



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 10TH NOVEMBER

DELIVERY SUNDAY 9TH NOVEMBER

DAY 1

16g carbs/ 1,208 cals

Pancakes with maple syrup

1.6g carbs / 227 cals

Stuffed courgettes

5.8g carbs / 603 cals

Butter chicken with cauliflower rice

8.6g carbs / 378 cals

mild 

DAY 2

15.7g carbs/ 1,306 cals

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cals

Chicken and vegetable soup with bread roll

6.3g carbs / 264 cals

Cheesy lasagne

4.9g carbs / 700 cals

DAY 3

16.1g carbs/ 1,218 cals

Blueberry muffin

3.3g carbs / 193 cals

Garlic chicken with cauliflower mash

8.1g carbs / 558 cals

Prosciutto chicken in pesto sauce with veg

4.7g carbs / 467 cals

DAY 4

15.9g carbs/ 1,329 cals

Breakfast pot & granola with lemon curd

3.2g carbs / 373 cals

Chicken and broccoli quiche

2.7g carbs / 397 cals

Meatballs in tomato sauce with black bean spaghetti

10g carbs / 559 cals

DAY 5

15.2g carbs/ 1,583 cals

Big breakfast

3.3g carbs / 603 cals

Cauliflower, bacon and cheese bake

6.9g carbs / 592 cals

Cod loin in cheese sauce with vegetables

5g carbs / 388 cals

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