



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 23RD MARCH

DELIVERY SUNDAY 22ND MARCH

DAY 1

18.1g carbs / 1,329 cal

Sausages and creamy mushrooms

2.5g carbs / 425 cal

Teriyaki chicken with pan-fried greens

4.4g carbs / 372 cal

Chicken in white wine with pesto courgetti

11.2g carbs / 532 cal

DAY 2

18.6g carbs / 1,278 cal

Breakfast pot & granola with mixed berry jam

4.2g carbs / 341 cal

Broccoli & Lancashire soup with bread roll

6.4g carbs / 335 cal

Chilli con carne with cauliflower rice

8g carbs / 602 cal

mild 🌶️

DAY 3

15.7g carbs / 1,078 cal

Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cal

Smoked salmon quiche

2.2g carbs / 352 cal

Chicken and chorizo casserole with vegetables

9.7g carbs / 386 cal

DAY 4

18.5g carbs / 1,097 cal

Lemon and raspberry muffin

2.8g carbs / 162 cal

Chicken, bacon & spinach black bean spaghetti

6.5g carbs / 463 cal

Beef in red wine with cauliflower mash

9.2g carbs / 472 cal

DAY 5

18.4g carbs / 1,475 cal

Pancakes with butterscotch syrup

1.6g carbs / 226 cal

Stuffed peppers

8.5g carbs / 612 cal

Fish pie with vegetables

8.3g carbs / 637 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 18th March at 12 NOON**

contact us: talktous@ketokitchenlytham.co.uk