



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 3RD NOVEMBER

DELIVERY SUNDAY 2ND NOVEMBER

DAY 1

16.5g carbs/ 1,271 cals

Lemon and raspberry muffin

2.8g carbs / 162 cals

Chicken stir-fry

3.6g carbs / 329 cals

Sausages in onion gravy with celeriac dauphinoise

10.1g carbs / 780 cals

DAY 2

16.6g carbs/ 1,336 cals

Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cals

Aubergine lasagne

5.1g carbs / 627 cals

Cottage pie with vegetable medley

7.7g carbs / 369 cals

DAY 3

15.9 carbs/ 1,016 cals

Sausages, mushrooms and cherry tomatoes

3.3g carbs / 326 cals

Spiced courgette and chicken soup with bread roll

7.4g carbs / 412 cals

Vietnamese chicken with cauliflower rice

5.2g carbs / 278 cals

fish sauce



DAY 4

16.5g carbs/ 1,176 cals

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cals

Broccoli and cheddar quiche

2.9g carbs / 353 cals

Beef curry with cauliflower rice

9.1g carbs / 481 cals

mild

DAY 5

15.9g carbs/ 1,326 cals

Pancakes with golden syrup

1.6g carbs / 227 cals

Ham and mushroom fettuccine

8.3g carbs / 392 cals

Salmon with roast Mediterranean vegetables

6g carbs / 707 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 29th October at 12 NOON**