



**KETO KITCHEN  
LYTHAM**

Nutritious Low Carb Meals

# MENU 27TH MAY

## LESS THAN 20G CARBS PER DAY

### DAY 1

16.31 carbs/ 1246 cal

**Breakfast pot & granola  
with raspberry jam**  
(3.81 carb / 340 cal)

**Smoked salmon quiche**  
(2.2 carb / 352 cal)

**Chicken curry with  
cauliflower rice**  
(10.3 carb / 554 cal)

### DAY 4

15.22 carbs/ 1172 cal

**Blueberry muffin**  
(3.3 carb / 193 cal)

**Cauliflower, bacon &  
cheese bake**  
(6.9 carb / 591 cal)

**Cod loin, cheese sauce &  
veg**  
(5.02 carb / 388 cal)

### DAY 2

13.1 carbs/ 1060 cal

**Pancakes with salted  
caramel syrup**  
(1.6 carb / 226 cal)

**Chicken stir fry**  
(3.6 carb / 329 cal)

**Chicken in white wine  
with pesto courgetti**  
(7.9 carb / 505 cal)

### DAY 5

15.2 carbs/ 1323 cal

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

**Broccoli & Lancashire  
soup with roll**  
(6.4 carb / 335 cal)

**BBQ spare ribs with pan  
fried greens**  
(4.3 carb / 646 cal)

### DAY 3

16.7 carbs/ 1228 cal

**Sausages with creamy  
mushrooms**  
(2.5 carb / 425 cal)

**Cream of chicken soup  
with roll**  
(6.9 carb / 386 cal)

**Loaded mushrooms**  
(7.3 carb / 417 cal)

### 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 22ND MAY 12 NOON.**

**DELIVERED SUNDAY 26TH MAY**

[www.ketokitchenlytham.co.uk](http://www.ketokitchenlytham.co.uk)