



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 13<sup>TH</sup> JULY

DELIVERY SUNDAY 12<sup>TH</sup> JULY

## DAY 1

16.5g carbs/ 1,271 cals

### Lemon and raspberry muffin

2.8g carbs / 162 cals

### Chicken stir-fry

3.6g carbs / 329 cals

### Sausages in onion gravy with celeriac dauphinoise

10.1g carbs / 780 cals

## DAY 2

16.6g carbs/ 1,336 cals

### Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cals

### Aubergine lasagne

5.1g carbs / 627 cals

### Cottage pie with vegetable medley

7.7g carbs / 369 cals

## DAY 3

15.9 carbs/ 1,016 cals

### Sausages, mushrooms and cherry tomatoes

3.3g carbs / 326 cals

### Spiced courgette & chicken soup with bread roll

7.4g carbs / 412 cals

### Vietnamese chicken with cauliflower rice

5.2g carbs / 278 cals

*fish sauce* 

## DAY 4

16.5g carbs/ 1,176 cals

### Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cals

### Broccoli & cheddar quiche

2.9g carbs / 353 cals

### Beef curry with cauliflower rice

9.1g carbs / 481 cals

*mild* 

## DAY 5

15.9g carbs/ 1,326 cals

### Pancakes with maple syrup

1.6g carbs / 227 cals

### Ham and mushroom fettuccine

8.3g carbs / 392 cals

### Salmon with roast Mediterranean vegetables

6g carbs / 707 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 8<sup>th</sup> July at 12 NOON**

contact us: [talktous@ketokitchenlytham.co.uk](mailto:talktous@ketokitchenlytham.co.uk)