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What to order low carb at taco bell

Take a trip down your fast food memory lane and order some keto Taco Bell. Flour tortillas and rice aren't necessary when it comes to grabbing a quick, Mexican meal. There are countless keto fast food options out there and Taco Bell has some delicious keto-friendly meals to offer. YES! You can order Keto from Taco Bell, and it can be a healthy, satisfying meal. Just stick to these guidelines and ordering a low carb meal will be simple. A few of our other favorites are McDonald's, Starbucks, and Chick-Fil-A. Read our Keto Dining Guide for more info on how to order from your favorite fast food restaurant. 4 Tips for Eating Keto Taco Bell We all find ourselves in tight situations on the keto diet, whether you're in a hurry and need a quick meal, or on the road and don't have any keto snacks packed in the car. Use these keto fast food tips to stay on track. Skip on the full-sugar soft drinks. Opt for diet soda, water, or coffee. Ask for any breaded items (chicken) to be grilled instead. Avoid all rice and tortillas. Ask for extra veggies or a side salad instead. Most of their sauces are keto-friendly, but salsa and sour cream will be the healthiest options. How Many Carbs in a Taco Bell Taco? On a keto diet, people should stay within the 20-50g range per day, so a Taco Bell taco is most likely off limits. Here are the carb counts for Taco Bell's most popular items. Taco Bell Keto Hacks Taco Bell is open to menu modifications. In fact, they invite you to "customize" any of the items on their menu, so don't be afraid to get creative with your order. 1. Add Fat to Your Meal Taco Bell has a variety of tasty ways to add fat to your meal. This will help you hit your keto macros for the day and keep you fuller for longer. Add any or all of the following to your meal: Shredded Cheese Sour Cream Low-Carb sauces (see below) Guacamole 2. Enjoy Taco Bell Keto Sauces Creamy Jalapeno Sauce - 1g carb Guacamole - 1g net carb Nacho Cheese Sauce - 1g carb Creamy Chipotle Sauce - 0g carb Avocado Ranch - 1g carb Spicy Ranch - 1g carb Red Sauce - 2g carb 3. Avoid these Ingredients The base of most Taco Bell menu items is high carb, but it's not difficult to swap the tortillas and rice for salad or extra protein. Avoid the following: Beans Fritos Potatoes Seasoned Rice Black Beans Taco Shells and Tortillas Nachos Fries 4. Order a La Carte Whenever you're in doubt at a restaurant, just order individual items that you know are keto. This is especially easy at Taco Bell. Similarly to eating Keto Chipotle, you can create a bowl using the following keto items. Lettuce Beef, chicken, eggs, bacon, etc. Cheese Veggies Sour Cream Guacamole Low-Carb Sauces (see list above) What Can I Eat Keto at Taco Bell? While Taco Bell offers a variety of ways to eat keto on-the-go, it's important to remember not everything on the menu is optimal for your health. The low-carb sauces are most likely made with unhealthy vegetable oils and there could be added preservatives in the meat and dairy. Remember, cooking healthy keto recipes at home with simple ingredients is always our number one option, but a fast food meal is totally fine when you're in a pinch. Here is how to order keto Taco Bell. These five Taco Bell orders are totally keto friendly and easy to customize. Add more guac or omit the cheese. Douse it in hot sauce if that's your style. Get creative! 1. Mini Skillet Bowl - 5g net carbs Order the Mini Skillet Bowl, but replace the potatoes with a meat of your choice. Up the fat with some guacamole, extra cheese, or a drizzle of any of the low-carb sauces. Bowl: Eggs, steak, cheddar cheese, sour cream, guacamole, creamy chipotle sauce. 2. Fiesta Taco Salad with Chicken - 10g carbs Order the Fiesta Taco Salad and ask for no beans, no rice, no shell, and no Red Stripes (chips). This ensures your salad is filled with only the good stuff - lettuce, cheese, chicken, sour cream, tomatoes and salsa. Don't forget to add guac if you want more fat. Bowl: Lettuce, chicken, cheddar cheese, sour cream, guacamole, tomatoes, salsa. 3. Power Menu Bowl - 6g net carbs Power up with a keto version of the Power Menu Bowl. Omit the rice and beans and you're left with a high fat, high protein keto Taco Bell lunch. We added lettuce and bacon for more volume. Wash it down with water or any of the diet sodas available for purchase. Bowl: Lettuce, shredded chicken, cheddar cheese, bacon, sour cream, guacamole, bacon, Avocado Ranch Sauce. 