



# Ketogenic Dining Guide

How to stay on course while dining out—no matter where you go!

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This guidebook is not intended as medical advice. Its intent is solely informational and educational. Please consult a medical or health professional for any questions or concerns of a medical nature.

## Dining out Keto Style

The ketogenic diet is beneficial for many, but it's not always the easiest to stick to. Fortunately, there are many creative ways to stay on track without feeling like you're missing out on anything—even when you eat out.

Dining out should be a pleasant and relaxing experience, and although you're making major dietary changes, going out to eat with family or friends doesn't have to be a major challenge.

If you're determined to stay on track with the ketogenic diet and still eat out regularly, keep reading for tips and strategies to help you enjoy your favorite restaurants and stay in ketosis.

Let's get started!



## Being Prepared

### The basics

No Matter Where You End up Dining, You Almost Always **Can Eat**:

**Meat (nonbreaded):** Steak, chicken, duck, beef, and pork are almost always acceptable

**Salads:** Substitute dressings for olive oil and lemon juice

**Seafood:** Fish, crab, lobster, shrimp, anchovies, etc.

**Veggies:** Onion, broccoli, asparagus, mushrooms, tomato, spinach, cabbage, and cauliflower

Food to **Avoid**:

**Breaded Meats**

**Condiments:** Dressings, ketchup, BBQ sauce, etc.

**Desserts:** All

**Fruits:** All except berries

**Grains/Starches:** Bread, rice, pasta, cereal, noodles, etc.

**Root Veggies:** Potatoes, yams, etc.

**Starchy Veggies:** Corn, peas, etc.

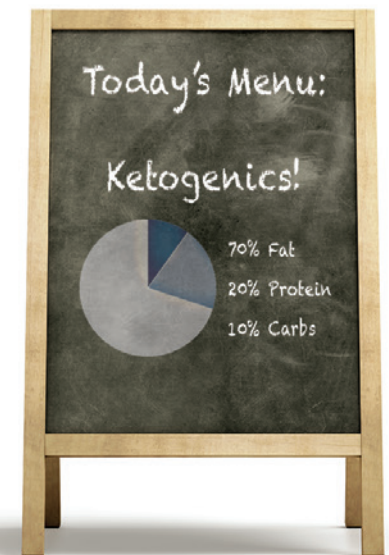
Try not to focus on what you can't have. Instead, enjoy what you can have and remember: If you are socializing with friends and having a good time, then food becomes secondary.

### Restaurant selection

When you're choosing a restaurant, look for one with a varied menu. Unsure of the best options around you? Search the Internet for keto-friendly restaurants in your area to find the most suitable choices. This makes it easy for you to mix and match food items to create a keto-friendly meal.

### Preselecting meals

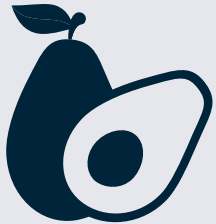
Many restaurants post their menus online. The more you decide ahead of time, the fewer choices you'll be faced with when the waiter hands you the menu. Make your choice and stick to it; don't let temptation derail your good intentions.





## At the Restaurant: Your Action Plan During the Meal

Skip the starch, grains, and most fruits. Since carbohydrates are limited on a ketogenic diet, foods such as bread, pasta, potatoes, and desserts can be eliminated right away. In their place, choose high-fiber, nonstarchy vegetables such as spinach, broccoli, and cauliflower and incorporate them as a side dish or in your salad.



**Add healthy fats and proteins.** Fats are the main component of a ketogenic diet. Add avocados, olive oil, coconut oil, and nuts (e.g., almonds, walnuts, macadamia) to your meal for a boost in fat intake. Include healthy proteins, such as chicken and fish, along with your veggies and healthy fats to create a well-balanced meal that is delicious and keto friendly.



**Don't count calories.** Understanding the proper macronutrient ratio is very important when following a ketogenic diet. Counting calories, on the other hand, is not. Keeping track of every calorie you consume is tedious and likely unsustainable in the long run. As long as you keep your total carbohydrate intake low and your healthy fat intake high, you should be able to get and stay in ketosis.



**Customize your order.** Don't be afraid to ask your server to customize your meal, such as leaving bread off a burger or sandwich. If a meat-based menu item comes with breading, ask them to grill/bake the meat for you and skip the bread. If you want to boost your fat, request an extra serving of avocado, cheese, butter, and nuts to add to your salad or meal.

## Choosing the right protein

- **Animal protein options:** Simple animal proteins are best. Select hard-boiled eggs, grilled chicken, salmon, or fresh tuna instead of egg, chicken, or tuna salad. Remember, you can also add cheese such as feta and mozzarella for even more texture and flavor.
- **Plant protein options:** Most plant-based proteins such as tofu, beans, and hummus are high in carbohydrates and may throw you out of ketosis if consumed in large amounts. Consuming legumes in small quantities (e.g., ½ cup cooked beans, peas, or lentils) once or twice a week may be acceptable.
- **Nuts and seeds:** These are great salad toppings—just avoid the candied options. Almonds, pecans, macadamia nuts, brazil nuts, and walnuts are some great low-carb options.







