KETO KITCHEN LYTHAM

Nutritious Low Carb Meals

MENU 30TH NOVEMBER

DELIVERY SUNDAY 29TH NOVEMBER

DAY 1

18.1g carbs/ 1,329 cals

Sausages and creamy mushrooms
2.5g carbs / 425 cals

Teriyaki chicken with pan-fried greens
4.4g carbs / 372 cals

Chicken in white wine with pesto courgetti
11.2g carbs / 532 cals

DAY 2

18.6g carbs/ 1,278 cals

Breakfast pot & granola with mixed berry jam
4.2g carbs / 341 cals

Broccoli & Lancashire soup with bread roll
6.4g carbs / 335 cals

Chilli con carne with cauliflower rice
8g carbs / 602 cals
mild

DAY 3

15.7g carbs/ 1,078 cals

Breakfast pot & granola with raspberry jam
3.8g carbs / 340 cals

Smoked salmon quiche
2.2g carbs / 352 cals

Chicken and chorizo casserole with vegetables
9.7g carbs / 386 cals

DAY 4

18.5g carbs/ 1,097 cals

Lemon and raspberry muffin
2.8g carbs / 162 cals

Chicken, bacon & spinach black bean spaghetti
6.5g carbs / 463 cals

Beef in red wine with cauliflower mash
9.2g carbs / 472 cals

DAY 5

18.4g carbs/ 1,475 cals

Pancakes with butterscotch syrup
1.6g carbs / 226 cals

Stuffed peppers
8.5g carbs / 612 cals

Fish pie with vegetables
8.3g carbs / 637 cals

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 25th November** at **12 NOON**

contact us: talktous@ketokitchenlytham.co.uk