



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 30TH MARCH

DELIVERY SUNDAY 29TH MARCH



DAY 1

DAY 2

DAY 3

We are now closed over Easter!

We do still have meals available to make up a plan for delivery this weekend - if you'd like to arrange this, please email us.

The latest menu will be uploaded and available to order from
Thursday 2nd of April

The next orders for meal plans, cheesecakes and pizzas will be
delivered on Sunday 12th April

Blueberry muffin

3.3g carbs / 193 cal

Lemon and raspberry muffin

2.8g carbs / 162 cal

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cal

Beef stir-fry

3.6g carbs / 383 cal

BBQ pulled pork with pan-fried greens

4.3g carbs / 646 cal

Cream of chicken soup with bread roll

6.9g carbs / 386 cal

Missed the cut off or need extra meals whilst we're closed?

We'll be offering Frozen meal plans for delivery on Tuesday 31st & Wednesday 1st of April, please just make sure to place your order by Monday 30th at 9pm

Frozen meal plan orders placed after Monday will be
delivered on Wednesday 8th of April

If you have any questions or queries please contact us via email:
talktous@ketokitchenlytham.co.uk

Emails will be monitored throughout the Easter closure