



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 7<sup>TH</sup> SEPTEMBER

## DELIVERY SUNDAY 6<sup>TH</sup> SEPTEMBER

### DAY 1

18.1g carbs/ 1,329 cals

**Sausages and creamy mushrooms**

2.5g carbs / 425 cals

**Teriyaki chicken with pan-fried greens**

4.4g carbs / 372 cals

**Chicken in white wine with pesto courgetti**

11.2g carbs / 532 cals

### DAY 2

18.6g carbs/ 1,278 cals

**Breakfast pot & granola with mixed berry jam**

4.2g carbs / 341 cals

**Broccoli & Lancashire soup with bread roll**

6.4g carbs / 335 cals

**Chilli con carne with cauliflower rice**

8g carbs / 602 cals

*mild* 🌶️

### DAY 3

15.7g carbs/ 1,078 cals

**Breakfast pot & granola with raspberry jam**

3.8g carbs / 340 cals

**Smoked salmon quiche**

2.2g carbs / 352 cals

**Chicken and chorizo casserole with vegetables**

9.7g carbs / 386 cals

### DAY 4

18.5g carbs/ 1,097 cals

**Lemon and raspberry muffin**

2.8g carbs / 162 cals

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

6.5g carbs / 463 cals

**Beef in red wine with cauliflower mash**

9.2g carbs / 472 cals

### DAY 5

18.4g carbs/ 1,475 cals

**Pancakes with butterscotch syrup**

1.6g carbs / 226 cals

**Stuffed peppers**

8.5g carbs / 612 cals

**Fish pie with vegetables**

8.3g carbs / 637 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 2<sup>nd</sup> September at 12 NOON**

contact us: [talktous@ketokitchenlytham.co.uk](mailto:talktous@ketokitchenlytham.co.uk)