



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 12TH OCTOBER

DELIVERY SUNDAY 11TH OCTOBER

DAY 1

18.4g carbs / 1,233 cals

**Pancakes with salted
caramel syrup**

1.6g carbs / 227 cals

Stuffed courgettes

5.8g carbs / 603 cals

**Butter chicken with
cauliflower rice**

11g carbs / 403 cals

DAY 2

15.7g carbs / 1,306 cals

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cals

**Chicken & vegetable soup
with bread roll**

6.3g carbs / 264 cals

Cheesy lasagne

4.9g carbs / 700 cals

DAY 3

16.1g carbs / 1,218 cals

Blueberry muffin

3.3g carbs / 193 cals

**Garlic chicken with
cauliflower mash**

8.1g carbs / 558 cals

**Prosciutto chicken in
pesto sauce with
vegetables**

4.7g carbs / 467 cals

DAY 4

15.9g carbs / 1,329 cals

**Breakfast pot & granola
with lemon curd**

3.2g carbs / 373 cals

Chicken & broccoli quiche

2.7g carbs / 397 cals

**Meatballs in tomato
sauce with black bean
spaghetti**

10g carbs / 559 cals

DAY 5

18g carbs / 1,624 cals

Big breakfast

3.3g carbs / 603 cals

**Cauliflower, bacon and
cheese bake**

6.9g carbs / 592 cals

**Cod loin in cheese sauce
with cauliflower mash
and vegetables**

7.8g carbs / 429 cals

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

contact us: talktous@ketokitchenlytham.co.uk