KETO KITCHEN LYTHAM

Nutritious Low Carb Meals

MENU 23RD NOVEMBER

DELIVERY SUNDAY 22ND NOVEMBER

DAY 1

18.4g carbs/ 1,233 cals

Pancakes with salted caramel syrup
1.6g carbs / 227 cals

Stuffed courgettes
5.8g carbs / 603 cals

Butter chicken with cauliflower rice
11g carbs / 403 cals

DAY 2

15.7g carbs/ 1,306 cals

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

Chicken & vegetable soup with bread roll
6.3g carbs / 264 cals

Cheesy lasagne
4.9g carbs / 700 cals

DAY 3

16.1g carbs/ 1,218 cals

Blueberry muffin
3.3g carbs / 193 cals

Garlic chicken with cauliflower mash
8.1g carbs / 558 cals

Prosciutto chicken in pesto sauce with vegetables
4.7g carbs / 467 cals

DAY 4

15.9g carbs/ 1,329 cals

Breakfast pot & granola with lemon curd
3.2g carbs / 373 cals

Chicken & broccoli quiche
2.7g carbs / 397 cals

Meatballs in tomato sauce with black bean spaghetti
10g carbs / 559 cals

DAY 5

18g carbs/ 1,624 cals

Big breakfast
3.3g carbs / 603 cals

Cauliflower, bacon and cheese bake
6.9g carbs / 592 cals

Cod loin in cheese sauce with cauliflower mash and vegetables
7.8g carbs / 429 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily

Orders close on **Wednesday 18th November** at **12 NOON**

contact us: talktous@ketokitchenlytham.co.uk