbs / 386 cals

### DAY 5

16.1g carbs/ 1,218 cals

**Blueberry muffin**

3.3g carbs / 193 cals

**Garlic chicken with  
cauliflower mash**

8.1g carbs / 558 cals

**Prosciutto chicken in  
pesto sauce with  
vegetables**

4.7g carbs / 467 cals

### DAY 6

16.6g carbs/ 1,127 cals

**Pancakes with golden  
syrup**

1.6g carbs / 227 cals

**Beef in red wine with  
vegetables**

4.7g carbs / 345 cals

**Chicken curry with  
cauliflower rice**

10.3g carbs / 555 cals

*mild* 🌶️

### DAY 7

15.2g carbs/ 1,306 cals

**Sausages, cherry  
tomatoes & mushrooms**

3.3g carbs / 326 cals

**Cauliflower, bacon and  
cheese bake**

6.9g carbs / 592 cals

**Cod loin in cheese  
sauce with vegetables**

5g carbs / 388 cals

We are offering 5, 7 or 10 day meal plans, with a choice of 2 or 3 meals daily to see you throughout the Christmas period  
Orders close on **Wednesday 17<sup>th</sup> December at 12 NOON**

[www.ketokitchenlytham.co.uk](http://www.ketokitchenlytham.co.uk)