



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 8TH SEPTEMBER

DELIVERY SUNDAY 7TH SEPTEMBER

DAY 1

14.1g carbs/ 1,387 cals

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cals

**Beef in red wine with
vegetables**

4.7g carbs / 345 cals

Cheesy lasagne

4.9g carbs / 700 cals

DAY 2

13.5g carbs/ 1,189 cals

**Breakfast pot & granola
with strawberry jam**

4g carbs / 341 cals

Smoked salmon quiche

2.2g carbs / 352 cals

**Chicken pizzaiola with
vegetables**

7.3g carbs / 496 cals

DAY 3

14.3g carbs/ 1,115 cals

**Lemon and raspberry
muffin**

2.8g carbs / 162 cals

**Chorizo and pepper
frittata**

2.4g carbs / 536 cals

**Thai green curry with
cauliflower rice**

9.1g carbs / 417 cals

mild spice 

DAY 4

16g carbs/ 1,187 cals

**Sausages, cherry
tomatoes and mushrooms**

3.3g carbs / 326 cals

**Chicken and broccoli
bake**

5.2g carbs / 415 cals

**Beef stroganoff with
cauliflower rice**

7.5g carbs / 446 cals

DAY 5

15.5g carbs/ 1,130 cals

**Pancakes with salted
caramel syrup**

1.6g carbs / 227 cals

**Cauliflower and
parmesan soup with roll**

6.3g carbs / 293 cals

**Mackerel & 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 3rd September at 12 NOON**