## At the Restaurant: Your Action Plan During the Meal

**Salad: A side dish or the main meal?** When some people think of a salad, they automatically think of it as a side dish. However, the power of greens can pack a punch to your palate and keep you in ketosis when paired with appropriate proteins and fats without leaving you hungry.

- **Start with greens.** Go dark! Even if you don't know the different varieties of lettuce, always request the darkest, most colorful options. These include dark greens such as kale and Swiss chard or red-colored varieties such as radicchio or red leaf lettuce, which are much richer in nutrients than lighter greens like romaine, butter lettuce, and iceberg lettuce.
- **Choose colorful vegetables.** You may have heard the phrase "eat the rainbow." There's no easier way to accomplish this than with a veggie-filled salad. Select as many colorful, nonstarchy vegetables as you like, such as broccoli, cauliflower, bell peppers, and tomatoes.
- **Add crunch.** If you don't normally eat celery, cucumber, jicama, radishes, water chestnuts, or onions, this is a great way to try them. Add as much of these as you want. Naturally full of water, these are hydrating and filling and can add texture and volume to any salad.
- **Add these toppings.** Avocado, olives, and coconut can be a great addition to your salad. Not only does it add delicious flavor to the mix, it also provides a healthy dose of fat—a crucial component of the keto diet.
- **Skip these toppings.** Avoid croutons, tortilla strips, wonton strips, and dried fruits. These are typically highly processed, high in carbs, and in the case of the dried fruits, contain added sugar.
- **Substitute the salad dressing.** Your dressing selection is important—so choose wisely. If you're unsure of the ingredients, it's best to stick with oil and vinegar (or lemon juice). Avoid fat-free dressings, because most contain added sweeteners.



## Drinking Wisely

Beverages can be a hidden source of carbs and sugar, like your favorite cup of specialty coffee or freshly squeezed juice. Although some of these drinks are also high in fat, it may be difficult to achieve ketosis due to higher carbohydrate content.

To help you make healthy choices, here are some of our favorite keto-friendly beverages:



**Water:** It's your best source of hydration! Try to drink at least 64 oz. of water a day.



**Sparkling water or club soda:** If you're bored with regular water and need something different, you can always go with sparkling water or club soda. For extra flavor, add sliced cucumbers with mint or basil.



**Coffee:** You don't have to give up your morning cup of joe, since black coffee is 100% keto friendly. You can also add MCT oil or MCT powder for extra fat as well as coconut oil and/or ghee as a fat booster/flavor enhancer.



**Tea:** Green, black, and herbal teas are all keto friendly as long as they are unsweetened. Keep in mind some herbal teas already have added syrups or sweeteners.



**Dairy alternatives:** Nondairy nut-based beverages such as almond, coconut, or cashew milk are keto-approved options since they are low in carbs with moderate amounts of protein and fat. Please check the label to make sure you choose the unsweetened variety.



**Smoothies:** Low-carb, high-fat smoothies with ingredients like protein powder, greens, herbs, unsweetened nut milk, nuts, and avocado make the perfect meal or snack.



**Alcoholic beverages:** Hard liquors such as whiskey, bourbon, gin, scotch, and vodka are better options than wine since they have little to no carbs—just beware of mixers. Always check with your practitioner before drinking any alcoholic beverages.

## Keto on the Go

It's Thursday evening around 6 PM, you've had a long day at work, and you're stuck in heavy traffic on your way home. You realize you haven't prepped anything for dinner, and by the time you reach home it might be too late to cook a full meal. Does this scenario sound familiar? Unfortunately, we've all been in a similar situation at one point or another. If you decide to grab takeout to save time and avoid hassle, here are some tips you can apply at any fast food or sit-down restaurant:

- **Modify your burger.** Skip the bun and ask for a lettuce-wrapped patty instead. For additional fat, request an extra slice of cheese or some avocado.
- **Go with a protein bowl.** Enjoy meat, veggies, cheese, sour cream, and avocado together in a bowl to avoid bread/tortillas as the base of your meal. Remember to swap rice for extra veggies.
- **Skip the breading.** Chicken fingers, wings, and mozzarella sticks often have wheat flour-based coating. If nonbreaded is not an option, try to peel off as much breading as possible to keep your carb intake low.
- **Be careful with condiments.** While sauces such as barbecue or sweet and sour provide a lot of flavor, they are also full of added sugars. Ask for dressings such as ranch, bleu cheese, or Caesar instead. These have very little added sugar and provide a healthy dose of fat.
- **Check online.** Most chain restaurants have nutrition information available online. Check the calories, carbohydrates, and fat content to ensure you are staying within ketogenic parameters.
- **Customize your meals.** Don't be afraid to request certain foods be left off or added to your meal order.
- **Stick with simple ingredients.** Meat, cheese, and vegetables are your go-to staples. Avoid hidden sugars or carbohydrate fillers at all costs.



