



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 11th AUGUST

DELIVERY SUNDAY 10th AUGUST

DAY 1

16.3g carbs/ 1,087 cal

**Pancakes with
butterscotch syrup**

1.6g carbs / 226 cal

Chicken & broccoli bake

5.2g carbs / 415 cal

**Thai green curry with
cauliflower rice**

9.5g carbs / 446 cal

DAY 2

15.8g carbs/ 1,328 cal

**Breakfast pot with
raspberry jam**

3.8g carbs / 340 cal

Bacon & egg quiche

2g carbs / 367 cal

**Sausages in onion gravy
with cauliflower mash**

10g carbs / 621 cal

DAY 3

17.9g carbs/ 1,081 cal

**Sausages, cherry
tomatoes and mushrooms**

3.3g carbs / 326 cal

**Cream of chicken soup
with roll**

6.9g carbs / 386 cal

**Cottage pie with
vegetables**

7.7g carbs / 369 cal

DAY 4

17.2g carbs/ 1,062 cal

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

4.2g carbs / 341 cal

Minestrone soup with roll

7.5g carbs / 250 cal

Hunters chicken with veg

5.5g carbs / 473 cal

DAY 5

17.9g carbs/ 1,236 cal

Blueberry muffin

3.3g carbs / 193 cal

**Cabbage fettucine
Bolognese**

10.2g carbs / 666 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 6th August at 12 NOON**