



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 14TH SEPTEMBER

DELIVERY SUNDAY 13TH SEPTEMBER

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 mash**

9.1g carbs / 417 cals

mild 

DAY 3

12.8g carbs/ 1,296 cals

**Sausages, cherry
tomatoes & 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 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 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 9th September at 12 NOON**

contact us: talktous@ketokitchenlytham.co.uk