



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 8TH JUNE

DELIVERY SUNDAY 7TH JUNE

DAY 1

18.4g carbs / 1,233 cal

Pancakes with salted caramel syrup

1.6g carbs / 227 cal

Stuffed courgettes

5.8g carbs / 603 cal

Butter chicken with cauliflower rice

11g carbs / 403 cal

DAY 2

15.7g carbs / 1,306 cal

Breakfast pot & granola with blueberry jam

4.5g carbs / 342 cal

Chicken & vegetable soup with bread roll

6.3g carbs / 264 cal

Cheesy lasagne

4.9g carbs / 700 cal

DAY 3

16.1g carbs / 1,218 cal

Blueberry muffin

3.3g carbs / 193 cal

Garlic chicken with cauliflower mash

8.1g carbs / 558 cal

Prosciutto chicken in pesto sauce with vegetables

4.7g carbs / 467 cal

DAY 4

15.9g carbs / 1,329 cal

Breakfast pot & granola with lemon curd

3.2g carbs / 373 cal

Chicken & broccoli quiche

2.7g carbs / 397 cal

Meatballs in tomato sauce with black bean spaghetti

10g carbs / 559 cal

DAY 5

18g carbs / 1,624 cal

Big breakfast

3.3g carbs / 603 cal

Cauliflower, bacon and cheese bake

6.9g carbs / 592 cal

Cod loin in cheese sauce with cauliflower mash and vegetables

7.8g carbs / 429 cal

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

contact us: talktous@ketokitchenlytham.co.uk