



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 29<sup>TH</sup> JUNE

## DELIVERY SUNDAY 28<sup>TH</sup> JUNE

### DAY 1

18.5g carbs / 1,450 cal

#### **Pancakes with vanilla syrup**

1.6g carbs / 227 cal

#### **Chicken and courgette gratin**

6.6g carbs / 668 cal

#### **Chicken curry with cauliflower rice**

10.3g carbs / 555 cal

*mild* 

### DAY 2

17.4g carbs / 1,316 cal

#### **Breakfast pot & granola with blueberry jam**

4.5g carbs / 342 cal

#### **Broccoli & cheddar quiche**

2.9g carbs / 353 cal

#### **Sausages in onion gravy with cauliflower mash**

10g carbs / 621 cal

### DAY 3

18g carbs / 1,446 cal

#### **Big breakfast frittata**

2.3g carbs / 635 cal

#### **Edamame & mung bean chorizo arrabbiata**

10.2g carbs / 338 cal

#### **Hunters chicken with vegetables**

5.5g carbs / 473 cal

### DAY 4

18.4g carbs / 1,095 cal

#### **Breakfast pot & granola with raspberry jam**

3.8g carbs / 340 cal

#### **Cream of chicken soup with bread roll**

6.9g carbs / 386 cal

#### **Cottage pie with vegetable medley**

7.7g carbs / 369 cal

### DAY 5

17.9g carbs / 1,236 cal

#### **Blueberry muffin**

3.3g carbs / 193 cal

#### **Cabbage fettuccine bolognese**

10.2g carbs / 666 cal

#### **Salmon in lemon mustard sauce with vegetables**

4.4g carbs / 377 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily.  
Orders close on **Wednesday 24<sup>th</sup> June at 12 NOON**

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