



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 21ST SEPTEMBER

DELIVERY SUNDAY 20TH SEPTEMBER

DAY 1

18.5g carbs/ 1,450 cal

**Pancakes with vanilla
syrup**

1.6g carbs / 227 cal

**Chicken and courgette
gratin**

6.6g carbs / 668 cal

**Chicken curry with
cauliflower rice**

10.3g carbs / 555 cal

mild 

DAY 4

18.4g carbs/ 1,095 cal

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cal

**Cream of chicken soup
with bread roll**

6.9g carbs / 386 cal

**Cottage pie with
vegetable medley**

7.7g carbs / 369 cal

DAY 2

17.4g carbs/ 1,316 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

Broccoli & cheddar quiche

2.9g carbs / 353 cal

**Sausages in onion gravy
with cauliflower mash**

10g carbs / 621 cal

DAY 3

18g carbs/ 1,446 cal

Big breakfast frittata

2.3g carbs / 635 cal

**Edamame & mung bean
chorizo arrabbiata**

10.2g carbs / 338 cal

**Hunters chicken with
vegetables**

5.5g carbs / 473 cal

DAY 5

17.9g carbs/ 1,236 cal

Blueberry muffin

3.3g carbs / 193 cal

**Cabbage fettuccine
bolognese**

10.2g carbs / 666 cal

**Salmon in lemon mustard
sauce with vegetables**

4.4g carbs / 377 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily.
Orders close on **Wednesday 16th September at 12 NOON**

contact us: talktous@ketokitchenlytham.co.uk