

ORDER ON THE GO



***What to
eat
when you
eat out***

ORDER ON THE GO GUIDE

Not everyone can whip up a homemade meal for every meal of the day. Sometimes you have to eat out. Sometimes you just want to eat out. For these occasions, let's review how you can order a keto or low carb meal on the go or at a restaurant.

Breakfast Restaurants:

Ok, this one is pretty much a no brainer. Order eggs, any style and load them up with butter. Omelets with veggies, meats and cheese are always great options. My favorite is an omelet with ham, swiss cheese, onions, green peppers, topped with avocado. Keep the bacon and sausage, and order extra. Just say no to the pancakes, toast and jelly.

If you are eating on the go, check out the power breakfast bowls at Panera.

Mexican Restaurants:

This is probably one of the easiest styles of food to order and stay 100% keto. Mexican food offers so many wonderful fats our bodies need to thrive. Think guacamole, sour cream, butter, cheese, steak and pork. You can probably even get away with some of the restaurant's delicious salsa!

When ordering Mexican food, first things first, ditch the chips! Those chips are stimulating your appetite so you will consume more food during your meal. If you want to enjoy guacamole at the beginning of your meal, ask the waiter to bring out some veggies and load them up with guacamole. Be specific though, because I recently had a waiter bring me carrots. Ask for sliced peppers and onions. You may have to pay extra, but pay for your health now with real food or later with real medical bills.

Also, ditch anything that is carby of course. This means no rice, no beans, no tortillas in most situations. Sometimes restaurants will give you more of the good stuff in place of the junk - like more meat, veggies or fats.

My favorite Mexican dish to order is steak fajitas. I load them up with all of the fats and then ask for extra. Long gone are the days of feeling tired and bloated when I leave a Mexican restaurant from consuming two full baskets of chips. Now I feel energetic and satisfied.

Chipolte is great for low carb Mexican on the go. They offer burrito bowls with your choice of meat. Say no thank you to the rice and beans; then load up on the lettuce, veggies, cheese and fats. They even have cilantro if that sounds delicious to you.

Burgers:

Most restaurants serve at least basic burgers. The really good restaurants serve double burgers with extra cheese, bacon, guacamole, and mayo! Go to those restaurants because you get to eat all of that fatty goodness! Just ask them to leave off the bun so you are not tempted. Also we do not want the gooey cheese and yummy sauces to get stuck. Many restaurants will offer a lettuce wrap in lieu of a bun or will serve your burger over greens. Take them up on these options.

My favorite burger is from The Cheesecake Factory. Whether you choose to eat in or take it to go, they have a delicious Bacon Bacon Burger. Ask for no bun and the sauce on the side. Also, instead of french fries, replace with either a side salad with a creamy or oil dressing or broccoli with extra butter.

Great on the go options include 5 Guys and In-N-Out Burger.

5 Guys will serve your burger with no bun, but you still can have fatty toppings like cheese and mayo. You can also get mustard and your choice of veggies. If you are eating in, eat some of the peanuts.

In-N-Out Burger serves any of their burgers protein style. This comes ready to eat in a lettuce wrap.

Italian Restaurants:

Italian restaurants are still one of my favorites, even low carb! They are definitely a little trickier since pasta and sugary sauces are a definite no-no on this low insulin diet. Typically your best bet at an Italian restaurant will be one of the meat selections with a salad. Most Italian restaurants have some type of steak and veggie entree.

Chicken Parmesan can be another option, just ditch the noodles and go easy on the sauce. Also, make sure the chicken is not breaded. Most restaurants will honor your request for grilled chicken.

Don't forget about Chicken Alfredo. But same thing - no breaded chicken and no noodles. If they serve bacon on top, even better!

Antipasto salads or peppers and sausage cooked in olive oil are other great options to consider.

For the salads, stick to an olive oil dressing or something creamy like garlic or ranch. Always say no to the bread! Keep the butter to put on your steak...or ask for yummy garlic butter.

Chinese Restaurants:

Chinese style food is not typically high in quality fats, but that doesn't mean you cannot have it every once in awhile. Obviously rice is a no-no, as is anything that is breaded or that has a sugary sauce. Try to stick with the meat and veggie options. Beef will be better, as it is higher in fat and will keep you more satiated.

Panda Express is one of my favorites on the go. I stick with Shanghai Angus Steak, Kung Pao Chicken, Broccoli and Beef, or Chicken and Green Beans. Check out the nutrition info before you order to make sure these options fit into your plan. Order the veggies, not the rice.

Pizza:

Many low carbers love pizza! For the first time in your life you can eat pizza without all of the guilt. The trick to that is to load up the pizza with meats and veggies and ask them to go very easy on the sauce. Then, just ditch the crust. *A word of caution with pizza:* for some people, too much cheese can keep them out of ketosis. If you suspect this is you, only have a few slices worth of toppings.

Also, don't forget to order a salad with oil or creamy dressing to help keep you satiated.

In Arizona we have a local spot called Venezia's Pizzeria. They serve pizza bowls - all of the cheese and topping goodness served directly in a bowl - no crust involved. You may find a local pizza spot willing to do the same.

Salads:

Salads can be very filling and work well with a ketogenic diet. Make sure to be very selective with your ordering process. A lot of restaurants will fill the salads up with carb junk like corn, beans and tortilla strips. These will most likely not work with your keto diet, so ask to leave them off. Look for salads that are made out of rich, leafy greens. The iceberg lettuce has minimal nutrition, while the leafy greens have the prebiotics we need to thrive on a keto diet. Also, look for the salads with toppings like meat, avocados, cheese, other veggies, nuts, seeds and eggs. Select an olive oil based dressing or a creamy dressing like ranch or garlic. (Some restaurants add sugar to their dressings, so if you are very sensitive, stick with the olive oil based dressing). Oh, and if the salad comes with bread, just say no! But you can pour the olive oil over your salad all you would like.

My favorite places to get salads include The Cheesecake Factory, Portillos and Panera.

From The Cheesecake Factory, I order the full chopped salad. I leave off the cheese (because I don't like it) and corn. You may also want to ditch the apples. I ask to change the dressing to ranch and ask for extra.

If you have a Portillo's in your state, go there. Go there right now. I love their chopped salad. I just leave off the cheese (again, my preference, you can order it) and the noodles. You may need to leave off tomatoes if you are extra sensitive. The dressing does have some sugar, but I haven't had any problems staying in ketosis with it.

At Panera, I order the Green Goddess Cobb salad and use every last drop of that delicious dressing.

Sandwiches:

You can even order sandwiches on a keto diet. Ditch the bread, of course. Ask the restaurant to put the sandwich in a bowl or on a plate. Load it up with cheese, mayo, mustard, veggies and avocado. Order two if you don't think one will fill you up with no bread.

Jimmy John's offers a lettuce wrap for any of their sandwiches. Bonus - you can also get one of their big pickles!