



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 24TH AUGUST

DELIVERY SUNDAY 23RD AUGUST

DAY 1

16.5g carbs / 1,271 cal

**Lemon and raspberry
muffin**

2.8g carbs / 162 cal

Chicken stir-fry

3.6g carbs / 329 cal

**Sausages in onion gravy
with celeriac dauphinoise**

10.1g carbs / 780 cal

DAY 2

16.6g carbs / 1,336 cal

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cal

Aubergine lasagne

5.1g carbs / 627 cal

**Cottage pie with
vegetable medley**

7.7g carbs / 369 cal

DAY 3

15.9 carbs / 1,016 cal

**Sausages, mushrooms
and cherry tomatoes**

3.3g carbs / 326 cal

**Spiced courgette &
chicken soup with bread
roll**

7.4g carbs / 412 cal

**Vietnamese chicken with
cauliflower rice**

5.2g carbs / 278 cal

fish sauce 

DAY 4

16.5g carbs / 1,176 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

Broccoli & cheddar quiche

2.9g carbs / 353 cal

**Beef curry with
cauliflower rice**

9.1g carbs / 481 cal

mild 

DAY 5

15.9g carbs / 1,326 cal

**Pancakes with maple
syrup**

1.6g carbs / 227 cal

**Ham and mushroom
fettuccine**

8.3g carbs / 392 cal

**Salmon with roast
Mediterranean
vegetables**

6g carbs / 707 cal

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

contact us: talktous@ketokitchenlytham.co.uk