

Fast Food Cheat Sheet

Exact Keto Orders from 7 Popular Chains (No Bun, No Stress!)



McDonald's

Order: 2 Sausage, Egg & Cheese McMuffins (no muffin) + side of bacon + black iced coffee or water

Tip: Ask for it in a tray or bowl to avoid messy wrappers.

Chick-fil-A

Order: Grilled Chicken Club Sandwich (no bun) + Kale Crunch or side salad (no dressing) + unsweet tea

Tip: The zesty buffalo sauce is keto-friendly!

Starbucks

Order: Iced Americano w/ splash of heavy cream + 2 pumps sugar-free vanilla + Bacon Egg Bites

Tip: Avoid oat milk—adds hidden carbs.

Taco Bell

Order: Power Bowl (no rice, no beans) + extra lettuce, guac, cheese, sour cream, steak

Tip: All hot sauces are 0 carbs!

Wendy's

Order: Baconator (no bun, no ketchup) + side of avocado if available + water or diet soda

Tip: Always double-check for sneaky ketchup.

KFC

Order: 2 pieces grilled chicken (dark meat) + side of green beans + unsweet tea or water

Tip: Only the grilled chicken is keto-friendly.

Subway

Order: Any sub as a salad (turkey, steak, or chicken + cheese) + oil & vinegar + olives + no sauces

Tip: Subway makes a solid build-your-own keto salad!

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