



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 5TH JANUARY

DELIVERY SUNDAY 4TH JANUARY

2026

DAY 1

17.1g carbs/ 1,255 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

3 cheese & shallot quiche

2.3g carbs / 358 cal

**Chicken curry with
cauliflower rice**

10.3g carbs / 555 cal

mild 

DAY 4

14.2g carbs/ 1,008 cal

**Pancakes with salted
caramel syrup**

1.6g carbs / 227 cal

**Creamy bacon and
mushroom gnocchi**

5.3g carbs / 285 cal

**Chicken pizzaiola with
parmesan broccoli**

7.3g carbs / 496 cal

DAY 2

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 3

14.5g carbs/ 1,289 cal

**Sausages, cherry
tomatoes and mushrooms**

3.3g carbs / 326 cal

**Chicken and vegetable
soup with bread roll**

6.3g carbs / 263 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 5

15.2g carbs/ 1,213 cal

Blueberry muffin

3.3g carbs / 193 cal

Beef stir-fry

3.6g carbs / 383 cal

Fish pie with vegetables

8.3g carbs / 637 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 31st December at 12 NOON**