



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 9<sup>TH</sup> FEBRUARY

DELIVERY SUNDAY 8<sup>TH</sup> FEBRUARY

## DAY 1

18.1g carbs / 1,329 cals

### Sausages and creamy mushrooms

2.5g carbs / 425 cals

### Teriyaki chicken with pan-fried greens

4.4g carbs / 372 cals

### Chicken in white wine with pesto courgetti

11.2g carbs / 532 cals

## DAY 2

18.6g carbs / 1,278 cals

### Breakfast pot & granola with mixed berry jam

4.2g carbs / 341 cals

### Broccoli & Lancashire soup with bread roll

6.4g carbs / 335 cals

### Chilli con carne with cauliflower rice

8g carbs / 602 cals

*mild*

## DAY 4

18.5g carbs / 1,097 cals

### Lemon and raspberry muffin

2.8g carbs / 162 cals

### Chicken, bacon and spinach black bean spaghetti

6.5g carbs / 463 cals

### Beef in red wine with cauliflower mash

9.2g carbs / 472 cals

## DAY 3

15.7g carbs / 1,078 cals

### Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cals

### Smoked salmon quiche

2.2g carbs / 352 cals

### Chicken and chorizo casserole with vegetables

9.7g carbs / 386 cals

## DAY 5

18.4g carbs / 1,475 cals

### Pancakes with butterscotch syrup

1.6g carbs / 226 cals

### Stuffed peppers

8.5g carbs / 612 cals

### Fish pie with vegetables

8.3g carbs / 637 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 4<sup>th</sup> February at 12 NOON**