

# **Keto Diet**

## **RESTAURANT OPTIONS**

<b>Longhorn's</b>	<b>7-pepper Sirloin Salad or Chili Bowl</b>
<b>McDonalds</b>	<b>Artisan Grilled Chicken Sandwich, no bun</b>
<b>Olive Garden</b>	<b>Chicken Piccata and salad greens</b>
<b>P.F. Chang's</b>	<b>Shrimp w/lobster sauce or oil &amp; garlic</b>
<b>Red Lobster</b>	<b>Salmon New Orleans and steamed veggies</b>
<b>Starbucks</b>	<b>Bacon &amp; gruyere egg bites, Chicken Quinoa soup</b>
<b>Subway</b>	<b>Meatball Marinara salad, Spicy Italian Salad</b>
<b>Taco Bell</b>	<b>Chicken Power bowl, xtra meat, no rice or beans</b>
<b>Wendy's</b>	<b>Grilled Avocado BLT Chicken, no bun</b>
<b>Zaxby's</b>	<b>Traditional Wings-no sauce, Grilled Caesar Zalad</b>