

# Low Carb Fast Food Options

**McDonalds:** scrambled eggs and sausage with salt pepper and hot salsa

**Jacks:** bacon and egg plate

**Starbucks:** Sous Vide Egg Bites

**Wendy's:** chicken wraps or burgers lettuce wrap

**Jimmy John's:** unwich

**Taco Mama/Chipotle:** lettuce, fajitas, double chicken, pico, guacamole, and cheese

**Taco Bell:** power bowl omitting the rice and beans and add extra meat , lettuce , guacamole etc

**Subway:** any sandwich as a chopped salad. Maybe try chicken bacon ranch with pickles and whatever other vegetables look good. Consider adding buffalo. Protein Bowls

**Five Guys:** lettuce wrapped cheeseburger

**Chick-fil-A:** grilled nuggets with buffalo and ranch with kale salad

**Buffalo Wild Wings:** buffalo wings that are un-breaded. Like half hot and half spicy garlic. Check online for how many carbs in the sauces.

**Zaxby's:** Grilled chicken club salad (or others) hold the bread and breaded onions

**Local Mexican:** steak and chicken fajitas but no rice, beans, or tortillas. Bring a low-carb tortilla if you really want one.

**Local Barbecue:** brisket and pickles, smoked chicken, pulled pork

**Local Seafood:** non-breaded shrimp and garlic butter

**Locals Sushi:** hand rolls, hold the rice and add extra protein or vegetables. Cream cheese and sashimi

**Butler's Fit Foods at Burger Depot:** has many healthy options