



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 21ST OCTOBER

LESS THAN 20G CARBS PER DAY

DAY 1

13g carbs/ 1048 cal

Breakfast pot & granola with blueberry jam

(4.5g carb / 342 cal)

Chicken stir fry

(3.6g carb / 329 cal)

Tuna steak, lemon mustard sauce & veg

(4.9g carb / 377 cal)

DAY 4

14.2g carbs/ 1147 cal

Blueberry muffin

(3.3g carb / 193 cal)

Broccoli & cheddar quiche

(2.9g carb / 352 cal)

Chilli con carne with cauliflower rice

(8g carb / 602 cal)

DAY 2

13.62g carbs/ 1326 cal

Breakfast pot & granola with strawberry jam

(4.02g carb / 341 cal)

Cream of mushroom soup

(4.6g carb / 270 cal)

Cheesy lasagne

(4.9g carb / 700 cal)

DAY 5

13g carbs/ 1165 cal

Sausages & creamy mushrooms

(2.5g carb / 425 cal)

Chicken & bacon edamame fettuccine

(5.3g carb / 462 cal)

Vietnamese chicken and cauliflower rice

(5.2g carb / 278 cal)

DAY 3

16.3g carbs/ 1134 cal

Pancakes with maple syrup

(1.6g carb / 226 cal)

Spiced courgette & chicken soup with roll

(7.4g carb / 412 cal)

Chicken pizzaiola with parmesan broccoli

(7.3g carb / 496 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 17TH OCTOBER 12 NOON.

DELIVERED SUNDAY 20TH OCTOBER

www.ketokitchenlytham.co.uk