



**KETO KITCHEN  
LYTHAM**

Nutritious Low Carb Meals

# MENU 14TH OCTOBER

LESS THAN 20G CARBS PER DAY

## DAY 1

14.8g carbs/ 1227 cals

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

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

**Cottage pie**  
(7.7g carb / 369 cals)

## DAY 4

14.6g carbs/ 1461 cals

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

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

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

## DAY 2

12.41g carbs/ 1045 cals

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

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

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

## DAY 5

11.6g carbs/ 1258 cals

**Blueberry muffin**  
(3.3g carb / 193 cals)

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

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

## DAY 3

16.4g carbs/ 1102 cals

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

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

**Stuffed peppers**  
(8.5g carb / 612 cals)

## 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 10TH OCTOBER 12 NOON.**

**DELIVERED SUNDAY 13TH OCTOBER**

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