



Since 2013

Eating Out On Keto



COMFORT KETO
By MyKetoPal 

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By **MyKetoPal** 

TABLE OF CONTENTS

Topic	Page
Failing to prepare is preparing to fail!	3
APPLEBEE'S	4
CALIFORNIA PIZZA KITCHEN	7
DAVE & BUSTER'S	10
DENNY'S	13
FAMOUS DAVE'S	16
IHOP	20
IN-N-OUT	23
KFC	25
PANERA BREAD	27
SONIC DRIVE-IN	30
STARBUCKS	32



FAILING TO PREPARE IS PREPARING TO FAIL!

It is undeniable that it is very easy to fail on ketogenic diet. Especially when you go out to eat often. For business or for pleasure. Here are some simple rules you can follow when you eat out.

- Rule 1: As a rule of thumb, always check out the menu of a restaurant online before you walk in. Yelp pictures might also help tremendously.
- Rule 2: Always remember that diner food and fast food are usually high in calories, and are not necessarily made using the best quality ingredients. That's why these recommendations should not be your regular go-to options.
- Rule 3: There are a few common rules to stick to:
- Skip the buns, tortillas and flat bread wraps
 - Skip the pasta, potatoes and rice
 - With salads, hold the croutons, stick with Caesar, Blue Cheese or Ranch dressing. For salads, you can also ask for olive oil and red wine vinegar for self serve dressing.
- Rule 4: Have always some emergency ketogenic snacks with you.
- Rule 5: You definitely don't want to arrive at a restaurant starving hungry. Have a light meal or a small snack beforehand. By doing so, you will less likely make unhealthy food choices.
- Rule 6: Stick to certain types of restaurants. They are more Keto-Friendly than others. Some suggestions we have for you are steakhouses, Mediterranean/Greek and Middle Eastern restaurants, seafood restaurants and some BBQ joints.
- Rule 6: Don't be afraid to ask questions about breading, the type of cooking or salad oils they use !
- Rule 7: Don't stress yourself out. Family and friends are an important and healthy part of our lives. So enjoy the time you spend with them! Try to eat the most Keto-Friendly meal possible. Don't beat yourself up if you end up eating a small amount of glaze, sauce, dressing or breading? Remember tough! This is not a free pass to stuff your face with pizza when you go out.

In order to make it easier on you, we looked at a few popular chain restaurants in regards to their Keto-Friendly offers. These are not all great choices, however if you happen to be stuck with no other selections due to the locale or the company you are socializing with, these options will be fine for such occasions.



APPLEBEE'S LOW CARB MENU ITEMS FOR CONSIDERATION

The casual neighborhood restaurant Applebee's - owned by the same parent company as IHOP- is fun and fairly easy on the pocket to eat at occasionally with friends. As a worldwide chain, Applebee's has nearly 2,000 locations. It is likely to find one near where you live.



You can check Applebee's the nutrition information online.

We feel that you can stick to your keto diet at Applebee's with some caution. However, always remember that diner food is high in calories and is not necessarily made with best quality ingredients. You should not consume fast food on a regular basis.

Low Carb Appetizers at Applebee's

Grilled Shrimp Skewer

0 net carbs / 9g fat / 8g protein

Shrimp 'n Parm Topper

4 net carbs / 31g fat / 14g protein

Sauteed Garlic Mushrooms

5 net carbs / 19g fat / 3g protein

Applebee's **wings** are relatively high in carbs (10 net). Consequently, we do not recommend the wings as your appetizer. Wings are fine as if you take them as main course.





Low Carb Salads at Applebee's

Your best bet is going with a *salad*, may be with added grilled chicken.

Leave out the croutons. However, note that the main course salads weigh in at 1000 calories.



We recommend that you choose one of the following salad dressings on the side, as they are Keto-Friendly:

- **Lemon Olive Oil Vinaigrette**
0 net carbs / 14g fat / 0g protein
- **Green Goddess**
2 net carbs / 20g fat / 1g protein
- **Bleu Cheese**
3 net carbs / 22g fat / 1g protein
- **Buttermilk Ranch**
3 net carbs / 20g fat / 1g protein
- **Garlic Caesar**
3 net carbs / 22g fat / 1g protein
- **Mexi Ranch**
3 net carbs / 14g fat / 1g protein



Low Carb Entrees at Applebee's

A **grilled steak** with a side of green vegetable like broccoli is always the safest option for a ketogenic choice.

However, leave out the sauces since they often contain hidden sugar and other carbs.

Keto-Friendly additions to your burger are a triple bacon, cheese, a fried egg or an extra patty for a few extra carbs. Yet, grilled onions as add on contain 4 net carbs, 2.5g fat, 1g protein.



