



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 15<sup>TH</sup> JUNE

## DELIVERY SUNDAY 14<sup>TH</sup> JUNE

### DAY 1

18.1g carbs/ 1,329 cal

**Sausages and creamy mushrooms**

2.5g carbs / 425 cal

**Teriyaki chicken with pan-fried greens**

4.4g carbs / 372 cal

**Chicken in white wine with pesto courgetti**

11.2g carbs / 532 cal

### DAY 2

18.6g carbs/ 1,278 cal

**Breakfast pot & granola with mixed berry jam**

4.2g carbs / 341 cal

**Broccoli & Lancashire soup with bread roll**

6.4g carbs / 335 cal

**Chilli con carne with cauliflower rice**

8g carbs / 602 cal

*mild* 🌶️

### DAY 3

15.7g carbs/ 1,078 cal

**Breakfast pot & granola with raspberry jam**

3.8g carbs / 340 cal

**Smoked salmon quiche**

2.2g carbs / 352 cal

**Chicken and chorizo casserole with vegetables**

9.7g carbs / 386 cal

### DAY 4

18.5g carbs/ 1,097 cal

**Lemon and raspberry muffin**

2.8g carbs / 162 cal

**Chicken, bacon & spinach black bean spaghetti**

6.5g carbs / 463 cal

**Beef in red wine with cauliflower mash**

9.2g carbs / 472 cal

### DAY 5

18.4g carbs/ 1,475 cal

**Pancakes with butterscotch syrup**

1.6g carbs / 226 cal

**Stuffed peppers**

8.5g carbs / 612 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 10<sup>th</sup> June at 12 NOON**

contact us: [talktous@ketokitchenlytham.co.uk](mailto:talktous@ketokitchenlytham.co.uk)