



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 7TH JULY

DELIVERY SUNDAY 6TH JULY

DAY 1

17.2g carbs / 1,062 cals

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

4.2g carbs / 341 cals

Minestrone soup with roll

7.5g carbs / 250 cals

Hunters chicken with veg

5.5g carbs / 473 cals

DAY 2

17.9g carbs / 1,081 cals

**Sausages, cherry
tomatoes and mushrooms**

3.3g carbs / 326 cals

**Cream of chicken soup
with roll**

6.9g carbs / 386 cals

**Cottage pie with
vegetables**

7.7g carbs / 369 cals

DAY 3

15.8g carbs / 1,328 cals

**Breakfast pot with
raspberry jam**

3.8g carbs / 340 cals

Bacon & egg quiche

2g carbs / 367 cals

**Sausages in onion gravy
with cauliflower mash**

10g carbs / 621 cals

DAY 4

14.3g carbs / 1,087 cals

**Pancakes with
butterscotch syrup**

1.6g carbs / 226 cals

Chicken & broccoli bake

5.2g carbs / 415 cals

**Beef stroganoff with
cauliflower rice**

7.5g carbs / 446 cals

DAY 5

17.9g carbs / 1,236 cals

Blueberry muffin

3.3g carbs / 193 cals

**Cabbage fettucine
Bolognese**

10.2g carbs / 666 cals

**Salmon with lemon
mustard sauce and veg**

4.4g carbs / 377 cals

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