- **Burgers**, hold the bun
1 net carb / 39g fat / 40g protein
- A full rack of **Baby Back Ribs**, hold the sauce
1 net carbs / 60g fat / 70g protein
- **Grilled Chicken Breast**
0 net carbs / 4g fat / 38g protein
- **Bourbon Street Steak**
1 net carb / 35g fat / 49g protein
- **Sirloin**, 6 or 8 oz.
1 net carb / 7-12g fat / 33-43g protein
- **Shrimp 'n Parmesan Sirloin**
4 net carbs / 42g fat / 57g protein



Keto-Friendly Drinks at Applebee's

Water, coffee, hot tea, unsweetened iced tea, and SoBe Life Water are all zero or low-carb.





CALIFORNIA PIZZA KITCHEN'S LOW CARB MENU ITEMS FOR CONSIDERATION

As a keto-er, pizza probably isn't on your menu so much anymore. But fear not, pizza make up only 1/3 of California Pizza Kitchen's menu, and there are a few keto-compatible items on the menu.

California Pizza Kitchen lists its nutrition info online. Read on for your best bets.



california
PIZZA KITCHEN

California Pizza Kitchen (CPK) now has over 300 restaurants in 200+ cities around the world. It is likely to find one near where you live. We feel that you can stick to your keto diet at CPK with some caution.

Low Carb Appetizers at CPK

Petite Wedge Salad with Bleu cheese dressing, bacon, egg and tomatoes
4 net carbs/ 26g fat / 6g protein

Asparagus + Arugula Salad
5 net carbs / 17g fat / 4g protein

Charred Shishito Peppers
6 net carbs / 21g fat / 4g protein



Low Carb Power Bowls at CPK

Most of the ingredients in the **power bowls** are Keto-Friendly. Just leave out the grains and legumes (rice, corn, faro, quinoa, beans) and you'll be fine.

Exact carb counts are not available for modified orders.





Low Carb Salads at California Pizza Kitchen

Salads are always a great way to add fiber and micronutrients to your diet.

California Cobb Salad, hold the beans
Half portion!
6 net carbs / 37g fat / 26g protein

Italian Chopped Salad, hold the beets
Half portion!
9 net carbs / 41g fat / 24g protein

Roasted Veggie Salad, hold the corn
and the sugary dijon vinaigrette
Half portion!
7 net carbs / 27g fat / 7g protein



We recommend that you choose one of the following salad dressings on the side, as they are Keto-Friendly:

- **Poblano Ranch**
1 net carb / 12g fat / 1g protein
- **Herb Ranch**
1 net carb / 19g fat / 1g protein
- **Bleu Cheese**
1 net carb / 24g fat / 3g protein
- **Mustard Herb Vinaigrette**
1 net carb / 29g fat / 1g protein



Low Carb Salads Add-Ons at California Pizza Kitchen

- **Grilled Shrimp**
0 net carbs, 8g fat, 12g protein
- **Sautéed Salmon**
0 net carbs, 8g fat, 12g protein
- **Grilled Chicken Breast**
1 net carb, 12g fat, 35g protein
- **Fresh Avocado**
1 net carb, 10g fat, 1g protein

Low Carb Drinks at California Pizza Kitchen

Water, Perrier or San Pellegrino, coffee, tea.

A glass of red wine or a Michelob light will run about 5 net carbs.





Low Carb Main Dishes at California Pizza Kitchen

No carb counts available for modified orders.

Hearth-Roasted , hold the farro grains

Cedar Plank, hold the corn succotash

Roasted Garlic Chicken + Veggies, hold the potatoes

Fire-Grilled Ribeye, hold the potatoes

West Coast Burger, hold the bun, the caramelized onions and ketchup.



Low Carb Pizza at California Pizza Kitchen

Your basic toppings of cheese, meat, and veggies are keto-compatible. Hold the things that taste sweet (fruit, caramelized onions, teriyaki or bbq sauces, etc.).

California Pizza Kitchen offers a **pizza with a cauliflower crust**. It's carby, thus low carb but not keto (13 net carbs per slice).

We recommend that you choose one of the following pizza add-on toppings, as they are Keto-Friendly: Please note that each pizza contains 6 slices. All counts are per slice.



Goat Cheese (0 net carbs, 1g fat, 1g protein)

White Truffle Oil (0 net carbs, 1g fat, 0g protein)

Chicken (0 net carbs, 1.5g fat, 4g protein)

Lime Chicken (0 net carbs, 1.5g fat, 3g protein)

Bacon (0 net carbs, 1g fat, 1g protein)



california
PIZZA KITCHEN



DAVE & BUSTER'S LOW CARB MENU ITEMS FOR CONSIDERATION

Dave & Buster's serves steaks, burgers and salads, so that you can actually keep on keto-ing. There are over 100 Dave & Buster's around the country. It is likely to find one near where you live. We feel that you can stick to your keto diet at Dave & Buster's.

Dave and Buster's lists calories right on the menu and their nutrition information is available online. Yet, no carb counts available for modified orders.



