



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 3RD FEBRUARY

DELIVERY SUNDAY 2ND FEBRUARY

DAY 1

12.3g carbs/ 1,221 cal

**Breakfast pot & granola
with blueberry jam**

4.5g carb / 342 cal

Beef stir fry

2.9g carb / 179 cal

Cheesy lasagne

4.9g carb / 700 cal

DAY 1

15.7g carbs/ 1,082 cal

**Breakfast pot & granola
with strawberry jam**

4g carb / 341 cal

**Chicken, bacon & spinach
with bean spaghetti**

6.5g carb / 463 cal

**Vietnamese chicken with
cauliflower rice**

5.2g carb / 278 cal

DAY 3

16.3g carbs/ 1,135 cal

**Pancakes with maple
syrup**

1.6g carb / 227 cal

**Spiced courgette &
chicken soup with roll**

7.4g carb / 412 cal

**Chicken pizzaiola with
parmesan broccoli**

7.3g carb / 496 cal

DAY 4

14.2g carbs/ 1,148 cal

Blueberry muffin

3.3g carb / 193 cal

**Broccoli & cheddar
quiche**

2.9g carb / 353 cal

**Chilli con carne with
cauliflower rice**

8g carb / 602 cal

DAY 5

11.8g carbs/ 1,282 cal

Big breakfast frittata

2.3g carb / 635 cal

**Cream of mushroom soup
with roll**

4.6g carb / 270 cal

**Tuna steak, lemon
mustard sauce & veg**

4.9g carb / 377 cal

We offer 5 or 7 day meal plans, with a choice of 2 or 3 meals daily
Orders close on **Wednesday 29th January at 12 NOON**