



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 20TH OCTOBER

DELIVERY SUNDAY 19TH OCTOBER

DAY 1

16.6g carbs / 1,258 cal

Blueberry muffin

3.3g carbs / 193 cal

Chicken, bacon & spinach edamame fettuccine

5.3g carbs / 463 cal

Chilli con carne with cauliflower rice

8g carbs / 602 cal

mild 

DAY 2

17.3g carbs / 1,080 cal

Pancakes with butterscotch syrup

1.6g carbs / 226 cal

Broccoli and Lancashire soup with bread roll

6.4g carbs / 335 cal

Chicken in white wine with pesto courgetti

9.3g carbs / 519 cal

DAY 3

15.7g carbs / 1,078 cal

Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cal

Smoked salmon quiche

2.2g carbs / 352 cal

Chicken & chorizo casserole with vegetables

9.7g carbs / 386 cal

DAY 4

16.1g carbs / 1,269 cal

Sausages and creamy mushrooms

2.5g carbs / 425 cal

Teriyaki chicken with pan- fried greens

4.4g carbs / 372 cal

Beef in red wine with cauliflower mash

9.2g carbs / 472 cal

DAY 5

15g carbs / 1,332 cal

Breakfast pot & granola with mixed berry jam

4.2g carbs / 341 cal

Stuffed courgettes

5.8g carbs / 603 cal

Fish pie with vegetables

5g carbs / 388 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 15th October at 12 NOON**