



**KETO KITCHEN  
LYTHAM**

Nutritious Low Carb Meals

# MENU 10TH MARCH

**DELIVERY SUNDAY 9TH MARCH**

## DAY 1

13g carbs/ 1,425 cal

**Breakfast pot & granola  
with blueberry jam**

4.5g carbs / 342 cal

**Beef stir fry**

3.6g carbs / 383 cal

**Cheesy lasagne**

4.9g carbs / 700 cal

## DAY 2

15.7g carbs/ 1,082 cal

**Breakfast pot & granola  
with strawberry jam**

4g carbs / 341 cal

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

6.5g carbs / 463 cal

**Vietnamese chicken with  
cauliflower rice**

5.2g carbs / 278 cal

## DAY 3

16.3g carbs/ 1,135 cal

**Pancakes with maple  
syrup**

1.6g carbs / 227 cal

**Spiced courgette &  
chicken soup with roll**

7.4g carbs / 412 cal

**Chicken pizzaiola with  
parmesan broccoli**

7.3g carbs / 496 cal

## DAY 4

14.2g carbs/ 1,148 cal

**Blueberry muffin**

3.3g carbs / 193 cal

**Broccoli & cheddar  
quiche**

2.9g carbs / 353 cal

**Chilli con carne with  
cauliflower rice**

8g carbs / 602 cal

## DAY 5

11.8g carbs/ 1,282 cal

**Big breakfast frittata**

2.3g carbs / 635 cal

**Cream of mushroom soup  
with roll**

4.6g carbs / 270 cal

**Tuna steak, lemon  
mustard sauce & veg**

4.9g carbs / 377 cal

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