



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 10TH AUGUST

DELIVERY SUNDAY 9TH AUGUST

DAY 1

18.5g carbs/ 1,450 cals

Pancakes with vanilla syrup

1.6g carbs / 227 cals

Chicken and courgette gratin

6.6g carbs / 668 cals

Chicken curry with cauliflower rice

10.3g carbs / 555 cals

mild 

DAY 4

18.4g carbs/ 1,095 cals

Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cals

Cream of chicken soup with bread roll

6.9g carbs / 386 cals

Cottage pie with vegetable medley

7.7g carbs / 369 cals

DAY 2

17.4g carbs/ 1,316 cals

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cals

Broccoli & cheddar quiche

2.9g carbs / 353 cals

Sausages in onion gravy with cauliflower mash

10g carbs / 621 cals

DAY 3

18g carbs/ 1,446 cals

Big breakfast frittata

2.3g carbs / 635 cals

Chorizo arrabbiata with black bean spaghetti

10.2g carbs / 338 cals

Hunters chicken with vegetables

5.5g carbs / 473 cals

DAY 5

17.9g carbs/ 1,236 cals

Blueberry muffin

3.3g carbs / 193 cals

Cabbage fettuccine bolognese

10.2g carbs / 666 cals

Salmon in lemon mustard sauce with vegetables

4.4g carbs / 377 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 29th July at 12 NOON**

contact us: talktous@ketokitchenlytham.co.uk