



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 15TH SEPTEMBER

DELIVERY SUNDAY 14TH SEPTEMBER

DAY 1

19.3g carbs/ 1,214 cals

**Pancakes with
butterscotch syrup**


1.6g carbs / 226 cals

**Chicken & chorizo
casserole with vegetables**

9.7g carbs / 386 cals

**Chilli con carne with
cauliflower rice**

8g carbs / 602 cals

mild spice 

DAY 2

18.2g carbs/ 1,279 cals

**Sausages and creamy
mushrooms**

2.5g carbs / 425 cals

**Broccoli and Lancashire
soup with roll**

6.4g carbs / 335 cals

**Chicken in white wine
with pesto courgetti**

9.3g carbs / 519 cals

DAY 3

16g carbs/ 1,373 cals

**Breakfast pot with
raspberry jam**

3.8g carbs / 340 cals

Bacon and egg quiche

2g carbs / 367 cals

**Cabbage fettucine
Bolognese**

10.2g carbs / 666 cals

DAY 4

16.1g carbs/ 1,307 cals

**Breakfast pot & granola
with mixed berry jam**

4.2g carbs / 341 cals

Chicken stir-fry

3.6g carbs / 329 cals

Fish pie with vegetables

8.3g carbs / 637 cals

DAY 5

17.3g carbs/ 1,359 cals

Blueberry muffin

3.3g carbs / 193 cals

**Paprika chicken with herb
bread**

4.8g carbs / 694 cals

**Beef in red wine with
cauliflower mash**

9.2g carbs / 472 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 10th September at 12 NOON**

www.ketokitchenlytham.co.uk