



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 4TH AUGUST

DELIVERY SUNDAY 3RD AUGUST

DAY 1

13g carbs/ 1,425 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cal

**Vietnamese chicken with
cauliflower rice**

5.2g carbs / 278 cal

fish sauce 

Cheesy lasagne

4.9g carbs / 700 cal

DAY 2

15.7g carbs/ 1,082 cal

**Breakfast pot & granola
with strawberry jam**

4g carbs / 341 cal

**Chicken, bacon & spinach
with bean fettucine**

5.3g carbs / 463 cal

**Chicken curry with
cauliflower rice & mini
naan**

7.4g carbs / 408 cal

DAY 3

14.2g carbs/ 1,148 cal

Blueberry muffin

3.3g carbs / 193 cal

**Broccoli & cheddar
quiche**

2.9g carbs / 353 cal

**Chilli con carne with
cauliflower rice**

8g carbs / 602 cal

mild 

DAY 4

14.2g carbs/ 1,401 cal

Big breakfast frittata

2.3g carbs / 635 cal

**Cream of mushroom soup
with roll**

4.6g carbs / 270 cal

**Chicken pizzaiola with
parmesan broccoli**

7.3g carbs / 496 cal

DAY 5

16.6g carbs/ 1,249 cal

**Pancakes with maple
syrup**

1.6g carbs / 227 cal

**Spiced courgette &
chicken soup with roll**

7.4g carbs / 412 cal

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

7.6g carbs / 610 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 30th July at 12 NOON**