

Keto and Carnivore Options at Subway

When opting for a keto or carnivore diet at Subway, it's crucial to focus on minimizing carbs, which typically means avoiding bread, wraps, and certain toppings or sauces that contain sugars and carbs. Here's a breakdown of suitable options at Subway, along with the cooking oils and sauces used:

Salads

Keto: Choose any of the protein options like turkey, roast beef, chicken, or tuna, and top your salad with cheese, avocado, and a selection of non-starchy vegetables. Be selective with dressings.

Carnivore: Opt for salads with just meat options (turkey, roast beef, chicken) and possibly cheese. Avoid vegetables and dressings.

Cooking Oil: Subway does not generally cook meats in oils in-store; most are pre-cooked and served cold or heated without additional oils.

Sauces/Dressings: For keto, opt for full-fat, low-carb options like mayonnaise or oil and vinegar. Avoid sweetened dressings and sauces like honey mustard or teriyaki.

Carnivore dieters should skip all dressings and sauces to stay within dietary restrictions.

Protein Bowls

Keto: Similar to salads, but without the lettuce base. Choose your protein and add suitable keto-friendly toppings.

Carnivore: Focus solely on the protein—avoid all vegetables, cheeses, and sauces.

Cooking Oil: Same as salads, Subway's protein bowls do not involve additional cooking oils in preparation.

Sauces: For keto, stick to the same guidelines as with salads. Carnivores should avoid all sauces.

Breakfast Options

Keto: Egg-based dishes can work, but ensure they are without bread. Add cheese, bacon, or sausage for additional fat.

Carnivore: Choose plain eggs, bacon, or sausage, avoiding all plant-based foods and condiments.

Cooking Oil: Breakfast meats and eggs at Subway are typically heated on a flat-top grill without the addition of oils.

Sauces: Avoid all sauces and condiments, regardless of the diet.

Meat Stacks

Keto: Opt for double meat options to increase protein and fat intake, avoiding high-carb toppings.

Carnivore: Similar to protein bowls, focus exclusively on the meat. Ensure no additives or fillers are included.

Cooking Oil: No additional oils are used since meats are pre-cooked.

Sauces: Avoid all sauces to remain compliant with both diets.

General Tips

Ask for Ingredients: Don't hesitate to ask the staff about any ingredients if you're unsure, particularly regarding fillers or additives in meats that could affect carb counts.

Sodium and Additives: Consider the sodium content and potential additives, which can be high in fast food and pre-prepared ingredients.

Subway offers several customizations that make it easier to adhere to keto and carnivore diets. However, vigilance is key, especially with sauces and dressings that can contain hidden sugars and carbs. Always review the nutritional information available either in-store or online to make the best choices for your dietary needs.