



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 16TH MARCH

DELIVERY SUNDAY 15TH MARCH

DAY 1

18.4g carbs/ 1,233 cal

**Pancakes with salted
caramel syrup**

1.6g carbs / 227 cal

Stuffed courgettes

5.8g carbs / 603 cal

**Butter chicken with
cauliflower rice**

11g carbs / 403 cal

mild 🌶️

DAY 2

15.7g carbs/ 1,306 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

**Chicken & vegetable soup
with bread roll**

6.3g carbs / 264 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 3

16.1g carbs/ 1,218 cal

Blueberry muffin

3.3g carbs / 193 cal

**Garlic chicken with
cauliflower mash**

8.1g carbs / 558 cal

**Prosciutto chicken in
pesto sauce with
vegetables**

4.7g carbs / 467 cal

DAY 4

15.9g carbs/ 1,329 cal

**Breakfast pot & granola
with lemon curd**

3.2g carbs / 373 cal

Chicken & broccoli quiche

2.7g carbs / 397 cal

**Meatballs in tomato
sauce with black bean
spaghetti**

10g carbs / 559 cal

DAY 5

18g carbs/ 1,624 cal

Big breakfast

3.3g carbs / 603 cal

**Cauliflower, bacon and
cheese bake**

6.9g carbs / 592 cal

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

7.8g carbs / 429 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 11th March at 12 NOON**