KETO KITCHEN LYTHAM

Nutritious Low Carb Meals

MENU 16TH NOVEMBER

DELIVERY SUNDAY 15TH NOVEMBER

DAY 1

16.5g carbs/ 1,271 cals

Lemon and raspberry muffin
2.8g carbs / 162 cals

Chicken stir-fry
3.6g carbs / 329 cals

Sausages in onion gravy with celeriac dauphinoise
10.1g carbs / 780 cals

DAY 2

16.6g carbs/ 1,336 cals

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

Aubergine lasagne
5.1g carbs / 627 cals

Cottage pie with vegetable medley
7.7g carbs / 369 cals

DAY 3

15.9 carbs/ 1,016 cals

Sausages, mushrooms and cherry tomatoes
3.3g carbs / 326 cals

Spiced courgette & chicken soup with bread roll
7.4g carbs / 412 cals

Vietnamese chicken with cauliflower rice
5.2g carbs / 278 cals

fish sauce

DAY 4

16.5g carbs/ 1,176 cals

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

Broccoli & cheddar quiche
2.9g carbs / 353 cals

Beef curry with cauliflower rice
9.1g carbs / 481 cals

mild

DAY 5

15.9g carbs/ 1,326 cals

Pancakes with maple syrup
1.6g carbs / 227 cals

Ham and mushroom fettuccine
8.3g carbs / 392 cals

Salmon with roast Mediterranean vegetables
6g carbs / 707 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 11th November** at **12 NOON**

contact us: talktous@ketokitchenlytham.co.uk