



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 30TH MARCH

DELIVERY SUNDAY 29TH MARCH

DAY 1

16.7g carbs / 1,202 cals

**Breakfast pot & granola
with strawberry jam**

4g carbs / 341 cals

**Chicken and broccoli
bake**

5.2g carbs / 415 cals

**Beef stroganoff with
cauliflower rice**

7.5g carbs / 446 cals

DAY 2

14.7g carbs / 1,117 cals

**Sausages, cherry
tomatoes & mushroom**

3.3g carbs / 326 cals

**3 cheese & shallot
quiche**

2.3g carbs / 358 cals

**Thai green curry with
cauliflower mash**

9.1g carbs / 417 cals



DAY 3

18.4g carbs / 1,364 cals

**Pancakes with vanilla
syrup**

3.3g carbs / 193 cals

**Edamame & mung bean
chorizo arrabbiata**

10.2g carbs / 338 cals

Cheesy lasagne

4.9g carbs / 700 cals

DAY 4

19.1g carbs / 1,389 cals

**Pancakes with salted
caramel syrup**

1.6g carbs / 227 cals

**Cabbage fettuccine
Bolognese**

10.2g carbs / 666 cals

**Chicken pizzaiola with
parmesan broccoli**

7.3g carbs / 496 cals

DAY 5

14.5g carbs / 1,186 cals

Blueberry muffin

3.3g carbs / 193 cals

Beef stir-fry

3.6g carbs / 383 cals

**Mackerel and tuna
fishcakes in pesto sauce
with vegetables**

7.6g carbs / 610 cals

DAY 6

17.4g carbs / 1,363 cals

**Lemon and raspberry
muffin**

2.8g carbs / 162 cals

**BBQ pulled pork with
pan-fried greens**

4.3g carbs / 646 cals

**Chicken curry with
cauliflower rice**

10.3g carbs / 555 cals

DAY 7

19.1g carbs / 1,097 cals

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cals

**Cream of chicken soup
with bread roll**

6.9g carbs / 386 cals

**Cottage pie with
vegetable medley**

7.7g carbs / 369 cals

We are offering 5, 7 or 10 day meal plans, with a choice of 2 or 3 meals daily to see you throughout the Easter period

Orders close on Wednesday 25th March at 12 NOON

contact us: talktous@ketokitchenlytham.co.uk