

Keto Fast Food List

Restaurant	Menu Item	Food Type	Calories	Fat (g)	Carbs (g)	Protein (g)
Applebee's	8 oz Shrimp 'N Parmesan Sirloin with Broccoli	Food - Meal	720	50	12	60
Arby's	Chopped Farmhouse Salad – Roast Turkey with Ranch	Food - Salad	440	35	7	22
Arby's	Chopped Farmhouse Salad – Roast Turkey	Food - Salad	240	13	9	23
Bob Evans	Sirloin Steak with 3 Eggs Cooked Your Way	Food - Breakfast	660	41	3	63
Bonefish Grill	Sea Bass with Lemon Butter and Broccoli	Food - Meal	660	58	1	33
Boston Market	Rotisserie Chicken 3-Piece Dark with Side Salad and Green Beans	Food - Meal	810	57	11	51
Buffalo Wild Wing	6-Piece Traditional Buffalo Wings with Blue Cheese Dressing	Food - Chicken	826	58	5	48
Burger King	Sausage, Egg & Cheese Croissan'wich (no croissant)	Food - Breakfast		24	1	14
Burger King	King Croissan'wich with Double Sausage	Food - Breakfast		43	2	28
Burger King	King Croissan'wich with Double Sausage (no croissant)	Food - Breakfast		43	2	28
Burger King	King Croissan'wich with Sausage and Bacon	Food - Breakfast		33	2	20
Burger King	Ham, Egg & Cheese Croissan'wich (no croissant)	Food - Breakfast		8	2	12
Burger King	Fully Loaded Biscuit (no biscuit)	Food - Breakfast		29	3	24
Burger King	Fully Loaded Croissan'wich (no croissant)	Food - Breakfast		28	3	23
Burger King	Double Sausage Breakfast Sourdough King (no bun)	Food - Breakfast		47	3	30
Burger King	Double Bacon Breakfast Sourdough King (no bun)	Food - Breakfast		21	3	19
Burger King	Double Ham Breakfast Sourdough King (no bun)	Food - Breakfast		19	4	26
Burger King	Hamburger (no bun, no ketchup)	Food - Burger		8	0	9
Burger King	Double Whopper (no bun, no ketchup, no tomatoes, no onion)	Food - Burger		71	1	71
Burger King	Bacon King Jr. (no bun, no ketchup)	Food - Burger		37	1	25
Burger King	Bacon Double Cheeseburger (no ketchup, no bun)	Food - Burger		21	1	20
Burger King	Jalapeno King Sandwich (no bread, no aioli)	Food - Burger		45	1	46
Burger King	Cheeseburger (no bun, no ketchup)	Food - Burger		11	1	11
Burger King	Bacon & Cheese Whopper (no bun, no ketchup, no tomatoes, no onions)	Food - Burger		46	2	27
Burger King	BBQ Bacon Whopper (no bun, no BBQ sauce, no tomatoes, no onion)	Food - Burger		47	2	27
Burger King	Whopper (no bun, no ketchup)	Food - Burger		36	3	20
Burger King	Double Quarter Pound King (no bun, no ketchup, no onions)	Food - Burger		67	3	68
Burger King	Bacon King (no bun, no ketchup)	Food - Burger		75	3	54
Burger King	Grilled Chicken Sandwich (no bun)	Food - Chicken		16	0	37
Burger King	Garden Side Salad	Food - Salad		4	2	4
Cheesecake Factory	Steak Diane with Broccoli (no mashed potatoes)	Food - Meal	1,075	32	17	30
Chick-Fil-A	Bacon, Egg & Cheese Biscuit (no biscuit)	Food - Breakfast	130	9	0	12
Chick-Fil-A	Sausage, Egg & Cheese Biscuit (no biscuit)	Food - Breakfast	360	32	1	18
Chick-Fil-A	Egg White Grill (no biscuit)	Food - Breakfast	150	7	1	21
Chick-Fil-A	Grilled Nuggets	Food - Chicken	140	4	2	25
Chick-Fil-A	Grilled Chicken Sandwich (no bun)	Food - Chicken	160	5	8	24
Chick-Fil-A	Grilled Chicken Club Sandwich (no bun)	Food - Chicken	290	15	8	33
Chili's	6 oz Sirloin with Grilled Avacado	Food - Steak	420	21	17	39
Chilpote	Burrito Bowl with Steak, Lettuce, salsa, Cheese, Sour Cream, Guacomole	Food - Salad	635	45	15	32
