



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 20TH JANUARY

LESS THAN 20G CARBS PER DAY

DAY 1

15.2 carbs/ 1323 cal

**Breakfast pot & granola
with blueberry jam**

(4.5 carb / 342 cal)

**Broccoli & Lancashire
soup with roll**

(6.4 carb / 335 cal)

**BBQ pulled pork with
pan fried greens**

(4.3 carb / 646 cal)

DAY 4

16.31 carbs/ 1246 cal

**Breakfast pot & granola
with raspberry jam**

(3.81 carb / 340 cal)

Smoked salmon quiche

(2.2 carb / 352 cal)

**Chicken curry with
cauliflower rice**

(10.3 carb / 554 cal)

DAY 2

16.7 carbs/ 1228 cal

**Sausages with creamy
mushrooms**

(2.5 carb / 425 cal)

**Cream of chicken soup
with roll**

(6.9 carb / 386 cal)

Loaded mushrooms

(7.3 carb / 417 cal)

DAY 5

15.22 carbs/ 1172 cal

Blueberry muffin

(3.3 carb / 193 cal)

**Cauliflower, bacon &
cheese bake**

(6.9 carb / 591 cal)

**Cod loin, cheese sauce &
veg**

(5.02 carb / 388 cal)

DAY 3

13.1 carbs/ 1060 cal

**Pancakes with chocolate
caramel syrup**

(1.6 carb / 226 cal)

Chicken stir fry

(3.6 carb / 329 cal)

**Chicken in white wine
with pesto courgetti**

(7.9 carb / 505 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 15TH JANUARY 2 NOON

DELIVERY SUNDAY 19TH JANUARY

www.ketokitchenlytham.co.uk