



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 28th JULY

DELIVERY SUNDAY 27th JULY

DAY 1

16.6g carbs/ 1,083 cals

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 calories

**Teriyaki chicken with
pan-fried greens**

4.4g carbs / 372 cals

**Cottage pie with
vegetables**

7.7g carbs / 369 calories

DAY 2

16.6g carbs/ 1,051 cals

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cals

**Celery and chorizo soup
with roll**

4.2g carbs / 333 cals

**Butter chicken with
cauliflower rice**

8.6g carbs / 378 calories

DAY 3

16.4g carbs/ 1,102 cals

**Pancakes with salted
caramel syrup**

1.6g carbs / 226 cals

**Chicken and vegetable
soup with roll**

6.3g carbs / 264 cals

Stuffed peppers

8.5g carbs / 612 cals

DAY 4

13.7g carbs/ 1,242 cals

**Sausages, mushrooms
and cherry tomatoes**

3.3g carbs / 326 cals

**3 cheese and shallot
quiche**

2.3g carbs / 358 cals

**Creamy garlic chicken with
cauliflower mash**

8.1g carbs / 558 cals

DAY 5

15.9g carbs/ 1,568 cals

Blueberry muffin

3.3g carbs / 193 cals

**Chicken and courgette
gratin**

6.6g carbs / 668 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 23rd July at 12 NOON**