



**KETO KITCHEN  
LYTHAM**

Nutritious Low Carb Meals

# MENU 11TH DECEMBER

LESS THAN 20G CARBS PER DAY

## DAY 1

15.55 carbs/ 938 cals

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

**Cabbage fettucine  
Bolognese**  
(8.5 carb / 405 cals)

**Beef in wine with veg**  
(3.24 carb / 193 cals)

## DAY 4

11.4 carbs/ 954 cals

**Pancakes with vanilla  
syrup**  
(1.6 carb / 266 cals)

**Chicken & broccoli  
quiche**  
(2.5 carb / 365 cals)

**Edamame & mung  
bean Arrabbiata**  
(7.3 carb / 323 cals)

## DAY 2

11.89 carbs/ 953 cals

**Sausages & creamy  
mushrooms**  
(4.5 carb / 425 cals)

**Cauliflower  
parmesan soup with  
roll**  
(5.09 carb / 123 cals)

**Hunters chicken**  
(2.3 carb / 405 cals)

## DAY 5

13.6 carbs/ 1147 cals

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

**Chicken & mushroom  
rigatoni**  
(4.4 carb / 398 cals)

**Fish pie**  
(5.9 carb / 556 cals)

## DAY 3

12.56 carbs/ 1056 cals

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

**Chicken & veg soup  
with roll**  
(4.05 carb / 197 cals)

**Cheesy lasagne**  
(4.01 carb / 517 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 12 NOON.**

**DELIVERY 10TH DECEMBER**

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