



KETO KITCHEN
LYTHAM

Nutritious Low Carb Meals

MENU 12TH JANUARY

DELIVERY SUNDAY 11TH JANUARY

DAY 1

18.5g carbs/ 1,450 cals

**Pancakes with vanilla
syrup**

1.6g carbs / 227 cals

**Chicken and courgette
gratin**

6.6g carbs / 668 cals

**Chicken curry with
cauliflower rice**

10.3g carbs / 555 cals

mild 

DAY 2

17.4g carbs/ 1,316 cals

**Breakfast pot & granola
with blueberry jam**

4.5g carbs / 342 cals

Broccoli & cheddar quiche

2.9g carbs / 353 cals

**Sausages in onion gravy
with cauliflower mash**

10g carbs / 621 cals

DAY 3

18g carbs/ 1,446 cals

Big breakfast frittata

2.3g carbs / 635 cals

**Edamame & mung bean
chorizo arrabbiata**

10.2g carbs / 338 cals

**Hunters chicken with
vegetables**

5.5g carbs / 473 cals

DAY 4

18.4g carbs/ 1,095 cals

**Breakfast pot & granola
with raspberry jam**

3.8g carbs / 340 cals

**Cream of chicken soup
with bread roll**

6.9g carbs / 386 cals

**Cottage pie with
vegetable medley**

7.7g carbs / 369 cals

DAY 5

17.9g carbs/ 1,236 cals

Blueberry muffin

3.3g carbs / 193 cals

**Cabbage fettuccine
bolognese**

10.2g carbs / 666 cals

**Salmon in lemon mustard
sauce with vegetables**

4.4g carbs / 377 cals

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