



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 6TH OCTOBER

DELIVERY SUNDAY 5TH OCTOBER

DAY 1

11g carbs/ 1,398 cals

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cals

**3 cheese and shallot
quiche**

2.3g carbs / 358 cals

Cheesy Lasagne

4.9g carbs / 700 cals

DAY 2

12.1g carbs/ 1,444 cals

**Sausages with creamy
mushrooms**

2.5g carbs / 425 cals

Beef stir-fry

3.6g carbs / 383 cals

**Chicken alfredo with
cauliflower rice**

6g carbs / 636 cals

DAY 3

15g carbs/ 1,367 cals

**Breakfast pot & granola
with lemon curd**

3.2g carbs / 373 cals

**Cream of mushroom
soup with bread roll**

4.6g carbs / 532 cals

**Chicken in white wine
with pesto gnocchi**

7.2g carbs / 462 cals

DAY 4

13.9g carbs/ 1,311 cals

Blueberry muffin

3.3g carbs / 193 cals

**Chicken and tomato
frittata**

2.6g carbs / 516 cals

**Chilli con carne with
cauliflower rice**

8g carbs / 602 cals

mild spice 

DAY 5

12.9g carbs/ 1,397 cals

**Pancakes with chocolate
caramel syrup**

1.6g carbs / 227 cals

**Chicken, bacon & spinach
edamame fettuccine**

5.3g carbs / 463 cals

**Salmon with roast
Mediterranean
vegetables**

6g carbs / 707 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 1st October at 12 NOON**