



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 6<sup>TH</sup> JULY

## DELIVERY SUNDAY 5<sup>TH</sup> JULY

### DAY 1

15.3g carbs/ 1,445 cal

**Pancakes with chocolate  
caramel syrup**

1.6g carbs / 227 cal

**Marry me chicken with  
pan-fried greens**

5.7g carbs / 616 cal

**Chilli con carne with  
cauliflower rice**

8g carbs / 602 cal

*mild* 

### DAY 2

14.4 carbs/ 1,366 cal

**Breakfast pot & granola  
with lemon curd**

3.2g carbs / 373 cal

**Cauliflower & parmesan  
soup with bread roll**

6.3g carbs / 293 cal

**Cheesy lasagne**

4.9g carbs / 700 cal

### DAY 3

13.2g carbs/ 1,406 cal

**Sausages with creamy  
mushrooms**

2.5g carbs / 425 cal

**Beef in red wine with  
vegetables**

4.7g carbs / 345 cal

**Chicken alfredo with  
cauliflower rice**

6g carbs / 636 cal

### DAY 4

14.9g carbs/ 1,182 cal

**Breakfast pot & granola  
with raspberry jam**

3.8g carbs / 340 cal

**Bacon & egg quiche**

2g carbs / 367 cal

**Chicken in white wine  
with pesto gnocchi**

9.1g carbs / 475 cal

### DAY 5

16.2g carbs/ 1,322 cal

**Blueberry muffin**

3.3g carbs / 193 cal

**Paprika chicken with herb  
bread**

4.8g carbs / 694 cal

**Cod loin in cheese sauce  
with cauliflower mash  
and vegetables**

8.1g carbs / 435 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 1<sup>st</sup> June at 12 NOON**

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