



**KETO KITCHEN  
LYTHAM**

Nutritious Low Carb Meals

# MENU 10TH FEBRUARY

**DELIVERY SUNDAY 9TH FEBRUARY**

## **DAY 1**

17.2g carbs/ 1,062 cal

**Breakfast pot & granola  
with mixed berry jam**

4.2g carbs / 341 cal

**Minestrone soup with roll**

7.5g carbs / 250 cal

**Hunters chicken with veg**

5.5g carbs / 473 cal

## **DAY 2**

18.5g carbs/ 1,171 cal

**Pancakes with  
butterscotch syrup**

1.6g carbs / 226 cal

**Cream of chicken soup  
with roll**

6.9g carbs / 386 cal

**Meatballs in tomato  
sauce with spaghetti**

10g carbs / 559 cal

## **DAY 3**

15.8g carbs/ 1,328 cal

**Breakfast pot with  
raspberry jam**

3.8g carbs / 340 cal

**Bacon & egg quiche**

2g carbs / 367 cal

**Sausages in onion gravy  
with cauliflower mash**

10g carbs / 621 cal

## **DAY 4**

16g carbs/ 1,187 cal

**Sausages, cherry  
tomatoes and mushrooms**

3.3g carbs / 326 cal

**Chicken & broccoli bake**

5.2g carbs / 415 cal

**Beef stroganoff with  
cauliflower rice**

7.5g carbs / 446 cal

## **DAY 5**

17.9g carbs/ 1,236 cal

**Blueberry muffin**

3.3g carbs / 193 cal

**Cabbage fettucine  
Bolognese**

10.2g carbs / 666 cal

**Salmon with lemon  
mustard sauce and veg**

4.4g carbs / 377 cal

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