



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 23RD JUNE

DELIVERY SUNDAY 22ND JUNE

DAY 1

16.6g carbs/ 1,083 cals

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 calories

Teriyaki chicken with pan-fried greens

4.4g carbs / 372 cals

Cottage pie with vegetables

7.7g carbs / 369 calories

DAY 2

16.6g carbs/ 1,051 cals

Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cals

Celery and chorizo soup with roll

4.2g carbs / 333 cals

Butter chicken with cauliflower rice

8.6g carbs / 378 calories

DAY 3

16.4g carbs/ 1,102 cals

Pancakes with salted caramel syrup

1.6g carbs / 226 cals

Chicken and vegetable soup with roll

6.3g carbs / 264 cals

Stuffed peppers

8.5g carbs / 612 cals

DAY 4

14.6g carbs/ 1,328 cals

Blueberry muffin

3.3g carbs / 193 cals

Chicken and courgette gratin

6.6g carbs / 668 cals

Prosciutto chicken in pesto sauce and vegetables

4.7g carbs / 467 cals

DAY 5

11.6g carbs/ 1,391 cals

Sausages, mushrooms and cherry tomatoes

3.3g carbs / 326 cals

3 cheese and shallot quiche

2.3g carbs / 358 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 18TH June at 12 NOON**