

KETO FAST MENU



McDonald's

BREAKFAST MENU

- Egg McMuffin w/ no bun
3g Net Carbs
- Egg White Delight McMuffin w/ no bun
2g Net Carbs
- Sausage McMuffin w/ no bun
2g Net Carbs
- Sausage McMuffin with Egg w/ no bun
3g Net Carbs
- Bacon, Egg & Cheese Biscuit w/ no bun
4g Net Carbs
- Sausage Biscuit w/ no bun
1g Net Carb
- Sausage Biscuit with Egg w/no bun
2g Net Carbs
- Steak, Egg & Cheese Biscuit w/ no bun
3g Net Carbs
- Sausage Burrito w/ no tortilla
4g Net Carbs

LUNCH MENU

- Mc Double w/ no bun
4g Net Carbs
- Mc Double w/ no bun – ketchup
3g Net Carbs
- Artisan Grilled Chicken Sandwich w/ no bun
2g Net Carbs
- Side Salad
2g Net Carbs

Burger King

BREAKFAST MENU

- Breakfast Burrito Jr. w/ no tortilla
7g Net Carbs
- Ham, Egg & Cheese Biscuit w/ no bun
1g Net Carb
- Bacon, Egg & Cheese Biscuit w/ no bun
1g Net Carb
- Sausage, Egg & Cheese Biscuit w/ no bun
1g Net Carb
- King CROISSAN'WICH with Double Sausage w/ no bun
2g Net Carbs
- King CROISSAN'WICH with Ham & Sausage w/ no bun
3g Net Carbs
- King CROISSAN'WICH with Sausage & Bacon w/ no bun
2g Net Carbs
- Egg & Cheese CROISSAN'WICH w/ no bun
1g Net Carb

LUNCH MENU

- Whopper JR w/ no bun
4g Net Carbs
- Whopper w/ no bun
7g Net Carbs
- Double Whopper w / no bun
7g Net Carbs
- Quarter Pound KING
7g Net Carbs
- Double Quarter Pound KING w/ no bun
8g Net Carbs
- Bacon King Jr. w/ no bun
4g Net Carbs
- Bacon & Cheese WHOPPER w/ no bun
9g Net Carbs
- Hamburger w/ no bun
3g Net Carbs
- Cheeseburger w/ no bun
4g Net Carbs
- Double Cheeseburger w/ no bun
4g Net Carbs
- Bacon Cheeseburger w/ no bun
4g Net Carbs
- Bacon Double Cheeseburger w/ no bun
4g Net Carbs
- Grilled Chicken Sandwich w/ no bun
1g Net Carb
- Garden Side Salad
2g Net Carbs





Wendy's

BREAKFAST MENU

- Double Stack without Bun
2g Net Carbs
- Baconator without Bun
4g Net Carbs
- Grilled Chicken Sandwich without Bun
5g Net Carbs



Hardee's/Carl Jr

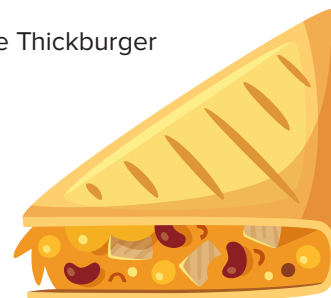
BREAKFAST MENU

- Steak And Egg Burrito
W/ No Tortilla 1g Net Carb
- Loaded Breakfast Burrito
W/ No Tortilla 9g Net Carbs
- Big Country® Breakfast Burrito
W/ No Bun 9g Net Carbs
- Sausage, Egg & Cheese Biscuit
W/ No Bun 2g Net Carbs
- Bacon, Egg & Cheese Biscuit
W/ No Bun 2g Net Carbs

BREAKFAST MENU

- Famous Star® With Cheese
W/ No Bun 8g Net Carbs
- Super Star® With Cheese
W/ No Bun 9g Net Carbs
- The Big Carl W/ No Bun
7g Net Carbs
- Charbroiled Chicken Club™ Sandwich
W/ No Bun 7g Net Carbs
- Charbroiled Santa Fe Chicken™ Sandwich
W/ No Bun 6g Net Carbs

