



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 28TH SEPTEMBER

DELIVERY SUNDAY 27TH SEPTEMBER

DAY 1

15.3g carbs / 1,445 cal

**Pancakes with chocolate
caramel syrup**

1.6g carbs / 227 cal

**Marry me chicken with
pan-fried greens**

5.7g carbs / 616 cal

**Chilli con carne with
cauliflower rice**

8g carbs / 602 cal

mild 

DAY 2

14.4 carbs / 1,366 cal

**Breakfast pot & granola
with lemon curd**

3.2g carbs / 373 cal

**Cauliflower & parmesan
soup with bread roll**

6.3g carbs / 293 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 3

13.2g carbs / 1,406 cal

**Sausages with creamy
mushrooms**

2.5g carbs / 425 cal

**Beef in red wine with
vegetables**

4.7g carbs / 345 cal

**Chicken alfredo with
cauliflower rice**

6g carbs / 636 cal

DAY 4

14.9g carbs / 1,182 cal

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cal

Bacon & egg quiche

2g carbs / 367 cal

**Chicken in white wine
with pesto gnocchi**

9.1g carbs / 475 cal

DAY 5

16.2g carbs / 1,322 cal

Blueberry muffin

3.3g carbs / 193 cal

**Paprika chicken with herb
bread**

4.8g carbs / 694 cal

**Cod loin in cheese sauce
with cauliflower mash
and vegetables**

8.1g carbs / 435 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 23rd September at 12 NOON**

contact us: talktous@ketokitchenlytham.co.uk