Low Carb Starter Salads at Dave & Buster's

Fresh Garden Salad, hold the tortilla strips
11 net carbs / 13g fat / 9g protein

Parmesan Caesar Salad, hold the croutons
10 net carbs / 20g fat / 8g protein

We recommend that you choose one of the following salad dressings on the side, as they are Keto-Friendly:

- **Roasted Garlic Caesar**, 2oz.
0 net carbs, 30g fat, 2g protein
- **Buttermilk Ranch**, 2oz.
2 net carbs, 22g fat, 0g protein
- **Bleu Cheese**, 2oz.
2 net carbs, 30g fat, 2g protein
- **Avocado Jalapeño Ranch**
2 net carbs, 22g fat, 2g protein
- **Ancho Chile Caesar**
3 net carbs, 27g fat, 3g protein

Low Carb Appetizers At Dave & Buster's

Ancho Caesar Lettuce
13 net carbs 47g fat, 40g protein

Buffalo wings, too carby, definitely share
20 net carbs / 47g fat / 80g protein





Low Carb Burgers at Dave & Buster's

Dave & Buster's *burgers* easily push 1000 calories. Stay away from the bun and the fries. No carb counts available for modified orders.

Triple Bacon Cheeseburger, hold the bun, and the fries

Dave's™ Double Cheeseburger, hold the bun, and the fries

Buster's™ Cheeseburger, hold the bun, slightly lower in calories



The South Philly Burger, hold the bun, and the fries

Low Carb Burger Add-Ons at Dave & Buster's

Bacon

0 net carbs / 7g fat / 5g protein

Avocado

1 net carb / 7g fat / 1g protein



Low Carb Steak And Ribs at Dave & Buster's

No carb counts available for modified orders.

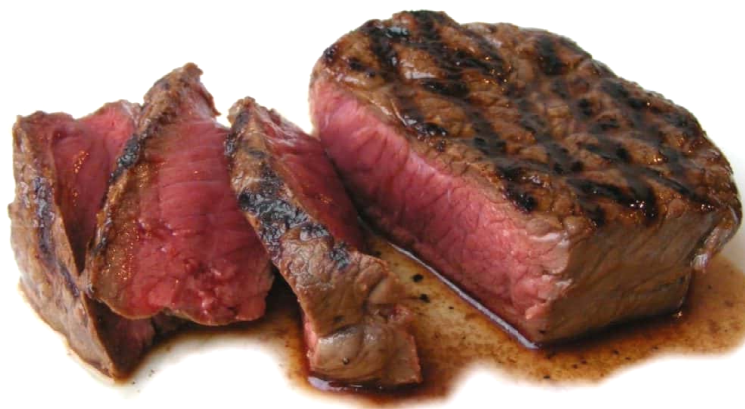
Fire-Grilled Sirloin with Bacon-Wrapped Shrimp & Lobster Sauce, hold the mashed potatoes

New York Strip Steak, 12oz., hold the potatoes and the fries

Sirloin Steak, 8oz., hold the potatoes

Grilled Shrimps, 5 count
1 net carb / 1g fat / 14g protein

3 Bacon-Wrapped Shrimps
1 net carb / 10g fat / 12g protein





Low Carb Dinner Options at Dave & Buster's

No carb counts available for modified orders.

Grilled Salmon, hold the rice

16 net carbs / 44g fat / 56g protein

Cabo Chicken, hold the rice and the fruity pico de gallo sauce

21 net carbs / 20g fat / 70g protein



Low Carb Salads at Dave & Buster's

No carb counts available for modified orders.

Grilled Chicken & Baby Kale Caesar Salad

11 net carbs / 40g fat / 44g protein

Grilled Steak Salad, hold the candied nuts and fried onions, order with Caesar, Ranch or Bleu Cheese dressing.

Add **avocado**, 1 net carb.



Low Carb Side Kicks at Dave & Buster's

Fresh-made Guacamole

3 net carbs / 17g fat / 2g protein

Fresh Season Vegetables

4 net carbs / 7g fat / 1g protein

Low Carb Drink Options at Dave & Buster's

Choose water, San Pellegrino, coffee, unsweetened iced tea to indulge.





DENNY'S LOW CARB MENU ITEMS FOR CONSIDERATION

Like any other place that serves breakfast, Denny's is a fairly good place to eat for keto-ers.

Denny's lists their nutrition information online. We will give you our suggestions to find your best bets at Denny's.



As a nationwide chain, Denny's has nearly 1,200 locations. It is likely to find one near where you live.

We feel that you can stick to your keto diet at Denny's with some caution. However, always remember that diner food is high in calories and is not necessarily made with best quality ingredients. You should not consume fast food on a regular basis.

Low Carb Breakfasts at Denny's

You may build your own low-carb *Grand Slam breakfast*, available any time of the day or night.

- *Sausage*, 2 links (0 net carbs)
- *Bacon*, 2 strips (1 net carb)
- *Turkey Bacon*, 2 strips (1 net carb)
- *Eggs*, 2 (1 net carb)
- *Egg Whites*, 2 (1 net carb)
- *Grilled Ham*, 3 oz. (3 net carbs)
- *Gouda-Apple Chicken Sausage*, 1 link (2 net carbs)



Low Carb Omelettes at Denny's

Ham & Cheese Omelette, hold the bread and hash browns (7 net carbs)

Loaded Veggie Omelette, hold the bread and hash browns (7 net carbs)

Ultimate Omelette®, hold the bread and hash browns (8 net carbs)

Philly Cheese Steak Omelette, hold the bread and hash browns (11 net carbs)



Low Carb Skillets at Denny's

While no exact carb counts are available, rest assured that all items will be below 10 net carbs; provided that you leave out the potatoes. You may consider adding another egg or two to improve your macros.



