



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 6TH MAY

LESS THAN 20G CARBS PER DAY

DAY 1

13.3g carbs / 1262 cals

**Breakfast pot & granola
with blueberry jam**
(4.5g carb / 342 cals)

**Chicken & tomato
frittata**
(2.6g carb / 516 cals)

**Beef in wine with
cauli mash**
(6.2g carb / 404 cals)

DAY 4

14.2g carbs / 1147 cals

Blueberry muffin
(3.3g carb / 193 cals)

**Broccoli & cheddar
quiche**
(2.9g carb / 352 cals)

**Chilli con carne with
cauliflower rice**
(8g carb / 602 cals)

DAY 2

13.62g carbs / 1326 cals

**Breakfast pot & granola
with strawberry jam**
(4.02g carb / 341 cals)

**Cream of mushroom
soup**
(4.6g carb / 270 cals)

Cheesy lasagne
(5g carb / 715 cals)

DAY 5

13.9g carbs / 1265 cals

**Sausages & creamy
mushrooms**
(2.5g carb / 425 cals)

**Chicken & bacon black
bean spaghetti**
(6.5g carb / 463 cals)

**Tuna steak, lemon
mustard sauce & veg**
(4.9g carb / 377 cals)

DAY 3

16.3g carbs / 1134 cals

**Pancakes with maple
syrup**
(1.6g carb / 226 cals)

**Spiced courgette &
chicken soup with roll**
(7.4g carb / 412 cals)

**Chicken pizzaiola with
parmesan broccoli**
(7.3g carb / 496 cals)

WEEKEND EXTRAS

We offer a selection of
low carb extras:

cakes
pizza
bread
sweet treats

find our more on our
website

**WE OFFER 5 OR 7 DAY MEAL PLANS WITH A CHOICE OF
2 OR 3 MEALS PER DAY**

ORDERS CLOSE WEDNESDAY 1ST MAY 12 NOON.

DELIVERED SUNDAY 5TH MAY

www.ketokitchenlytham.co.uk