



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 29TH SEPTEMBER

DELIVERY SUNDAY 28TH SEPTEMBER

DAY 1

14.8g carbs / 1,103 cals

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 calories

**Broccoli and cheddar
quiche**

2.9g carbs / 353 cals

**Chicken curry with
cauliflower rice & mini
naan bread**

7.4g carbs / 408 calories

mild spice 

DAY 2

17.3g carbs / 1,037 cals

**Pancakes with golden
syrup**

1.6g carbs / 226 cals

**Edamame and mung
bean chorizo arrabbiata**

10.2g carbs / 338 cals

**Hunters chicken with
vegetables**

5.5g carbs / 473 cals

DAY 3

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 4

17.2g carbs / 1,155 cals

**Lemon and raspberry
muffin**

2.8g carbs / 162 cals

**Teriyaki chicken with
pan-fried greens**

4.4g carbs / 372 cals

**Sausages in onion gravy
with cauliflower mash**

10g carbs / 621 cals

DAY 5

15.7g carbs / 1,126 cals

**Sausages, mushrooms
and cherry tomatoes**

3.3g carbs / 326 cals

**Spiced courgette and
chicken soup with bread
roll**

7.4g carbs / 412 calories

**Cod loin in cheese sauce
with vegetables**

5g carbs / 388 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 24th of September at 12 NOON**