Crazy Spicy Skillet– Spicy chorizo sausage, grilled chicken, cheese, jalapeños, veggies

Smoky Gouda Chicken & Broccoli Skillet, hold the rice –Also available with prime rib

Fit Fare® Veggie Skillet, if you're looking to save on calories, this skillet contains egg whites only

Santa Fe Skillet, sausage, cheese and veggies, eggs

Supreme Skillet, the veggies are a little on the carby side

Low Carb Burgers at Denny's

While no exact carb counts are available, most of the burgers without the bun weigh in around 1,000 calories. Leave out all the syrupy sauces such as Sriracha and Bourbon, as well as regular ketchup.

Bacon Gouda Burger

Double Cheeseburger

Bacon Avocado Cheeseburger

Slamburger™, a burger with bacon, egg and cheese

Build Your Own Burger, select cheese, bacon, avocado and eggs



Low Carb Classics & Steaks at Denny's

No exact carb counts are available. Always, leave out the garlic bread.

Sirloin Steak, 8 oz.

Wild Alaska Salmon

Mediterranean Grilled Chicken

Pot-Roast

T-Bone Steak



Low Carb Fit Fare® at Denny's

According to Denny's claims, the Fit Fare® menu will save you calories. Choices are taken from the regular menu, including items like Tilapia Ranchero, steak, salmon, etc.



Low Carb Salads at Denny's

Avocado Chicken Caesar, 16 oz. (8 net carbs)

Prime Rib Cobb Salad, hold the dressing (12 net carbs)

We recommend that you choose one of the following salad dressings on the side, as they are Keto-Friendly:

- *Caesar*, 1.5 oz. (0 net carbs)
- *Ranch*, 1.5 oz. (1 net carb)
- *Buffalo Sauce*, 2 oz. (2 net carbs)
- *Blue Cheese*, 1.5 oz. (3 net carbs)
- *Fat-Free Italian*, 1.5 oz. (4 net carbs)



Low Carb Condiments at Denny's

Sour Cream, 1.5 oz. (2 net carbs)

Low Carb Drink Options at Denny's

Water, coffee (hot or iced, unsweetened, creamer contains 1 net carb), hot herbal or caffeinated tea, unsweetened iced tea.

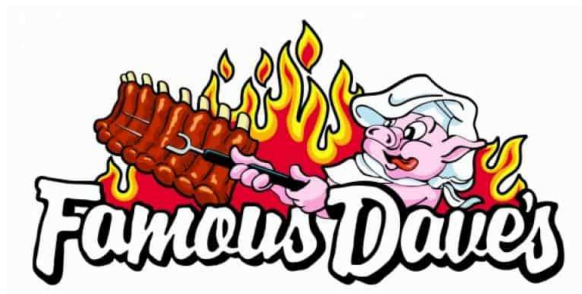




FAMOUS DAVE'S LOW CARB MENU ITEMS FOR CONSIDERATION

Here, we gathered some of the best keto options available for you at Famous Dave's. Their nutrition information is available online.

We feel that you can stick to your keto diet at Famous Dave's. However, remember, the calories matter too. This kind of calorie rich food should only be eaten occasionally.



Low Carb Appetizers at Famous Dave's

Always order classical *bone-in wings* with creamy blue cheese dressing and crunchy celery.

Buffalo Wings, caution! over 1000 calories
10 net carbs / 82g fat / 73g protein

Wilber's Revenge Wings, extra hot
12 net carbs / 78g fat / 72g protein



Low Carb Salads at Famous Dave's

Caesar Salad, hold the croutons, also available as an entrée with grilled chicken
13 net carbs / 23g fat / 6g protein

Side Salad, hold the croutons
14 net carbs / 23g fat / 14g protein





We recommend that you choose one of the following salad dressings on the side, as they are Keto-Friendly:

- **Blue Cheese**
0 net carbs / 30g fat / 2g protein
- **Caesar**
0 net carbs / 24g fat / 2g protein
- **Light Italian**
0 net carbs / 5g fat / 0g protein
- **Ranch**
2 net carbs / 40g fat / 2g protein
- **French**
2 net carbs / 22g fat / 0.5g protein
- **Light French**
2 net carbs / 10g fat / 0.5g protein
- **Thousand Island**
2 net carbs / 26g fat / 0.5g protein
- **Lime Chipotle**
3 net carbs / 28g fat / 1g protein
- **Italian**
4 net carbs / 22g fat / 0.5g protein



Low Carb Ribs at Famous Dave's

Famous Dave's ribs are smoked with hickory, and cooked until they're tender. At Famous Dave's, the meat does not fall off the rib bone, which means they are not overcooked.



