



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 18TH NOVEMBER

LESS THAN 20G CARBS PER DAY

DAY 1

14.8g carbs/ 1227 cal

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

**Chicken and tomato
frittata**
(2.6g carb / 516 cal)

Cottage pie
(7.7g carb / 369 cal)

DAY 4

14.6g carbs/ 1461 cal

**Sausages, mushrooms
& cherry tomatoes**
(3.3g carb / 326 cal)

**Chicken & courgette
gratin**
(6.6g carb / 668 cal)

**Prosciutto chicken,
pesto sauce & veg**
(4.7g carb / 467 cal)

DAY 2

12.41g carbs/ 1045 cal

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

**Celery & chorizo soup
with roll**
(4.2g carb / 333 cal)

**Teriyaki chicken and
pan fried greens**
(4.4g carb / 372 cal)

DAY 5

11.6g carbs/ 1258 cal

Blueberry muffin
(3.3g carb / 193 cal)

**3 cheese & shallot
quiche**
(2.3g carb / 358 cal)

**Salmon with roast
Mediterranean veg**
(6g carb / 707 cal)

DAY 3

16.4g carbs/ 1102 cal

**Pancakes with vanilla
syrup**
(1.6g carb / 226 cal)

**Chicken & veg soup with
roll**
(6.3g carb / 264 cal)

Stuffed peppers
(8.5g carb / 612 cal)

WEEKEND EXTRAS

We offer a selection of
low carb extras including
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 13TH NOVEMBER 12 NOON.

DELIVERED SUNDAY 17TH NOVEMBER

www.ketokitchenlytham.co.uk