



**KETO KITCHEN  
LYTHAM**

Nutritious Low Carb Meals

# MENU 28TH OCTOBER

LESS THAN 20G CARBS PER DAY

## DAY 1

16.81 carbs/ 1062 cal

**Breakfast pot & granola  
with raspberry jam**  
(3.81 carb / 339 cal)

**Minestrone soup  
with roll**  
(7.5 carb / 250 cal)

**Hunters chicken**  
(5.5 carb / 473 cal)

## DAY 4

16 carbs/ 1187 cal

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

**Chicken & broccoli  
bake**  
(5.2 carb / 415 cal)

**Beef stroganoff with  
cauliflower rice**  
(7.5 carb / 446 cal)

## DAY 2

18.5 carbs/ 1171 cal

**Pancakes with golden  
syrup**  
(1.6 carb / 226 cal)

**Cream of chicken soup  
with roll**  
(6.9 carb / 386 cal)

**Meatballs, tomato  
sauce & spaghetti**  
(10 carb / 559 cal)

## DAY 5

17.9 carbs/ 1235 cal

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

**Cabbage fettucine  
bolognese**  
(10.2g carb / 666 cal)

**Salmon with lemon  
mustard sauce with  
veg**  
(4.4 carb / 376 cal)

## DAY 3

16.54 carbs/ 1329 cal

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

**Bacon & egg quiche**  
(2.04 carb / 366 cal)

**Sausages, onion gravy  
& cauli mash**  
10 carb / 621 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 23RD OCTOBER 12 NOON.**

**DELIVERED SUNDAY 27TH OCTOBER**

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