Louis Full Rack, caution! naked has over 1700 calories
1 net carb / 118g fat / 160g protein

Louis Regular 4-bone, naked
0 net carbs / 39g fat / 53g protein

Baby Back, Half Rack, Memphis, also available as a full rack
3 net carbs / 41g fat / 53g protein



Low Carb Pitmaster Favorites Ribs at Famous Dave's

No exact carb counts are available for some items.

Texas Beef Brisket, hold the corn muffin

Southside Rib Tips, hold the BBQ sauce, order mustard on the side

BBQ Chicken, order Rick & Sassy® sauce on the side

Country-Roasted Chicken

Half chicken!

1 net carb / 39g fat / 75g protein

Cedar Plank Salmon

4 net carbs / 10g fat / 28g protein

PITMASTER RULES: RESPECT THE CUT



Low Carb Sides at Famous Dave's

Collard Greens

3 net carbs / 13g fat / 7g protein

Memphis-Style Coleslaw

4.5 net carbs / 6g fat / 0g protein

Fire Cracker Green Bean

5 net carbs / 20g fat / 2g protein

Southern-Style Green Beans

5 net carbs / 20g fat / 1g protein

Broccoli

5 net carbs / 5g fat / 5g protein

Pecan Brussel Sprouts

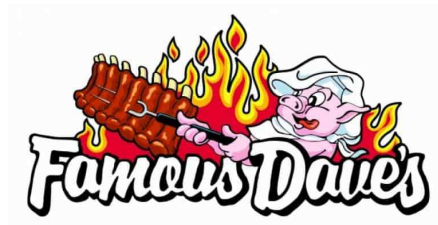
9 net carbs / 8g fat / 5g protein





Low Carb Burgers at Famous Dave's

No exact carb counts are available for without the bun. Please note that Famous Dave's sauces tend to be on the sweet side. So, stick to the basics of meat, cheese, lettuce and, you'll do fine.



Classic Cheeseburger

Dave's Favorite, hold the Rich & Sassy® sauce, order with bacon, cheese, lettuce and a slice of tomato

Ultimate Burger, hold the Georgia BBQ sauce, order with spicy American cheese and jalapeño bacon.

Brisket, add to any burger

3 net carbs / 9g fat / 19g protein

Low Carb Drink Options at Famous Dave's

Water, coffee, tea, unsweetened iced tea.





IHOP'S LOW CARB MENU ITEMS FOR CONSIDERATION

The International House of Pancakes serves breakfast all day long at reasonable prices in all 50 states and many countries around the world. It is likely to find one near you.

IHOP's nutrition information is online. You can use this guide to help you make the best choices. We feel that you can stick to your keto diet at IHOP with some caution.

However, keep in mind that diner food does not contain the highest-quality ingredients, and should not be a regular feature in any healthy diet.



Low Carb Breakfast Options at IHOP

The pancakes are obviously out, but there are several other options to choose from. The *omelettes* have some added sugar. So, you order eggs straight up, with sides as listed below.

Two Eggs, scrambled, fried, poached, hard or soft boiled
1 net carb / 8-17g fat based on prep / 11-15g protein

Bacon, 2 strips
1 net carb, 6g fat, 7g protein

Sausage, 2 links
1 net carb, 17g fat, 6g protein

Turkey Sausage Links, 4 count
1 net carb / 13g fat / 17g protein

Spam, 2 slices
2 net carbs / 16g fat / 7g protein

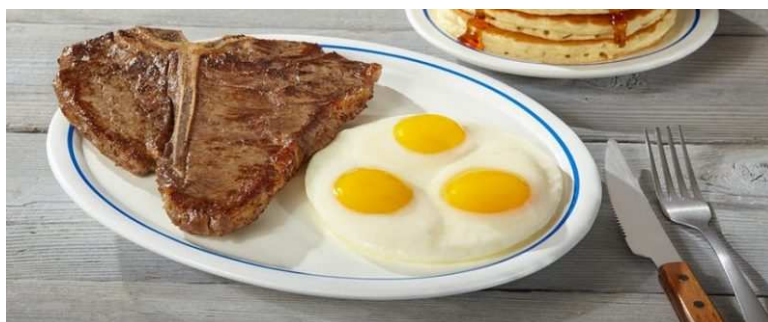
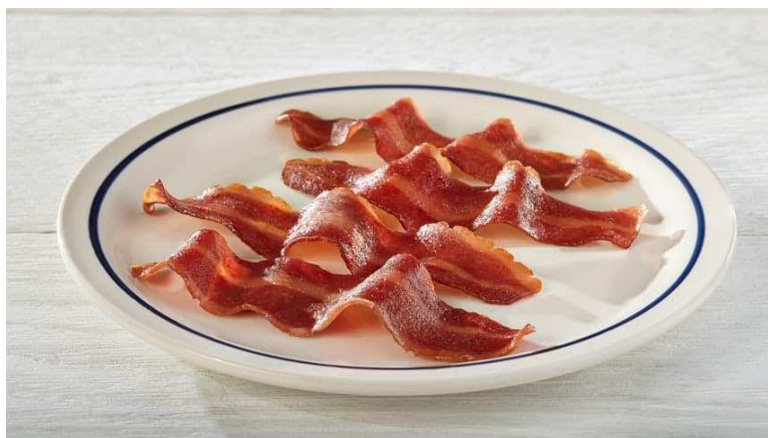
Ham Steak
3 net carbs / 3g fat / 25g protein

Turkey Bacon Strips, 4 count
1 net carb / 10g fat / 10g protein

Cottage Cheese
2 net carbs / 2.5g fat / 5g protein

Avocado (1 net carb)

Vegetables (1-2 net carbs).





