



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 2<sup>nd</sup> JUNE

## DELIVERY SUNDAY 1<sup>st</sup> JUNE

### DAY 1

17.2g carbs/ 1,062 cals

**Breakfast pot & granola  
with mixed berry jam**

4.2g carbs / 341 cals

**Minestrone soup with roll**

7.5g carbs / 250 cals

**Hunters chicken with veg**

5.5g carbs / 473 cals

### DAY 2

17.9g carbs/ 1,081 cals

**Sausages, cherry  
tomatoes and mushrooms**

3.3g carbs / 326 cals

**Cream of chicken soup  
with roll**

6.9g carbs / 386 cals

**Cottage pie with  
vegetables**

7.7g carbs / 369 cals

### DAY 3

15.8g carbs/ 1,328 cals

**Breakfast pot with  
raspberry jam**

3.8g carbs / 340 cals

**Bacon & egg quiche**

2g carbs / 367 cals

**Sausages in onion gravy  
with cauliflower mash**

10g carbs / 621 cals

### DAY 4

14.3g carbs/ 1,087 cals

**Pancakes with  
butterscotch syrup**

1.6g carbs / 226 cals

**Chicken & broccoli bake**

5.2g carbs / 415 cals

**Beef stroganoff with  
cauliflower rice**

7.5g carbs / 446 cals

### DAY 5

17.9g carbs/ 1,236 cals

**Blueberry muffin**

3.3g carbs / 193 cals

**Cabbage fettucine  
Bolognese**

10.2g carbs / 666 cals

**Salmon with lemon  
mustard sauce and veg**

4.4g carbs / 377 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 28<sup>th</sup> May at 12 NOON**