



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 16TH JUNE

DELIVERY SUNDAY 15TH JUNE

DAY 1

15.8g carbs/ 1,377 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

**Broccoli & Lancashire
cheese soup with roll**

6.4g carbs / 335 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 2

16.7g carbs/ 1,228 cal

**Sausages with creamy
mushrooms**

2.5g carbs / 425 cal

**Cream of chicken soup
with roll**

6.9g carbs / 386 cal

**Loaded mushrooms with
chorizo cabbage**

7.3g carbs / 417 cal

DAY 3

15.5g carbs/ 1,163 cal

**Pancakes with chocolate
caramel syrup**

1.6g carbs / 226 cal

Beef stir-fry

3.6g carbs / 383 cal

**Chicken curry with
cauliflower rice**

10.3g carbs / 554 cal

mild spice 

DAY 4

12.6g carbs/ 1,187 cal

**Breakfast pot & granola
with lemon curd**

3.2g carbs / 373 cal

Smoked salmon quiche

2.2g carbs / 352 cal

**Chicken in white wine
with pesto gnocchi**

7.2g carbs / 462 cal

DAY 5

12.6g carbs/ 1,227 cal

Blueberry muffin

3.3g carbs / 193 cal

**BBQ pulled pork with pan-
fried greens**

4.3g carbs / 646 cal

**Cod loin in cheese sauce
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 11th June at 12 NOON**

www.ketokitchenlytham.co.uk