



**KETO KITCHEN  
LYTHAM**

*Nutritious Low Carb Meals*

# MENU 3RD MARCH

**DELIVERY SUNDAY 2ND MARCH**

## DAY 1

14.8g carbs / 1,227 cal

**Breakfast pot & granola  
with blueberry jam**

4.5g carbs / 342 calories

**Chicken and tomato  
frittata**

2.6g carbs / 516 calories

**Cottage pie with  
vegetables**

7.7g carbs / 369 calories

## DAY 2

12.4g carbs / 1,045 cal

**Breakfast pot & granola  
with raspberry jam**

3.8g carbs / 340 cal

**Celery and chorizo soup  
with roll**

4.2g carbs / 333 cal

**Teriyaki chicken with  
pan-fried greens**

4.4g carbs / 372 cal

## DAY 3

16.4g carbs / 1,102 cal

**Pancakes with vanilla  
syrup**

1.6g carbs / 226 cal

**Chicken and vegetable  
soup with roll**

6.3g carbs / 264 cal

**Stuffed peppers**

8.5g carbs / 612 cal

## DAY 4

14.6g carbs / 1,328 cal

**Blueberry muffin**

3.3g carbs / 193 cal

**Chicken and courgette  
gratin**

6.6g carbs / 668 cal

**Prosciutto chicken in pesto  
sauce and vegetables**

4.7g carbs / 467 cal

## DAY 5

11.6g carbs / 1,391 cal

**Sausages, mushrooms  
and cherry tomatoes**

3.3g carbs / 326 cal

**3 cheese and shallot  
quiche**

2.3g carbs / 358 cal

**Salmon with roast  
Mediterranean vegetables**

6g carbs / 707 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 26th February at 12 NOON**