



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 1<sup>ST</sup> SEPTEMBER

DELIVERY SUNDAY 31<sup>ST</sup> AUGUST

## DAY 1

17.4g carbs/ 1,413 cals

**Breakfast pot & granola  
with blueberry jam**

4.5g carbs / 342 calories

**BBQ pulled pork with pan  
fried greens**

2.6g carbs / 516 calories

**Chicken curry with  
cauliflower rice**

10.3g carbs / 555 calories

## DAY 2

18.6g carbs/ 1,403 cals

**Pancakes with vanilla  
syrup**

1.6g carbs / 227 cals

**Cream of chicken soup**

6.9g carbs / 386 cals

**Sausages in onion gravy  
with celeriac dauphinoise**

10.1g carbs / 790 cals

## DAY 3

17.8g carbs/ 1,512 cals

**Blueberry muffin**

3.3g carbs / 193 cals

**Stuffed peppers**

8.5g carbs / 612 cals

**Salmon with roast  
Mediterranean  
vegetables**

6g carbs / 707 cals

## DAY 4

18.1g carbs/ 1,377 cals

**Breakfast pot & granola  
with raspberry jam**

3.8g carbs / 340 cals

**Chicken and courgette  
gratin**

6.6g carbs / 668 cals

**Cottage pie with vegetable  
medley**

7.7g carbs / 369 cals

## DAY 5

15.2g carbs/ 1,547 cals

**Big breakfast frittata**

2.3g carbs / 635 cals

**Broccoli and cheddar  
quiche**

2.9g carbs / 353 cals

**Meatballs, tomato sauce  
and black bean spaghetti**

10g carbs / 559 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 27<sup>th</sup> August 12 NOON**