Cracker Barrel	Lemon Pepper Grilled Trout with Broccoli and Green Beans	Food - Meal	263	5	8	16
Dairy Queen	Grilled Chicken BLT Salad with Blue Cheese Dressing	Food - Salad	380	32	7	35
Denny's	Grand Slam with 4 Scrambled Eggs, 2 Bacon, 2 Sausages	Food - Breakfast	700	40	2	26
Dunkin Donut	Bacon Egg and Cheese Bagel (no Bagel)	Food - Breakfast	240	19	3	14
Five Guys	Bacon Double Cheeseburger (no ketchup, no bun)	Food - Burger	760	68	4	48
Golden Corral	6 oz Garlic Herb Butter Steak with Grilled Asparagus	Food - Meal	360	24	3	27
Hardee's	Bacon	Food - Breakfast	150	11	0	10
Hardee's	Sausage	Food - Breakfast	250	23	0	11
Hardee's	Grilled Steak	Food - Breakfast	100	7	1	9
Hardee's	Low Carb Breakfast Bowl	Food - Breakfast	680	59	2	33
Hardee's	Eggs	Food - Breakfast	250	20	2	14
Hardee's	Steak & Egg Burrito	Food - Breakfast	430	31	8	30
Hardee's	Big Hamburger (no bun, no ketchup)	Food - Burger	210	15	0	17
Hardee's	Double Cheeseburger (no bun, no ketchup)	Food - Burger	210	17	2	14
Hardee's	The Big Carl (no bun, no ketchup)	Food - Burger	510	39	3	39
Hardee's	Famous Star with Cheese (no bun, no ketchup)	Food - Burger	340	27	5	20
Hardee's	Super Star with Cheese (no bun, no ketchup)	Food - Burger	650	53	7	40
Hardee's	Spicy Buffalo Dipping Sauce	Food - Dressings/Sauce	120	12	1	0
Hardee's	Blue Cheese Dressing	Food - Dressings/Sauce	100	10	2	1
Hardee's	Charbroiled Chicken Salad, no dressing	Food - Salad	310	34	7	32
Hardee's	Green Beans	Food - Side	40	2	5	2
Jimmy John's	Italian Night Club Unwich (Lettuce Wrapped)	Food - Sandwich	589	44	4	29
Jimmy John's	The J.J. Gargantuan Unwich (Lettuce Wrapped)	Food - Sandwich	705	47	9	64
Johnny Rockets	1/4 Pound Bacon Cheddar Burger (no bun, no ketchup)	Food - Burger	620	47	3	38
KFC	Grilled Breast	Food - Chicken		7	0	38
KFC	Grilled Thigh	Food - Chicken		9	0	17
KFC	Original Thigh	Food - Chicken		19	8	19
KFC	Green Beans	Food - Side		0	4	1
Logan's	Ribs, Broccoli, and Sauteed Mushrooms	Food - Meal	700	42	11	46

Long John Silver	1-Piece Grilled Cod with Green Beans and Tarter Sauce	Food - Fish	210	5	3	36
McDonalds	Steak Patty	Food - Breakfast	140	9	0	13
McDonalds	Scrambled Eggs	Food - Breakfast	130	8	1	813
McDonalds	Bacon	Food - Breakfast	70	5	1	5
McDonalds	Sausage McMuffin with Egg (no muffin)	Food - Breakfast	340	29	3	16
McDonalds	Egg McMuffin (no muffin)	Food - Breakfast	160	11	3	12
McDonalds	Steak, Egg & Cheese (no biscuit)	Food - Breakfast	280	20	4	22
McDonalds	McDouble (no bun, onions, sauces)	Food - Burger	220	16	2	17
McDonalds	Quarter Pounder with Cheese (no bun, onions, sauces)	Food - Burger	340	25	4	25
McDonalds	Double Cheeseburger (no bun, onions, sauces)	Food - Burger	270	20	4	20
McDonalds	Double Quarter Pounder with Cheese (no bun, onions, sauces)	Food - Burger	580	43	5	45
McDonalds	Artisan Grilled Chicken Sandwich (no bun, +tomato, lettuce, sauce)	Food - Chicken	160	4	2	29
McDonalds	4 Chicken Nuggets	Food - Chicken	180	11	11	10
McDonalds	Bacon Ranch Grilled Chicken Salad	Food - Salad	320	14	8	42
Moe's	Burrito Bowl with Steak, Lettuce, Bacon, Cheese, Sour Cream, Guac	Food - Salad	468	32	8	42
O'Charlie's	Top Sirloin with Broccoli and Blue Cheese Wedge	Food - Meal	960	83	11	41
Olive Garden	Herb Grilled Salmon with Garlic Parmesan Broccoli	Food - Meal	460	28	4	43
On The Border	Monterey Ranch Chicken Fajita (no tortillias)	Food - Meal	650	43	11	53