Low Carb Lunch And Dinner Options at IHOP

As long as you avoid carby picks like breading, potatoes, and corn, you will be fine. No carb counts available for modified orders.



Low Carb Burgers at IHOP

Order all **burgers** without the bun. Leave out any added carbs, like onion rings, etc. You may order an extra patty (or 2), cheese, bacon, lettuce, pickles, mushrooms or slices of tomato.

Low Carb Sandwiches at IHOP

Order all **sandwiches** without the bread. You may order fillings without any breading such as steak, turkey, bacon, cheese, and lettuce, tomato slices, or avocado. Order any sauces on the side.

Low Carb Entrées at IHOP

No carb counts available for modified orders.

Sirloin Steak Tips, hold the corn and the potatoes

Low Carb Salads at IHOP

Cobb Salad with Grilled Chicken,
Caution: contains over 1000 calories
13 net carbs / 85g fat / 67g protein

Grilled Chicken & Veggie Salad, hold
the honey balsamic dressing

House Salad
3 net carbs / 0g fat / 2g protein





We recommend that you choose one of the following salad dressings on the side, as they are Keto-Friendly:

- ***Reduced-Fat Italian***
1 net carb / 1g fat / 0g protein
- ***Blue Cheese***
3 net carbs / 29g fat / 1g protein
- ***Buttermilk Ranch***
4 net carbs / 27g fat / 1g protein
- ***Creamy Caesar***
5 net carbs



Low Carb Drink Options at IHOP

Black coffee, tea, unsweetened iced tea, SoBe® Life Water, regular water.





IN-N-OUT 'S LOW CARB MENU ITEMS FOR CONSIDERATION

Popular family-owned burger restaurant In-N-Out has 300 restaurants, mostly in California and lately expanding to Texas, Utah, Arizona and Oregon. It is likely that you will find one near where you live.

In-N-Out's nutrition information is available online.

We feel that you can stick to your keto diet at In-N-Out. However, keep in mind that fast food should not be a regular feature in any healthy diet.



Low Carb Burgers at In-N-Out

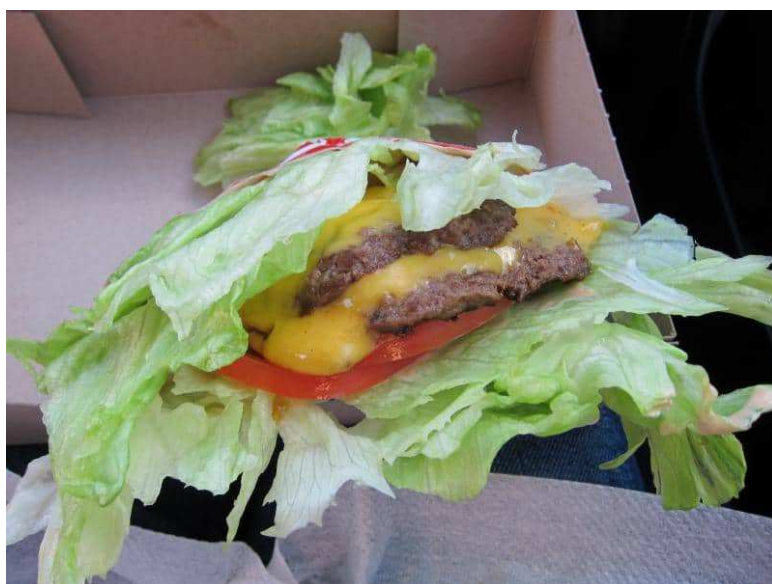
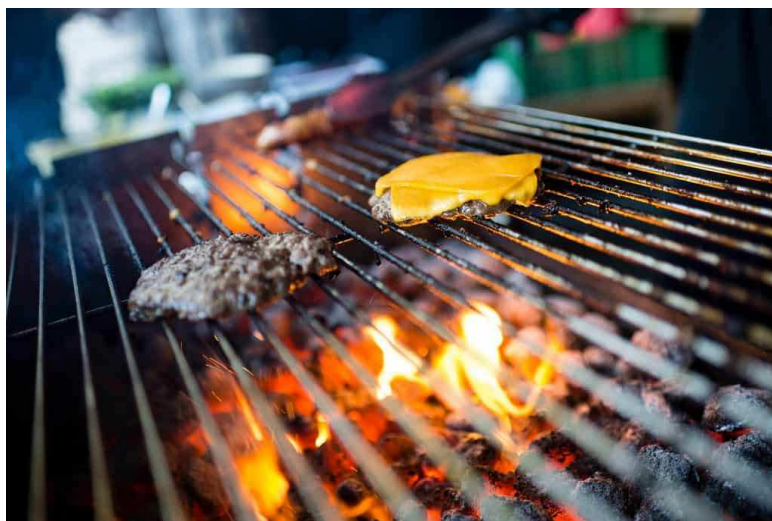
In-N-Out's **burgers** are 100% American beef with no fillers, additives or preservatives. In-N-Out burgers are available "**protein-style**", wrapped in lettuce leaves.