4. Grande Scrambler Burrito - 7g carbs Order a Grande Scrambler Burrito as a breakfast bowl instead of a burrito and ask for no potatoes. This is a quick and easy keto breakfast you can top with guacamole, tomato, or salsa. Bowl: Pico de gallo, sour cream, cheddar cheese, and a choice either bacon, sausage, or steak. 5. Beefy 5-Layer Burrito - 6g net carbs As per usual, you're going to ask for this burrito to be a bowl. This will eliminate the carb-heavy tortilla and beans. You will be left with meat, cheese, tomatoes, and jalapeños. Bowl: Nacho cheese, seasoned ground beef, grated cheddar cheese, sour cream. Optional: lettuce, guacamole, salsa. Homemade Keto Mexican Food Keto Taco Bell is a great option when you're on the road or in a hurry, but nothing is as tasty or as nutritious as our homemade Mexican recipes. Mexican Shredded Chicken Low-Carb Tortillas Chicken Enchilada Casserole Check out our full Keto Fast Food guide for our top five favorite fast food joints, or browse the guides below. Find a Recipe Explore Breakfast and Brunch Recipes Lunch Recipes Dinner Recipes Appetizer & Snack Recipes Bread Recipes Dessert Recipes Drink Recipes Main Dishes Salad Recipes Side Dish Recipes Soup, Stew & Chili Recipes Cooking Style Diet & Healthy Recipes Holidays & Entertaining World Cuisine Kitchen Tips Allrecipes Magazine Recipes Food Wishes with Chef John Homemade Podcast Trusted Brands Food News and Trends About Us Are you craving a trip to your favorite fast-food taco spot? Are you worried that Taco Bell is off the menu as you are following a low carb diet? Not to worry! It's definitely possible to find great low carb choices on the menu with a little creativity and customization. Read on and find the best keto taco bell menu items in this post! Does Taco Bell have keto meals? Unfortunately, if you only look at the standard menu items, you're not going to find much that fits a keto diet. A quick glance at the Taco Bell nutrition chart shows most items are quite high in carbohydrates, which will quickly kick you out of ketosis. For example, here's a screenshot of some of the Taco Bell nutrition facts for breakfast items - you can see the carbohydrate column highlighted. Everything shown is most likely going to be over your goal for net carbohydrates for a meal. But there's good news - you can customize your order to create a keto Taco Bell meal! I've got some specific done-for-you meal ideas further down in this post, but you can also learn how to create your own customized keto taco bell orders. You can easily use the Taco Bell Nutrition Calculator on their website to play around with adding/subtracting ingredients from a specific menu item to find a combination of ingredients that work for your diet. It's helpful to use the calculator ahead of time - or grab some of the recommended menu items further down in this post - so you can confidently order when you get there without guessing if it will have too many carbohydrates. All you need to do is tell them you want to cut out or add something to the menu item order. For example, you can ask for changes like leaving out your rice and beans or skipping the tortilla and having the fillings served in a bowl. You can also ask for things like extra lettuce or to add on a low-carb sauce. Keto-friendly Taco Bell ingredients Here's a handy cheat sheet of the ingredients you'll want to avoid and include when customizing your meal: Ingredients to avoid When you're customizing your order, there are some key ingredients to avoid due to their high-carb status: Beans Rice Tortillas (flour or corn) Taco shells Potatoes Hashbrowns Red strips Nacho chips Ingredients to include Not everything is off-limits, though! Here are some tasty items to consider including in your order: Lettuce Jalapeno peppers Pico de gallo Steak Chicken Ground beef (keep in mind the seasoning they use for their ground beef does contain a few grams of carbs, so if you're going to go extra on meat - might be better to go load up on more steak or chicken) Cheese Bacon Eggs Sausage Guacamole Sauces (small portions; see below) Sauce Breakdown Taco Bell sauces are a classic addition to any meal - and luckily, most of them can fit into a keto diet. If you look at the list below, each one contains between 0 to 2 grams of carbohydrate (assuming a "regular" add-on portion and not built into a menu item). Here's a helpful breakdown of the nutrition facts for their popular sauces: Creamy jalapeno sauce - 60 calories, 6 g fat,

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