

Allergy Friendly Keto

Fast Food Guide



Important Tips When Ordering:

- Always specify your allergens and verify with staff when ordering.
- Clearly request no bun, no cheese, no sauces/dressings that may contain allergens or sugars.
- Opt for simple sides like lettuce, tomato, cucumber, or avocado.
- Mustard or plain olive oil/lemon juice makes the safest condiment option.

Enjoy dining out without compromising your keto and allergy-friendly lifestyle!

MCDONALD'S

Quarter Pounder (no bun, no cheese, no sauce)
(Beef patty, lettuce, onion, pickles, mustard)



CHICK-FIL-A

Grilled Chicken Filet, or Grilled Nuggets (no bun, no marinade)
(Just grilled chicken filet, side lettuce or side salad with olive oil or lemon wedges)



CHIPOTLE

Keto-Friendly Salad Bowl:
Romaine lettuce, carnitas or steak, fajita veggies, guacamole, salsa verde, lettuce (Avoid cheese, sour cream, beans, and rice.)



TACO BELL

Power Menu Bowl (no cheese, no rice, no sour cream, extra lettuce, add guacamole)
(Seasoned beef, chicken or steak, lettuce, pico de gallo, guacamole)



WENDY'S

Bunless Baconator (no cheese, no mayo)
(Beef patties, bacon, lettuce, tomato, mustard)



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Bunless Lettuce Wrapped Burger (no cheese, no sauces except mustard)

(Beef patty, bacon, lettuce, tomato, grilled onions optional)

PANERA BREAD

Green Goddess Cobb Salad (no cheese, no dressing, no eggs)

(Chicken, avocado, bacon, tomato, lettuce, cucumber, with lemon juice or olive oil)

ARBY'S

Roast Beef Classic Sandwich (no bun, no cheese, no sauces)

(Just roast beef, lettuce, tomato)

KFC

Grilled Chicken (drumsticks or thighs; avoid breaded items)

(With side of green beans or small side salad, no dressing)

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BURGERS and FRIES



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