



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 24TH NOVEMBER

DELIVERY SUNDAY 23RD NOVEMBER

DAY 1

16.7g carbs / 1,202 cal

**Breakfast pot & granola
with strawberry jam**

4g carbs / 341 cal

**Chicken and broccoli
bake**

5.2g carbs / 415 cal

**Beef stroganoff with
cauliflower rice**

7.5g carbs / 446 cal

DAY 2

15.9g carbs / 1,117 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

3 cheese & shallot quiche

2.3g carbs / 358 cal

**Thai green curry with
cauliflower rice**

9.1g carbs / 417 cal

mild 

DAY 3

12.8g carbs / 1,296 cal

**Sausages, cherry
tomatoes and mushrooms**

3.3g carbs / 326 cal

**Cream of mushroom soup
with bread roll**

4.6g carbs / 270 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 4

13.2g carbs / 1,369 cal

**Pancakes with salted
caramel syrup**

1.6g carbs / 227 cal

**BBQ pulled pork with pan-
fried greens**

4.3g carbs / 646 cal

**Chicken pizzaiola with
parmesan broccoli**

7.3g carbs / 496 cal

DAY 5

14.5g carbs / 1,186 cal

Blueberry muffin

3.3g carbs / 193 cal

Beef stir-fry

3.6g carbs / 383 cal

**Mackerel and tuna
fishcakes in pesto sauce
with vegetables**

7.6g carbs / 610 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 19th November at 12 NOON**

www.ketokitchenlytham.co.uk