

Staying Keto While Eating Out

KEEP THIS IN MIND WHEN CHOOSING YOUR RESTAURANT

- Be the person to choose where your party is going to eat since most people don't like making the decision! Then you can look online before you go and eat where it suits you. Chances are everyone else can eat there too.
- When ordering your meal, don't be afraid to ask for exactly what you want. Alter meals to fit your needs, ask questions about ingredients, and combine appetizers/sides/entrees to build your meal.
- Gravies and sauces typically have added flour, sugar, vegetable oils, MSG, etc and should be avoided or questioned. Order meats and fish with real butter, grilled, baked, or broiled. Be sure they aren't breaded or dredged in flour prior to cooking.
- Most places, in general, will use inflammatory vegetable oils to cook with and in salad dressings. You can bring your own dressing or just allow an occasional exposure. You will still be following keto if no matter what fat is used, this is a matter of your health. If you eat out A LOT, the effects are worse than if these are limited "incidents".

FIND THE MEAT, VEGGIES & FATS ON THE MENU - MAKE IT A MEAL!

Steak & Seafood Restaurants

Meat and/or fish (unbreaded, no gravies), can be topped with butter. Veggies can be caesar salad (or any without fruits and croutons), side of roasted veggies or cooked with added fat.

Breakfast Restaurants

Eggs, sausage, bacon, ham, cottage cheese and berries (this is higher in carbs but OK if you're counting). Omelets.

Mexican

Taco salad without the shell & no beans. Fajitas without the wraps and just eat everything else. Eggs and chorizo. We are avoiding beans, rice, and all shells.

Qdoba & Chipotle

Salad bowl with a meat, salsa, peppers, guacamole, sour cream, cheese.

Burger Joints

Order a burger, no bun, and load with guacamole, lettuce, tomato, egg, etc. Side salad or veggies replace fries.

Mediterranean/Lebanese Food

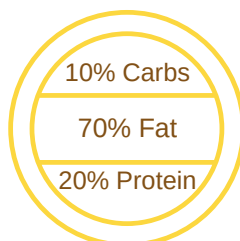
Here there are multiple meat dishes that you can choose from. Names to look for are gallabab, shawarma, kabob, kafta (as long as there's no breadcrumbs in the ground meat), or other grilled meat/fish. Veggies are often flavorful at these restaurants, so you are usually safe asking for double veggies as your side dish instead of rice. Fattoush salad (no pita) or any other type without grains or beans.

Sub shops

A lettuce wrap version of any of their subs- be sure they have one before you go!

Macronutrient Goals To Consider When Building Your Keto Meal

Your whole day should fall somewhere in these ranges- keep track with CarbManager App



Each plate should be balanced close to this chart to help you stay full

