



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 5TH OCTOBER

DELIVERY SUNDAY 4TH OCTOBER

DAY 1

16.5g carbs / 1,271 cals

**Lemon and raspberry
muffin**

2.8g carbs / 162 cals

Chicken stir-fry

3.6g carbs / 329 cals

**Sausages in onion gravy
with celeriac dauphinoise**

10.1g carbs / 780 cals

DAY 2

16.6g carbs / 1,336 cals

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cals

Aubergine lasagne

5.1g carbs / 627 cals

**Cottage pie with
vegetable medley**

7.7g carbs / 369 cals

DAY 3

15.9 carbs / 1,016 cals

**Sausages, mushrooms
and cherry tomatoes**

3.3g carbs / 326 cals

**Spiced courgette &
chicken soup with bread
roll**

7.4g carbs / 412 cals

**Vietnamese chicken with
cauliflower rice**

5.2g carbs / 278 cals

fish sauce 

DAY 4

16.5g carbs / 1,176 cals

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cals

Broccoli & cheddar quiche

2.9g carbs / 353 cals

**Beef curry with
cauliflower rice**

9.1g carbs / 481 cals

mild 

DAY 5

15.9g carbs / 1,326 cals

**Pancakes with maple
syrup**

1.6g carbs / 227 cals

**Ham and mushroom
fettuccine**

8.3g carbs / 392 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 30th October at 12 NOON**

contact us: talktous@ketokitchenlytham.co.uk