In-N-Out burgers come with lettuce, tomato, and an onion slice. Avoid grilled onions though. Caution with the **signature spread** which is a blend of mayo, ketchup and sweet relish. The **signature spread** contains 8 net carbs, rather on the carby side.

Hamburger, no bun, lettuce wrapped, with onion
8 net carbs, 17g fat, 16g protein

Cheeseburger, no bun, lettuce wrapped, with onion
8 net carbs, 25g fat, 18g protein

Double-Double®, no bun, lettuce wrapped, with onion
8 net carbs, 39g fat, 33g protein





The Not-So-Secret Low Carb Menu at In-N-Out

You can get up to 4 hamburgers as one "sandwich." This means, you can order a **2x2** (or a **3x3**), meaning 2 burger patties and 2 slices of cheese, or 3 burger patties and 3 slices of cheese, etc.

Alternatively, you can order a *Flying Dutchman* which is 2 patties with 2 slices of cheese melted in between.

You can order your *bun-less burger with extra lettuce* and the spread on the side.

You should refrain from ordering your burger "animal style," which includes extra spread, pickles, and grilled onions. This one will add lots of carbs to your count.



Low Carb Drink Options at In-N-Out

Water, coffee, tea, unsweetened iced tea

In-N-Out also serves light lemonade. The 12oz. cup of light lemonade contains 2 net carbs.





KFC'S LOW CARB MENU ITEMS FOR CONSIDERATION

With restaurants in over 80 countries, KFC is one of the most famous fast food chains on Earth. It is likely that you will find one near where you live.

KFC has a good nutrition calculator online, but the menu is pretty straightforward. Still, it's always a good idea to plan ahead when eating out.

We feel that you can stick to your keto diet at KFC with some caution. However, keep in mind that fast food should not be a regular feature in any healthy diet.



Low Carb Meals at KFC

Stay away from the original breaded recipe menu items.

KFC has adapted with the times and offers grilled recipes.

With zero net carbs, you can order anything off this menu:

- *breast,*
- *thigh,*
- *drumstick,*
- *wings.*



Low Carb Dipping Sauces at KFC

Creamy Ranch

1 net carb / 15g fat / 0g protein

Garlic Parmesan

2 net carbs / 13g fat / 0g protein

Creamy Buffalo

2 net carbs / 7g fat / 0g protein





Low Carb Sides at KFC

Green beans (2 net carbs)

Stay away from the biscuits and
mashed potatoes.



Low Carb Drink Options at KFC

Water, unsweetened iced tea .





PANERA BREAD 'S LOW CARB MENU ITEMS FOR CONSIDERATION

One of the fastest-growing chains in the US, Panera Bread has almost 2,000 shops in 46 states. It is likely that you will find one near where you live.

Good thing about Panera is their commitment to serving 'clean' food, from antibiotic-free poultry to foods containing no artificial colors, flavors, preservatives or sweeteners.

Panera's online nutrition information is extensive and includes a full list of ingredients. However, it is not easy to find out how many carbs are in a sandwich. You need to use common sense for your best picks.

Although Panera uses better quality ingredients, it still falls into the category of fast food and should only be eaten in moderation.



Low Carb Breakfast Options at Panera

Ingredients such as eggs, sausage, ham, steak, cheese and avocado are all keto-friendly foods.

Any of the *breakfast sandwiches* (minus the bread) will work for keto. When ordering, all you need to do is to ask for 'bacon, egg and cheese, and hold the bread.'

There are even a couple of 'hidden' menu items.



Power Breakfast Egg White Bowl with Roasted Turkey, baby spinach, roasted peppers and basil pesto sauce Ask for whole eggs.

2 net carbs / 15g fat / 20g protein

Power Egg Bowl with Steak, avocado and tomatoes

2 net carbs / 15g fat / 20g protein



Low Carb Lunch And Dinner Options at Panera

Order *sandwiches* without the bread, of course. And, avoid sandwich fillings with fruit and/or sugary sauces like BBQ.

Panera also has 'hidden' menu options for lunch and dinner.

