



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 1<sup>ST</sup> JUNE

DELIVERY SUNDAY 31<sup>ST</sup> MAY

## DAY 1

16.5g carbs/ 1,271 cal

### Lemon and raspberry muffin

2.8g carbs / 162 cal

### Chicken stir-fry

3.6g carbs / 329 cal

### Sausages in onion gravy with celeriac dauphinoise

10.1g carbs / 780 cal

## DAY 2

16.6g carbs/ 1,336 cal

### Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cal

### Aubergine lasagne

5.1g carbs / 627 cal

### Cottage pie with vegetable medley

7.7g carbs / 369 cal

## DAY 3

15.9 carbs/ 1,016 cal

### Sausages, mushrooms and cherry tomatoes

3.3g carbs / 326 cal

### Spiced courgette & chicken soup with bread roll

7.4g carbs / 412 cal

### Vietnamese chicken with cauliflower rice

5.2g carbs / 278 cal

*fish sauce* 

## DAY 4

16.5g carbs/ 1,176 cal

### Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cal

### Broccoli & cheddar quiche

2.9g carbs / 353 cal

### Beef curry with cauliflower rice

9.1g carbs / 481 cal

*mild* 

## DAY 5

15.9g carbs/ 1,326 cal

### Pancakes with maple syrup

1.6g carbs / 227 cal

### Ham and mushroom fettuccine

8.3g carbs / 392 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 27<sup>th</sup> May at 12 NOON**

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