



**KETO KITCHEN  
LYTHAM**

*Nutritious Low Carb Meals*

# MENU 20<sup>TH</sup> JULY

## DELIVERY SUNDAY 19<sup>TH</sup> JULY

### 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

### 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 15<sup>th</sup> July at 12 NOON**

contact us: [talktous@ketokitchenlytham.co.uk](mailto:talktous@ketokitchenlytham.co.uk)