Power Mediterranean Chicken Salad, spinach, romaine, tomatoes, bacon, egg, olive oil and lemon juice
7 net carbs / 24g fat / 37g protein

Power Mediterranean Roasted Turkey Salad, replace onions w. extra olives
8 net carbs / 21g fat / 22g protein

Power Steak Lettuce Wraps, basil pesto and cucumbers
6 net carbs / 9g fat / 24g protein



Low Carb Salad Options at Panera

Greek Salad
Half portion!
3 net carbs / 18g fat / 4g protein

Caesar Salad, plain
Half portion!
6 net carbs / 13g fat / 5g protein

Caesar with Grilled Chicken
Half portion!
7 net carbs / 14g fat / 17g protein

Seasonal Green Salad
Half portion!
8 net carbs / 6g fat / 2g protein

Greek Goddess Cobb Salad with Chicken and Avocado
Half portion!
8 net carbs / 17g fat / 21g protein





We recommend that you choose one of the following salad dressings on the side, as they are Keto-Friendly (All nutrition counts are for a half portion of salad):

- ***Greek Dressing***
0 net carbs / 13g fat / 0g protein
- ***Caesar Dressing***
1 net carb / 9g fat / 0g protein
- ***Chile Lime Rojo Ranch***
1 net carb / 3g fat / 1g protein
- ***Asian Sesame Vinaigrette***
2 net carbs / 4g fat / 0p protein
- ***Greek Goddess Dressing***
2 net carbs / 5g fat / 1g protein



Low Carb Drink Options at Panera

Water with or without a wedge of fresh lemon, coffee, either black or with half-and-half, espresso, hot tea, flavored Seltzer, San Pellegrino.





SONIC DRIVE-IN'S LOW CARB MENU ITEMS FOR CONSIDERATION

With over 3,500 locations in 44 states, it is likely that you will find a location of this drive-in restaurant in the area where you live.

Sonic's nutrition information is available online but you can't find out the carb count for individual components.



Low Carb Burgers at Sonic

The famous *Supersonic® Bacon Double Cheeseburger* is low in carbs but is 1,200 calories.

The *classic burger* without the bun has 0 carbs, 22g fat and 19g protein.

The *Jr. burger* has 0 carbs, 16g fat and 15g protein.

Low Carb Non-Burger Meal Options at Sonic

The *Hot Dog* without the bun has 0 carbs.

Choose your *toppings* from the list on the following page.

Grilled Chicken Sandwich, hold the bun
1 net carb / 22g fat / 20g protein





Low Carb 'Make It Yours' Burger and Hot Dog Toppings at Sonic

Avoid the too carby BBQ sauce, ketchup, sweet relish and slaw!!

Green Chiles (0 net carbs)

American Cheese (1 net carb)

Avocado (1 net carb)

Bacon (1 net carb)

Spicy Jalapeños (1 net carb)

Light Ranch Dressing (2 net carbs)

Hot Chili (2 net carbs)

Mustard Condiment Pack (0 net carbs)

Salsa de Sonic® Condiment Pack (0 net carbs)

Ranch Dressing Condiment Pack
1 net carb / 2g fat / 0g protein

Light Mayo Condiment Pack
1 net carb / 3g fat / 0g protein



Low Carb Breakfast Options at Sonic

Order a **breakfast burrito** without the tortilla and without tater tots. Eggs, bacon, ham, sausage and cheese are all low-carb.

Low Carb Drink Options at Sonic

The shakes are obviously all out.

Drink water, coffee (hot or iced, unsweetened), unsweetened or diet iced tea.

Diet limeade will run you 1 net carb; the diet cherry limeade has 3 net carbs.





STARBUCKS' LOW CARB MENU ITEMS FOR CONSIDERATION

With 20,000+ stores in 65 countries, Starbucks is the largest coffeehouse in the world. It is likely that you will find one in your neighborhood.

Keep in mind that, as much as Starbucks claims its food as health-conscious, it still contains a huge amounts of carbs and calories, added sugar and nitrates, and therefore should not be consumed as part of a healthy and clean ketogenic diet.



Bottomline, we feel that no food offered at Starbucks is keto-compatible.

What To Drink At Starbucks

Regular Coffee itself has zero carbs, so you sure can definitely enjoy a cup. The cream and sweeteners are where you'll have to pay attention.

Unsweetened heavy whipping cream has almost no carbs.

Half-and-half is also acceptable as low carb.

Espresso or Americano (black coffee) have no carbs.



If you are ordering any iced coffee drink, make sure to request no sweetener or sugar-free. Otherwise, the barista will automatically load your iced coffee beverage with sugar and sweetener.

Carb-Free Teas at Starbucks

The tea menu is almost as extensive as the one for coffee.

Stick to the teas listed below because the other herb teas like Citrus Defender, Summer Sunrise, Summer Sunset contain significant amounts of carbs. The Teavana® Infusions mostly contain around 11 net carbs. Defense Wellness is acceptable at 3 net carbs.



If you want iced tea, remember to request no sweetener.

Caffeinated varieties:

- English Royal Breakfast
- Emperor's Cloud and Mist®

Herbal varieties:

- Comfort Wellness
- Mint Majesty™
- Organic Jade Citrus Mint™
- Passion Tango™
- Peach Tranquility®
- Rev Up Wellness
- Youthberry® White Tea
- Teavana® Earl Grey

