



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 17TH FEBRUARY

DELIVERY SUNDAY 16TH FEBRUARY

DAY 1

17.4g carbs/ 1,063 cal

**Lemon and raspberry
muffin**

2.8g carbs / 162 cal

**Chicken and vegetable
soup with roll**

6.3g carbs / 264 cal

Fish pie with vegetables

8.3g carbs / 637 cal

DAY 2

16.8g carbs/ 1,354 cal

**Sausages with creamy
mushrooms**

4.5g carbs / 425 cal

**Cauliflower and
parmesan soup with roll**

6.3g carbs / 293 cal

**Chicken Alfredo with
cauliflower rice**

6g carbs / 636 cal

DAY 3

16.5g carbs/ 1,264 cal

**Pancakes with sweet
cinnamon syrup**

1.6g carbs / 226 cal

**Edamame & mung bean
arrabbiata with chorizo**

10g carbs / 338 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 4

16.2g carbs/ 1,123 cal

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cal

**Chicken and broccoli
quiche**

2.7g carbs / 397 cal

**Chicken and chorizo
casserole with
vegetables**

9.7g carbs / 386 cal

DAY 5

14g carbs/ 1,381 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

**Paprika chicken with herb
bread**

4.8g carbs / 694 cal

**Beef in red wine with
vegetables**

4.7g carbs / 345 cal

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