



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 27TH OCTOBER

DELIVERY SUNDAY 26TH OCTOBER

DAY 1

13.9g carbs/ 1,311 cal

Blueberry muffin

3.3g carbs / 193 cal

Chicken and tomato frittata

2.6g carbs / 516 cal

Chilli con carne with cauliflower rice

8g carbs / 602 cal

mild 

DAY 2

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 3

14.4 carbs/ 1,366 cal

Breakfast pot & granola with lemon curd

3.2g carbs / 373 cal

Cauliflower and parmesan soup with bread roll

6.3g carbs / 293 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 4

11.3g carbs/ 1,180 cal

Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cal

Bacon and egg quiche

2g carbs / 367 cal

Hunters chicken with vegetables

5.5g carbs / 473 cal

DAY 5

11.4g carbs/ 1,309 cal

Pancakes with chocolate caramel syrup

1.6g carbs / 227 cal

Paprika chicken with herb bread

4.8g carbs / 694 cal

Cod loin in cheese sauce with vegetables

5g carbs / 388 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 22nd October at 12 NOON**