

General Tips For Choosing Low Carb Fast Food

- Be careful with sauces and dressings! They can be full of sugar and it's where most of the carbs are sneakily hiding.
- Chose broiled, roasted or grilled chicken over battered or breaded. If they don't have the option, you can peel off the skin to take off some of the carbs.
- Pick a burger and ask for it to be wrapped in lettuce or take off the bun and eat it with a fork. This is one of the best options in most cases.
- A lot of fast food chains offer salads with some low carb dressing on the side. This is another really good option.
- Kids menu choices aren't always the best choice (watch out for fried choices)

Here's a quick list of Low Carb Fast Food you can order:

- Any burger, without bun or ketchup.
- Grilled chicken sandwiches, no bun.
- Caesar salad with grilled chicken. (no tomatoes or croutons)
- Bacon ranch salad w/ grilled chicken. (no tomatoes or croutons)
- Any breakfast sandwich, without biscuit/bread.
- Naked Egg Taco which comes with sausage at Taco Bell.
- Low carb breakfast at Taco Bell, Mini Skillet. (no potatoes)
- Power Menu Bowl at Taco Bell. It comes with steak or chicken, pico de gallo, cheese, guacamole, sour cream, avocado ranch dressing, and romaine lettuce. (no rice and beans, go lite on dressing).
- Chili from Wendy's, Gold Star or Skyline