- Low Carb Charbroiled Chicken Club
7g Net Carbs
- The Low Carb Thickburger
8g Net Carbs
- The Guacamole Thickburger
7g Net Carbs



Five Guys Burgers

- Bacon, 2 slices 0g Net Carb
- Hamburger Patty 0g Net Carb
- Hot Dog 1g Net Carb
- A1 Steak Sauce 0g Net Carb
- Cheese 0.5g Net Carb
- Green Peppers 1g Net Carb
- Grilled Mushrooms 1g Net Carb



- Jalapeno Peppers 0g Net Carb
- Mayonnaise 0g Net Carb
- Onions 1g Net Carb
- Tomatoes 2g Net Carb
- Pickles 1g Net Carb

In-N-Out Burger

- Hamburger w/Onion Protein Style
w/ no bun 8g Net Carbs
- Cheeseburger w/Onion Protein Style
w/ no bun 8g Net Carbs
- Double Double w/Onion Protein Style
w/ no bun 8g Net Carbs

Sonic

- For Beef Patty's and Hot Dogs, Estimate 2g Net Carbs per patty or hotdog
- For toppings you can add lettuce, tomato, onions, cheese, bacon, and avocado Condiments:
- Mayo 0g Net Carbs
- Mustard 0g Net Carbs
- Ranch 1g Net Carbs

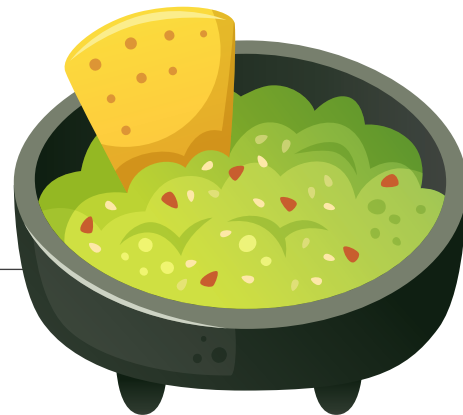


Checkers/Rally's

- Plain Naked **2g Net Carbs Per 5 Wings**
- Garlic Parmesan **3g Net Carbs For 5 Wings**
- Angrier/Mild Buffalo **2.5g Net Carbs For 5 Wings**

For Beef Patty's and Hot Dogs, Estimate 2 net carbs per patty or hotdog and pair with the following:

- Bacon **1g Net Carb Per Serving**
- Cheese sauce **2g Net Carbs Per Serving**
- Ranch **2g Net Carbs Per Serving**
- Check for real mayo at the condiment station **0g Net Carbs**



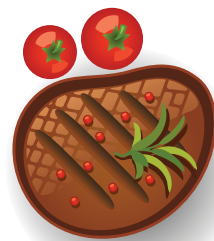
Jack in the Box

- Chicken Strips 4-piece **5g Net Carbs**
- Chicken Club Salad (served with grilled chicken) **8g Net Carbs**
- Side Salad **2 Net Carbs**
- Hamburger Patty estimate **1-2 Net Carbs**

Condiments

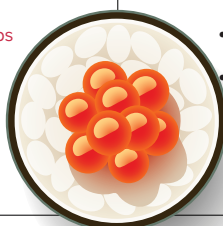
- Bacon Ranch Dressing **3g Net Carbs**
- Creamy Southwest Dressing **3g Net Carbs**
- Buttermilk House **3g net carbs**

- Fire Roasted Salsa **1g Net Carbs**
- Buffalo Dipping Sauce **2g Net Carbs**
- Tartar Sauce **2g Net Carbs**
- Zesty Marinara **4g Net Carbs**
- Chipotle Sauce **1g Net Carbs**
- Creamy Italian Sauce **1g Net Carbs**
- Peppercorn Mayo **1g Net Carbs**
- Sun Dried Tomato Sauce **1g Net Carbs**



