



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 19TH JANUARY

DELIVERY SUNDAY 18TH JANUARY

DAY 1

13.9g carbs/ 1,311 cal

Blueberry muffin

3.3g carbs / 193 cal

Chicken and tomato frittata

2.6g carbs / 516 cal

Chilli con carne with cauliflower rice

8g carbs / 602 cal

mild 

DAY 2

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 3

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 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

11.4g carbs/ 1,309 cal

Pancakes with chocolate caramel syrup

1.6g carbs / 227 cal

Paprika chicken with herb bread

4.8g carbs / 694 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 14th January at 12 NOON**