



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 13<sup>TH</sup> OCTOBER

DELIVERY SUNDAY 12<sup>TH</sup> OCTOBER

## DAY 1

17.9g carbs/ 1,394 cals

### Blueberry muffin

3.3g carbs / 193 cals

### BBQ pulled pork with pan fried greens

4.3g carbs / 646 calories

### Chicken curry with cauliflower rice

10.3g carbs / 555 calories

*mild spice* 

## DAY 2

18.6g carbs/ 1,403 cals

### Pancakes with vanilla syrup

1.6g carbs / 227 cals

### Cream of chicken soup with bread roll

6.9g carbs / 386 cals

### Sausages in onion gravy with celeriac dauphinoise

10.1g carbs / 790 cals

## DAY 3

18g carbs/ 1,342 cals

### Breakfast pot & granola with blueberry jam

4.5g carbs / 342 calories

### Stuffed peppers

8.5g carbs / 612 cals

### Cod loin in cheese sauce with vegetables

5g carbs / 388 cals

## DAY 4

18.1g carbs/ 1,377 cals

### Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cals

### Chicken and courgette gratin

6.6g carbs / 668 cals

### Cottage pie with vegetable medley

7.7g carbs / 369 cals

## DAY 5

15.2g carbs/ 1,547 cals

### Big breakfast frittata

2.3g carbs / 635 cals

### Broccoli and cheddar quiche

2.9g carbs / 353 cals

### Meatballs, tomato sauce and black bean spaghetti

10g carbs / 559 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 8<sup>th</sup> October at 12 NOON**