Whataburger

- Grilled Chicken Melt w/ no bun
- Bacon or Sausage Tacquito w/ no tortilla
- Garden Salad **5g Net Carbs**
- Garden Salad with Grilled Chicken **6g Net Carbs**
- Whataburger w/ no bun
- Double Meat Whataburger with or without cheese and w/no bun

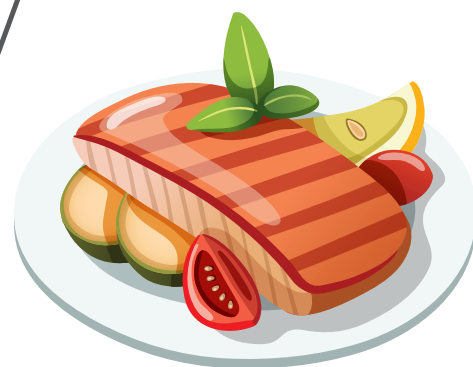


Chick-fil-A

- Grilled Chicken Sandwich w/ no bun
- Grilled chicken nuggets **2g Net Carbs Per Serving**
- Grilled market salad **11g Net Carbs** Dipping Sauces
- Zesty buffalo **1g Net Carbs**
- Garlic & herb ranch **1g Net Carbs**

El Pollo Loco / Nando's / Other Grilled Chicken Places

- Substitute flame-grilled chicken **0 Net Carbs** tacos with a lettuce shell
- Salsas **1-2g Net Carbs** per serving
- Creamy Cilantro **2g Net Carbs**
- Ranch Dressing **2g Net Carbs**
- Add Avocado



Kentucky Fried Chicken

- Any Style of Kentucky Grilled Chicken Has **0 Net Carbs**
- Caesar Salad without Croutons **1g Net Carbs**
- House Salad without Croutons **2g Net Carbs**
- Heinz Buttermilk Ranch Dressing **1g Net Carb**
- Marzettie Light Italian Dressing **2g Net Carbs**
- KFC Creamy Parmesan Caesar Dressing **4g Net Carbs**

Dickey's BBQ / Famous Dave's / Other BBQ Places

- Beef Brisket **2g Net Carbs Per 1/4 Lb**
- Pulled Pork **2g Net Carbs Per 1/4 Lb**
- Polish Sausage **2g Net Carbs Per 1/4 Lb**
- Spicy Cheddar Sausage **3g Net Carbs Per 1/4 Lb**
- Side Caesar Salad **6g Net Carbs**

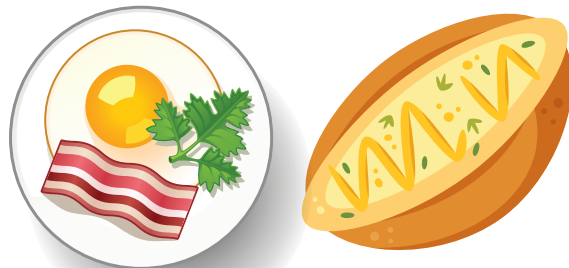
Jimmy John's

/ Jersey Mike's / Subway / Other Sub Shops

- Order subs without the bun

Here are some low carb idea options:

- Grilled Chicken
- Boiled Egg
- Bacon
- Spinach
- Cheddar Cheese
- Pecan/Almond Pieces
- Olive Oil/Vinegar
- Avocado
- Cheese
- Lettuce
- Tomato



Panera Bread

- Power Breakfast Egg Bowl with Steak **3g Net Carbs**
- Power Breakfast Egg White Bowl with Roasted Turkey **4g Net Carbs**
- Power Mediterranean Chicken **7g Net Carbs**
- Power Mediterranean Roasted Turkey Bowl **7g Net Carbs**
- Power Steak Lettuce Wraps **6g Net Carbs**

Chipotle/Moe's Southwest

Grill / Other Mexican Chains

- Order A Salad Bowl

Combine The Following:

- Meat (beef, pork, chicken)
- Cheese (cheddar, mozzarella, jack)
- Sour Cream (make sure that it is full fat)
- Lettuce (this does add up in carbs)
- Salsa (tomatillo-red usually has fewest carbs)
- Guacamole (may cost extra)