## What to Order: Different Types of Cuisine

	Keto-Friendly Meals
<b>Chinese</b>	<ul style="list-style-type: none"> <li>• Meat and veggie stir-fry—ask server about the sauce; some have added sugars</li> <li>• Any meat/chicken dishes with vegetables such as broccoli, bell peppers, bok choy—hold the rice/noodles</li> <li>• Plain roasted duck meat with spring onions/cucumbers</li> <li>• Meat and/or rib soups</li> <li>• Salad—ask for coconut or sesame oil dressing</li> </ul>
<b>Sports Bars/ Pubs</b>	<ul style="list-style-type: none"> <li>• Pork chops</li> <li>• Grilled chicken or salmon (nonbreaded)</li> <li>• Naked burger with lettuce and tomato</li> <li>• Steak with a side salad or grilled vegetables</li> <li>• Salad entrée (see customization tips on pages 5-6); olive oil and lemon juice dressing</li> </ul>
<b>Thai</b>	<ul style="list-style-type: none"> <li>• Coconut curry with meat and vegetables—hold the rice and noodles</li> <li>• Chicken or pork stir-fry with vegetables</li> <li>• Tom yum or tom kha soups</li> <li>• Beef, chicken, duck, fish larb with vegetables</li> </ul>
<b>French</b>	<ul style="list-style-type: none"> <li>• Leg of lamb</li> <li>• Duck confit</li> <li>• Steak</li> <li>• Charcuterie platter</li> <li>• Coq au vin</li> <li>• Chicken provençal</li> <li>• Salad entrée (see customization tips on pages 5-6); olive oil and lemon juice dressing</li> </ul>
<b>Greek</b>	<ul style="list-style-type: none"> <li>• Grilled meat</li> <li>• Salad with meat and feta cheese; olive oil and lemon juice dressing</li> <li>• Grilled fish and seafood</li> <li>• Kebab or gyro meat with tzatziki</li> </ul>

	Keto-Friendly Meals
<b>Indian</b>	<ul style="list-style-type: none"> <li>• Chicken tikka, tandoori, or korma</li> <li>• Paneer tikka with vegetables</li> <li>• Tandoori shrimp, lamb—hold the naan and rice</li> <li>• Salad with raita; yogurt dressing</li> <li>• Saag paneer (spinach with cheese cubes)</li> <li>• Tip: Add ghee to any dish</li> </ul>
<b>Mexican</b>	<ul style="list-style-type: none"> <li>• Burrito bowl with pork, steak, chicken, fajita veggies, sour cream, cheese, and guacamole—hold the rice, beans, and tortilla</li> <li>• Grilled seafood with guacamole and salsa</li> <li>• Fajitas with meat, chicken, vegetables, guacamole, and sour cream</li> <li>• Ceviche</li> </ul>
<b>Italian</b>	<ul style="list-style-type: none"> <li>• Steak, grilled chicken, fish, and other meat dishes with a side of vegetables—no pasta</li> <li>• Veal</li> <li>• Salad entrée (see customization tips on pages 5-6); olive oil and lemon juice dressing</li> <li>• Meat, olive, and cheese platter</li> </ul>





## Keto During the Holidays

Following food-related guidelines around the holidays is always a challenge—since most gatherings contain delicious sugary and starchy treats within arm's reach. Whether you're attending an office party or a family gathering, these tips can help you stay on track and, more importantly, stay in ketosis.

- **Plan ahead.** Let your hosts know ahead of time what you can and cannot eat, so they have time to adjust the menu if needed. Also, offer to bring a dish. This way, you'll have at least one item on the menu you know you can enjoy.
- **Stay active.** Don't skip your regular workouts. Try to make exercise a priority in your daily routine.
- **Host the party.** If you're able to host the party, you can stay in control of the menu and opt for keto-friendly food choices.

- **Know what you can eat.** If you don't know how the food was prepared, stick with the basics: meats, cheese, nuts, olives, and nonstarchy vegetables. Stay away from stuffing, gravies, casseroles, desserts, etc.
- **Know that it's OK to indulge (a little).** Food is always the main focus during holiday and family gatherings, and it's OK to compromise a little during these special occasions. Just make sure you don't overindulge and completely fall out of ketosis.
- **Say no to leftovers.** It might be tempting to say yes when Mom offers you some of the leftovers, since you won't have to bother with cooking for a couple of days. However, it may be best to decline, especially if the food is high in carbohydrates.







