



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 14TH APRIL

DELIVERY SUNDAY 13TH APRIL

DAY 1

15.6g carbs / 1,305 cal

Blueberry muffin

3.3g carbs / 193 cal

Spiced courgette & chicken soup with roll

7.4g carbs / 412 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 2

15.7g carbs / 1,082 cal

Breakfast pot & granola with strawberry jam

4g carbs / 341 cal

Chicken, bacon & spinach with bean spaghetti

6.5g carbs / 463 cal

Vietnamese chicken with cauliflower rice

5.2g carbs / 278 cal

contains fish sauce 

DAY 3

17.6g carbs / 1,033 cal

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cal

Broccoli & cheddar quiche

2.9g carbs / 353 cal

Edamame & mung bean arrabiata with chorizo

10.2g carbs / 338 cal

DAY 4

14.8g carbs / 1,244 cal

Pancakes with caramel syrup

1.6g carbs / 227 cal

Chicken & broccoli bake

5.2g carbs / 415 cal

Chilli con carne with cauliflower rice

8g carbs / 602 cal

mild spice 

DAY 5

16.7g carbs / 1,100 cal

Lemon and raspberry muffin

2.8g carbs / 162 cal

Beef stir fry

3.6g carbs / 383 cal

Chicken curry with cauliflower rice

10.3g carbs / 555 cal

mild spice 

DAY 6

15.2g carbs / 1,092 cal

Sausages, mushrooms and cherry tomatoes

3.3g carbs / 326 cal

Cream of mushroom soup with roll

4.6g carbs / 270 cal

Chicken pizzaiola with parmesan broccoli

7.3g carbs / 496 cal

DAY 7

16.8g carbs / 1,281 cal

Pancakes with maple syrup

1.6g carbs / 227 cal

Cabbage fettucine Bolognese

10.2g carbs / 666 cal

Cod loin, cheese sauce and 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 9TH OF APRIL at 12 NOON**