



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 19TH JANUARY

DELIVERY SUNDAY 18TH JANUARY

DAY 1

13.9g carbs/ 1,311 cals

Blueberry muffin

3.3g carbs / 193 cals

Chicken and tomato frittata

2.6g carbs / 516 cals

Chilli con carne with cauliflower rice

8g carbs / 602 cals

mild

DAY 4

14.9g carbs/ 1,182 cals

Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cals

Bacon & egg quiche

2g carbs / 367 cals

Chicken in white wine with pesto gnocchi

9.1g carbs / 475 cals

DAY 2

13.2g carbs/ 1,406 cals

Sausages with creamy mushrooms

2.5g carbs / 425 cals

Beef in red wine with vegetables

4.7g carbs / 345 cals

Chicken alfredo with cauliflower rice

6g carbs / 636 cals

DAY 3

14.4 carbs/ 1,366 cals

Breakfast pot & granola with lemon curd

3.2g carbs / 373 cals

Cauliflower & parmesan soup with bread roll

6.3g carbs / 293 cals

Cheesy lasagne

4.9g carbs / 700 cals

DAY 5

11.4g carbs/ 1,309 cals

Pancakes with chocolate caramel syrup

1.6g carbs / 227 cals

Paprika chicken with herb bread

4.8g carbs / 694 cals

Cod loin in cheese sauce with vegetables

5g carbs / 388 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 14th January at 12 NOON**