



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 6TH JANUARY

LESS THAN 20G CARBS PER DAY

DAY 1

16.81 carbs/ 1062 cals

**Breakfast pot & granola
with mixed berry jam**
(3.81 carb / 339 cals)

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

Hunters chicken
(5.5 carb / 473 cals)

DAY 4

16 carbs/ 1187 cals

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

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

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

DAY 2

18.5 carbs/ 1171 cals

**Pancakes with
butterscotch syrup**
(1.6 carb / 226 cals)

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

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

DAY 5

17.9 carbs/ 1235 cals

Blueberry muffin
(3.3 carb / 193 cals)

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

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

DAY 3

16.54 carbs/ 1329 cals

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

Bacon & egg quiche
(2.04 carb / 366 cals)

**Sausages, onion gravy
& cauli mash**
10 carb / 621 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 1ST JANUARY 12 NOON.

DELIVERED SUNDAY 5TH DECEMBER

www.ketokitchenlytham.co.uk