



KETO KITCHEN  
LYTHAM

Nutritious Low Carb Meals

# MENU 21<sup>ST</sup> JULY

## DELIVERY SUNDAY 20<sup>TH</sup> JULY

### DAY 1

15.8g carbs / 1,377 cal

**Breakfast pot & granola  
with blueberry jam**

4.5g carbs / 342 cal

**Broccoli & Lancashire  
cheese soup with roll**

6.4g carbs / 335 cal

**Cheesy lasagne**

4.9g carbs / 700 cal

### DAY 2

16.7g carbs / 1,228 cal

**Sausages with creamy  
mushrooms**

2.5g carbs / 425 cal

**Cream of chicken soup  
with roll**

6.9g carbs / 386 cal

**Loaded mushrooms with  
chorizo cabbage**

7.3g carbs / 417 cal

### DAY 3

15.5g carbs / 1,163 cal

**Pancakes with chocolate  
caramel syrup**

1.6g carbs / 226 cal

**Beef stir-fry**

3.6g carbs / 383 cal

**Chicken curry with  
cauliflower rice**

10.3g carbs / 554 cal

*mild spice* 

### DAY 4

12.6g carbs / 1,187 cal

**Breakfast pot & granola  
with lemon curd**

3.2g carbs / 373 cal

**Smoked salmon quiche**

2.2g carbs / 352 cal

**Chicken in white wine  
with pesto gnocchi**

7.2g carbs / 462 cal

### DAY 5

12.6g carbs / 1,227 cal

**Blueberry muffin**

3.3g carbs / 193 cal

**BBQ pulled pork with pan-  
fried greens**

4.3g carbs / 646 cal

**Cod loin in cheese sauce  
with vegetables**

5g carbs / 388 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily  
Orders close on **Wednesday 16<sup>th</sup> July at 12 NOON**