



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 14TH JULY

DELIVERY SUNDAY 13TH JULY

DAY 1

16.5g carbs/ 1,264 cals

**Pancakes with golden
syrup**

1.6g carbs / 226 cals

**Edamame & mung bean
arrabbiata with chorizo**

10g carbs / 338 cals

Cheesy lasagne

4.9g carbs / 700 cals

DAY 2

14g carbs/ 1,381 cals

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cals

**Paprika chicken with herb
bread**

4.8g carbs / 694 cals

**Beef in red wine with
vegetables**

4.7g carbs / 345 cals

DAY 3

16.2g carbs/ 1,123 cals

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cals

**Chicken and broccoli
quiche**

2.7g carbs / 397 cals

**Chicken and chorizo
casserole with
vegetables**

9.7g carbs / 386 cals

DAY 4

16.8g carbs/ 1,354 cals

**Sausages with creamy
mushrooms**

4.5g carbs / 425 cals

**Cauliflower and
parmesan soup with roll**

6.3g carbs / 293 cals

**Chicken Alfredo with
cauliflower rice**

6g carbs / 636 cals

DAY 5

17.4g carbs/ 1,063 cals

**Lemon and raspberry
muffin**

2.8g carbs / 162 cals

**Chicken and vegetable
soup with roll**

6.3g carbs / 264 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 9TH July at 12 NOON**