KETO KITCHEN LYTHAM

Nutritious Low Carb Meals

MENU 2ND NOVEMBER

DELIVERY SUNDAY 1ST NOVEMBER

DAY 1

18.5g carbs/ 1,450 cals

Pancakes with vanilla syrup
1.6g carbs / 227 cals

Chicken and courgette gratin
6.6g carbs / 668 cals

Chicken curry with cauliflower rice
10.3g carbs / 555 cals
mild

DAY 2

17.4g carbs/ 1,316 cals

Breakfast pot & granola with blueberry jam
4.5g carbs / 342 cals

Broccoli & cheddar quiche
2.9g carbs / 353 cals

Sausages in onion gravy with cauliflower mash
10g carbs / 621 cals

DAY 3

18g carbs/ 1,446 cals

Big breakfast frittata
2.3g carbs / 635 cals

Edamame & mung bean chorizo arrabbiata
10.2g carbs / 338 cals

Hunters chicken with vegetables
5.5g carbs / 473 cals

DAY 4

18.4g carbs/ 1,095 cals

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

Cream of chicken soup with bread roll
6.9g carbs / 386 cals

Cottage pie with vegetable medley
7.7g carbs / 369 cals

DAY 5

17.9g carbs/ 1,236 cals

Blueberry muffin
3.3g carbs / 193 cals

Cabbage fettuccine bolognese
10.2g carbs / 666 cals

Salmon in lemon mustard sauce with vegetables
4.4g carbs / 377 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 28th October** at **12 NOON**

contact us: talktous@ketokitchenlytham.co.uk