KETO KITCHEN LYTHAM

Nutritious Low Carb Meals

MENU 7TH DECEMBER

DELIVERY SUNDAY 6TH DECEMBER

DAY 1

16.7g carbs/ 1,202 cals

Breakfast pot & granola with strawberry jam
4g carbs / 341 cals

Chicken and broccoli bake
5.2g carbs / 415 cals

Beef stroganoff with cauliflower rice
7.5g carbs / 446 cals

DAY 2

15.9g carbs/ 1,117 cals

Breakfast pot & granola with blueberry jam
4.5g carbs / 342 cals

3 cheese & shallot quiche
2.3g carbs / 358 cals

Thai green curry with cauliflower mash
9.1g carbs / 417 cals
mild

DAY 3

12.8g carbs/ 1,296 cals

Sausages, cherry tomatoes & mushrooms
3.3g carbs / 326 cals

Cream of mushroom soup with bread roll
4.6g carbs / 270 cals

Cheesy lasagne
4.9g carbs / 700 cals

DAY 4

13.2g carbs/ 1,369 cals

Pancakes with salted caramel syrup
1.6g carbs / 227 cals

BBQ pulled pork with pan-fried greens
4.3g carbs / 646 cals

Chicken pizzaiola with parmesan broccoli
7.3g carbs / 496 cals

DAY 5

14.5g carbs/ 1,186 cals

Blueberry muffin
3.3g carbs / 193 cals

Beef stir-fry
3.6g carbs / 383 cals

Mackerel and tuna fishcakes in pesto sauce with vegetables
7.6g carbs / 610 cals

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

contact us: talktous@ketokitchenlytham.co.uk