



**KETO KITCHEN
LYTHAM**

Nutritious Low Carb Meals

MENU 20TH MAY

LESS THAN 20G CARBS PER DAY

DAY 1

15.81 carbs/ 1233 cals

**Breakfast pot & granola
with raspberry jam**
(3.81 carb / 340 cals)

**Cabbage fettucine
Bolognese**
(10 carb / 666 cals)

**Beef in red wine with
vegetables**
(2 carb / 227 cals)

DAY 4

16.3 carbs/ 1162 cals

**Sausages & creamy
mushrooms**
(4.5 carb / 425 cals)

**Chicken & veg soup
with roll**
(6.3 carb / 264 cals)

Hunters chicken
(5.5 carb / 473 cals)

DAY 2

14.8 carbs/ 1348 cals

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

**Chicken & broccoli
quiche**
(2.7 carb / 397 cals)

**Smoked mackerel &
tuna fishcakes**
(7.6 carb / 609 cals)

DAY 5

17.9 carbs/ 1349 cals

**Pancakes with vanilla
syrup**

(1.6 carb / 266 cals)

**Cauliflower &
parmesan soup with
roll**

(6.3 carb / 293 cals)

**Sausages with celeriac
dauphinoise**
(10 carb / 790 cals)

DAY 3

17.2 carbs/ 1148 cals

Blueberry muffin
(3.3 carb / 193 cals)

**Roast vegetable
rigatoni**
(8.9 carb / 240 cals)

Cheesy lasagne
(5 carb / 715 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 15TH MAY 12 NOON.

DELIVERED SUNDAY 19TH MAY

www.ketokitchenlytham.co.uk