



# Keto Chain Restaurant Guide

## 1. Olive Garden: Italian Food

(Check menu online or call in advance as menu items change periodically)

- \* Order **The Herb-Grilled Salmon**. It is a good low carb choice (460 calories, 28g total fat, 8g carbs, 4g fiber, and 43g protein).



## 2. Carrabba's: Italian Food

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- \* Order **The Tuscan Grilled Filet** is a great low carb steak dish (590 calories, 44g total fat, less than 1g carbs, 0g fiber, and 47g protein).



- \* Order **The Pollo alla Maria** is a tasty low carb chicken dish (620 calories, 37g total fat, 4g carbs, 1g fiber, and 65g protein). Just be sure to substitute the side of pasta for a side of veggies on this one.



## 3. Red Lobster: Seafood

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- \* For a special treat, Order **The Steamed Live Maine Lobster** (440 calories, 34g fat, 0g carbs, 0g fiber, and 33g protein)



## 4. In-N-Out Burger: Burgers

- \* Order **The Double Double Cheeseburger or Burger Protein Style** (this a lettuce wrapped burger) & order without the fries, of course. ( Double Double cheeseburger protein style- Cal: 520, Fat: 39g, Total Carbs:11g, Fiber: 3g, Net Carbs: 8g, Protein: 33g. ) Order it without the special sauce and onions to shave off a couple more carbs.

## 5. Five Guys: Burgers

- \* Order a **lettuce wrapped burger or cheeseburger with bacon** here and you can also get a burger or **bacon burger bowl** here as well.



## 6. Chipotle: Mexican Fast Food

- \* Order a **salad with beef or chicken and grilled vegetables with a side o guacamole** (around 8g total carbs & 6g net carbs)



## 7. Starbucks: Cafe & Coffee:

(Check menu online or call in advance as menu items change periodically)

- \* Order **The Bacon & Gruyère Sous Vide Egg Bites** for breakfast (9g total carbs and 9g net carbs)



## 8. Drinks at Starbucks Keto Style:

- \* **Brewed Coffee & Heavy Cream:** less than 1g of carbs.



- \* **Keto Style Latte:** Order a tall Cafe Americano. Order 3/4 hot water, and the rest steamed heavy cream.

- \* **Keto Style Mocha Latte:** Order a tall Cafe Americano with 3/4 water, and the rest with steamed heavy cream and just one or two pumps of the "skinny sugar free" mocha syrup.



## 9. Buffalo Wild Wings:

- \* Order the **snack size Traditional Wings with Medium Sauce** (390 calories, 23g fat, 0g fiber, 2g net carbs, and 44g protein)

