KETO KITCHEN LYTHAM

Nutritious Low Carb Meals

MENU 9TH NOVEMBER

DELIVERY SUNDAY 8TH NOVEMBER

DAY 1

15.3g carbs/ 1,445 cals

Pancakes with chocolate caramel syrup
1.6g carbs / 227 cals

Marry me chicken with pan-fried greens
5.7g carbs / 616 cals

Chilli con carne with cauliflower rice
8g carbs / 602 cals

mild

DAY 2

14.4 carbs/ 1,366 cals

Breakfast pot & granola with lemon curd
3.2g carbs / 373 cals

Cauliflower & parmesan soup with bread roll
6.3g carbs / 293 cals

Cheesy lasagne
4.9g carbs / 700 cals

DAY 3

13.2g carbs/ 1,406 cals

Sausages with creamy mushrooms
2.5g carbs / 425 cals

Beef in red wine with vegetables
4.7g carbs / 345 cals

Chicken alfredo with cauliflower rice
6g carbs / 636 cals

DAY 4

17g carbs/ 1,239 cals

Breakfast pot & granola with raspberry jam
3.8g carbs / 340 cals

Bacon & egg quiche
2g carbs / 367 cals

Chicken in white wine with pesto courgetti
11.2g carbs / 532 cals

DAY 5

16.2g carbs/ 1,322 cals

Blueberry muffin
3.3g carbs / 193 cals

Paprika chicken with herb bread
4.8g carbs / 694 cals

Cod loin in cheese sauce with cauliflower mash and vegetables
8.1g carbs / 435 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 4th November** at **12 NOON**

contact us: talktous@ketokitchenlytham.co.uk