



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 27TH OCTOBER

DELIVERY SUNDAY 26TH OCTOBER

DAY 1

16.6g carbs/ 1,315 cals

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

4.2g carbs / 341 cals

**Teriyaki chicken with pan-
fried greens**

4.4g carbs / 372 cals

**Chilli con carne with
cauliflower rice**

8g carbs / 602 cals

mild 

DAY 2

18.2g carbs/ 1,279 cals

**Sausages and creamy
mushrooms**

2.5g carbs / 425 cals

**Broccoli and Lancashire
soup with bread roll**

6.4g carbs / 335 cals

**Chicken in white wine
with pesto courgetti**

9.3g carbs / 519 cals

DAY 3

15.7g carbs/ 1,078 cals

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cals

Smoked salmon quiche

2.2g carbs / 352 cals

**Chicken & chorizo
casserole with vegetables**

9.7g carbs / 386 cals

DAY 4

17.8g carbs/ 1,128 cals

Blueberry muffin

3.3g carbs / 193 cals

**Chicken, bacon & spinach
edamame fettuccine**

5.3g carbs / 463 cals

**Beef in red wine with
cauliflower mash**

9.2g carbs / 472 cals

DAY 5

18.4g carbs/ 1,475 cals

**Pancakes with
butterscotch syrup**

1.6g carbs / 226 cals

Stuffed peppers

8.5g carbs / 612 cals

Fish pie with vegetables

8.3g carbs / 637 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 22nd October at 12 NOON**

www.ketokitchenlytham.co.uk