

Keto Diet

RESTAURANT OPTIONS

Applebee's	Chicken Tortilla Soup & steamed broccoli
Arby's	Smokehouse brisket, no bun
Bahama Breeze	Grilled Chicken Cobb Salad
Buffalo Wild Wings	Burger with Greens, no bun
Burger King	Bacon and Cheese Whopper, no bun
Chick-fil-A	Grilled nuggets/Grilled Chicken Deluxe, no bun
Chili's	Half rack of House BBQ ribs
Chipotle	Burrito bowl, steak, cheese, sour cream
Cracker Barrel	Lemon-pepper Grilled Trout, broccoli
Dunkin Donuts	Sausage, egg, & cheese, no bread