



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 9TH DECEMBER

LESS THAN 20G CARBS PER DAY

DAY 1

18.41 carbs/ 1241 cals

Breakfast pot & granola with raspberry jam

(3.81 carb / 340 cals)

Chicken & veg soup with roll

(6.3 carb / 264 cals)

Fish pie

(8.3 carb / 637 cals)

DAY 4

16 carbs/ 1380 cals

Blueberry muffin

(3.3 carb / 193 cals)

Chicken & broccoli quiche

(2.7 carb / 397 cals)

Chicken & chorizo casserole with veg

(9.7g carb / 386 cals)

DAY 2

16.8 carbs/ 1354 cals

Sausages & creamy mushrooms

(4.5 carb / 425 cals)

Cauliflower & parmesan soup with roll

(6.3 carb / 293 cals)

Chicken alfredo with cauliflower rice

(6 carb / 636 cals)

DAY 5

11.3 carbs/ 1263 cals

Breakfast pot & granola with blueberry jam

(4.5 carb / 342 cals)

Paprika chicken with herb bread

(4.8 carb / 694 cals)

Beef in red wine with vegetables

(2 carb / 227 cals)

DAY 3

16.5 carbs/ 1304 cals

Pancakes with sweet cinnamon syrup

(1.6 carb / 266 cals)

Edamame & mung bean arrabiata

(10g carb / 338 cals)

Cheesy lasagne

(4.9 carb / 700 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 4TH DECEMBER 12 NOON

DELIVERED SUNDAY 8TH DECEMBER

www.ketokitchenlytham.co.uk