Panera Bread	Power Steak Lettuce Wrap	Food - Steak	260	16	6	28
Papa John's	8-Piece Buffalo Wings with Blue Cheese Dipping Sauce	Food - Chicken	1,000	74	8	68
Popeyes	Handcrafted Tenders Blackened (3 pieces)	Food - Chicken	170	2	2	26
Popeyes	Bonafide Chicken (Spicy or Mild) Leg	Food - Chicken	160	9	5	14
Popeyes	Bonafide Chicken (Spicy or Mild) Thigh	Food - Chicken	280	21	7	14
Popeyes	Bonafide Chicken (Spicy or Mild) Whole Wing	Food - Chicken	210	14	8	13
Popeyes	Blackened Ranch	Food - Dressings/Sauce	118	13	2	1
Popeyes	Buttermilk Ranch	Food - Dressings/Sauce	150	15	3	0
Popeyes	Green Beans (Reg)	Food - Side	55	2	7	3
Quizno's	Cobb Salad	Food - Salad	380	34	5	13
Red Robin	Salmon with Steamed Broccoli	Food - Meal	450	36	6	34
Sheetz	3 Pack Onion and Cheddar Burger Sliders (no buns)	Food - Burger	750	66	3	36
Sonic	Bacon Double Cheeseburger (no ketchup, no bun)	Food - Sandwich	694	55	3	47
Starbuck's	Short Flat White with half heavy whipping cream & water steamed	Drink - Coffee	55	5	1	1
Starbuck's	Short Mocha: skinny sugar-free mocha- half heavy whipping cream	Drink - Coffee	55	5	1	1
Starbuck's	Short Americano, filled with 3/4 water - rest with heavy cream	Drink - Coffee	216	22	4	3
Starbuck's	Bacon and Gruyere Egg Bites	Food - Breakfast	310	22	9	19
Subway	Chicken Bacon Ranch Salad	Food - Salad	540	40	11	32
Taco Bell	Power Bowl with Chicken, Bacon, Lettuce, Guac, Cheese, Sour Cream	Food - Salad	330	24	6	21
TX Roadhouse	Grilled Pork Chop Dinner with Green Beans and Fresh Veggies	Food - Meal	740	47	11	56
Waffle House	3 Egg Cheese Steak Omelette	Food - Breakfast	603	44	5	20
Wendy's	Bacon, Egg, and Swiss Croissant (no croissant)	Food - Breakfast		15	2	13
Wendy's	Bacon, Egg, and Cheese Biscuit (no biscuit)	Food - Breakfast	210	15	4	14
Wendy's	Breakfast Baconator (no bun)	Food - Breakfast		50	5	31
Wendy's	Jr. Cheeseburger (no bun, no ketchup)	Food - Burger	150	12	1	12
Wendy's	Jr. Hamburger (no bun, no ketchup)	Food - Burger		8	1	10
Wendy's	Jr. Cheeseburger Deluxe	Food - Burger		17	3	12
Wendy's	Dave's Single (no bun, no ketchup)	Food - Burger		31	5	24
Wendy's	Baconator (no bun, no ketchup)	Food - Burger		60	5	53
Wendy's	Grilled Asiago Ranch Chicken Club (no bun)	Food - Chicken		20	3	39
Wendy's	Grilled Chicken Sandwich (no bun)	Food - Chicken		7	4	29
Wendy's	Parmesan Caesar Chicken Salad (half-size)	Food - Salad		20	5	29
Wendy's	Garden Side Salad (no croutons, with Ranch Dressing)	Food - Salad		14	5	5
Whataburger	Avocado Bacon Burger (no bun, no ketchup)	Food - Burger	820	52	5	37
Zaxby's	Traditional Wings (5) no sauce	Food - Chicken	290	19	0	30
Zaxby's	Traditional Wings (5) original sauce	Food - Chicken	320	21	3	30
Zaxby's	Cajun Club Sandwich (no bun)	Food - Chicken	410	24	5	42
Zaxby's	Chicken Salad Sandwich (no bread)	Food - Chicken	440	40	5	15
Zaxby's	Grilled Chicken Sandwich (no bun)	Food - Chicken	270	13	9	31
Zaxby's	Ranch	Food - Dressings/Sauce	160	16	2	1
Zaxby's	Blue Cheese	Food - Dressings/Sauce	180	19	2	1
Zaxby's	Cesar	Food - Dressings/Sauce	90	8	2	2
Zaxby's	The Grilled House Salad (no union, no toast)	Food - Salad	330	15	9	40
Zaxby's	The Grilled Cobb Salad (no union, no toast)	Food - Salad	450	22	10	50
Zaxby's	BLT (no toast)	Food - Sandwich	410	35	3	23
Zaxby's	Celery with Ranch	Food - Side	200	20	4	2