



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 20TH APRIL

DELIVERY SUNDAY 19TH APRIL

DAY 1

16.5g carbs/ 1,271 cal

Lemon and raspberry muffin

2.8g carbs / 162 cal

Chicken stir-fry

3.6g carbs / 329 cal

Sausages in onion gravy with celeriac dauphinoise

10.1g carbs / 780 cal

DAY 2

16.6g carbs/ 1,336 cal

Breakfast pot & granola with raspberry jam

3.8g carbs / 340 cal

Aubergine lasagne

5.1g carbs / 627 cal

Cottage pie with vegetable medley

7.7g carbs / 369 cal

DAY 3

15.9 carbs/ 1,016 cal

Sausages, mushrooms and cherry tomatoes

3.3g carbs / 326 cal

Spiced courgette & chicken soup with bread roll

7.4g carbs / 412 cal

Vietnamese chicken with cauliflower rice

5.2g carbs / 278 cal

fish sauce 

DAY 4

16.5g carbs/ 1,176 cal

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cal

Broccoli & cheddar quiche

2.9g carbs / 353 cal

Beef curry with cauliflower rice

9.1g carbs / 481 cal

mild 

DAY 5

15.9g carbs/ 1,326 cal

Pancakes with maple syrup

1.6g carbs / 227 cal

Ham and mushroom fettuccine

8.3g carbs / 392 cal

Salmon with roast Mediterranean vegetables

6g carbs / 707 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 15th April at 12 NOON**

contact us: talktous@ketokitchenlytham.co.uk