



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 22ND SEPTEMBER

DELIVERY SUNDAY 21ST SEPTEMBER

DAY 1

15.7g carbs/ 1,306 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

**Chicken and vegetable
soup with bread roll**

6.3g carbs / 264 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 2

15.6g carbs/ 1,216 cal

**Pancakes with maple
syrup**

1.6g carbs / 226 cal

Stuffed courgettes

5.8g carbs / 603 cal

**Ham and mushroom
edamame & mung bean
fettuccine**

8.2g carbs / 387 cal

DAY 3

16.1g carbs/ 1,218 cal

Blueberry muffin

3.3g carbs / 193 cal

**Creamy garlic chicken
with cauliflower mash**

8.1g carbs / 558 cal

**Prosciutto chicken with
pesto sauce and
vegetables**

4.7g carbs / 467 cal

DAY 4

15g carbs/ 1,251 cal

**Breakfast pot & granola
with lemon curd**

3.2g carbs / 373 cal

**Chicken and broccoli
quiche**

2.7g carbs / 397 cal

**Beef curry with cauliflower
rice**

9.1g carbs / 481 cal

very mild spice



DAY 5

14.6g carbs/ 1,572 cal

Big breakfast

3.3g carbs / 603 cal

**Cauliflower, bacon and
cheese bake**

6.9g carbs / 592 cal

**Salmon with lemon
mustard sauce and veg**

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 17th September at 12 NOON**