Taco Bell/Del Taco/

Other Taco Places

- Not many substitutions offered so we recommend skipping for now



Dairy Queen

- For Beef Patty's and Hot Dogs, Estimate **2 Net Carbs** per patty or hotdog

Condiments:

- Ranch Dipping Sauce **5g Net Carbs**
- Wild Buffalo Dipping Sauce **1g Net Carbs**
- Marzetti Ranch Dressing **2g Net Carbs**
- Marzetti Balsamic Vinaigrette **4g Net Carbs**

Arby's

- Order brisket or roast beef sandwiches without the bun

Condiments:

- Buffalo **2g Net Carbs**
- Ranch **2g Net Carbs**
- Light Italian **2g Net Carbs**
- Buttermilk Ranch **2g Net Carbs**
- Balsamic Vinaigrette **2g Net Carbs**

Denny's/Perkins/

Waffle House / IHOP

- Order an omelet (check on website to make sure batter isn't mixed into the eggs. IHOP uses batter in their egg mix so just be aware.)

Use the following toppings:

- Sausage
- Eggs
- Bacon
- Spinach
- Broccoli
- Avocado
- Cheese



Cracker Barrel

- Half Pound Bacon Cheeseburger **3g Net Carbs + Carbs In Sides**
- Grilled Steak Salad **7g Net Carbs + Dressing**
- Lemon Pepper Grilled Trout **0g Net Carbs + Carbs In Sides**
- Grilled Roast Beef **4g Net Carbs + Carbs In Sides**

Low-carb side items:

- Green Beans **2g Net Carbs**
- Spicy Pork Rinds **1g Net Carbs**
- Blue Cheese **2g Net Carbs**
- Buttermilk Ranch **1g Net Carb**

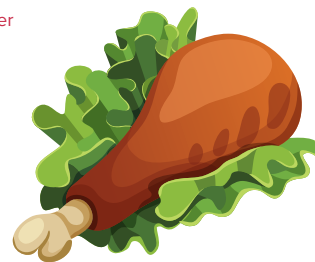
Buffalo

Wild Wings

- Naked or Plain **0g Net Carbs**
- Buffalo **1g Net Carbs For 20 Wings**
- Blazin' with Ghost **7g Net Carbs For 20 Wings**
- Chipotle BBQ **2g Net Carbs For 20 Wings**
- Desert Heat **2g Net Carbs For 20 Wings**
- Hot **4g Net Carbs For 20 Wings**
- Lemon Pepper **1g Net Carbs For 20 Wings**
- Salt and Vinegar **1g Net Carbs For 20 Wings**
- Parmesan Garlic **6g Net Carbs For 20 Wings**

Pizza Hut

- All American Wings **0g Net Carbs Per 2 Wings**
- Garlic Parmesan Wings **1g net carbs per 2 wings**
- Ranch Dressing **1-2 net carbs per container**



Papa John's

- Wings with No Sauce **1g Net Carbs Per 2 Wings**
- Buffalo Wings **2g Net Carbs Per 2 Wings**



Gas Stations /

Convenience Stores

- Hard-boiled eggs
- Deli meat
- String cheese
- Almonds
- Pork rinds



Grocery Stores

- Meat and Cheese Packs
- Hard Boiled Eggs
- Canned/Packaged Tuna
- Pre-packaged Salads
- Parmesan Crisps
- Pre-cooked Bacon
- Heavy Cream + Butter + Coffee
- Raw Green Veggies + Dip

Sprouts /

Whole Foods / Specialty Stores

- | | |
|------------------------|--|
| • Artisan Smoked Meats | • Riced Cauliflower |
| • Long-aged Cheese | • Riced Broccoli |
| • Parsnip Chips | • Broccoli Chips |
| • Baked Cheese | • Specialty Condiments/Sauces (e.g. Hollandaise) |
| • Zoodles | • Seaweed Snacks |

