

## **Keto and Carnivore Options at Wendy's**

Wendy's, like many fast food restaurants, offers several options that can be adapted to fit keto and carnivore dietary requirements. When customizing your order, it's important to understand the types of cooking oils and sauces used to ensure you stay within your dietary guidelines.

### **Bunless Burgers**

**Keto:** You can order any burger without the bun, and customize it with cheese, bacon, avocado (if available), and other low-carb toppings. Be cautious with sauces and dressings.

**Carnivore:** Opt for the burger patties alone, with additional bacon or cheese if your version of carnivore allows dairy.

**Cooking Oil:** Wendy's cooks their burgers on a grill without adding oil, so no cooking oils are directly applied to the burgers themselves.

### **Grilled Chicken**

**Keto:** The grilled chicken breast can be eaten alone or added to a salad (minus any high-carb toppings). Watch out for marinades that may contain sugars.

**Carnivore:** Choose the grilled chicken without any sauces or marinades, though finding it completely unmarinated might be challenging.

**Cooking Oil:** The grilled chicken may be prepared with a small amount of vegetable oil during the grilling process to prevent sticking.

### **Salads**

**Keto:** Wendy's offers a variety of salads. Opt for those with greens, meats, and full-fat dressings, avoiding croutons, tortilla strips, and high carb dressings.

**Carnivore:** Salads are generally not suitable due to their plant components.

### **Breakfast Items**

**Keto:** Choose breakfast items like the sausage patty, bacon, and eggs, avoiding biscuits, croissants, and buns.

**Carnivore:** Focus solely on the meat and possibly eggs, depending on your dietary inclusion.

### **Sauces and Condiments**

**Keto:** Be selective with sauces. Mustard and mayonnaise are generally okay in moderation, but avoid ketchup and barbecue sauce due to high sugar content.

**Carnivore:** Avoid all sauces and condiments, as they contain non-animal ingredients.

## **Tips for Ordering at Wendy's on Keto or Carnivore Diets**

**Customization:** Wendy's is typically flexible with customizing orders, so don't hesitate to specify how you want your meal prepared.

**Avoid Hidden Carbs:** Particularly with sauces, dressings, and even in marinated items like chicken, hidden carbs can pose a challenge.

**Nutritional Information:** Wendy's provides nutritional information on their website, which can be very helpful in planning what to order.

When dining at Wendy's on a keto or carnivore diet, the safest choices usually involve simple, unprocessed foods like plain meats and possibly some full-fat dairy for those on keto. While the options for carnivore dieters are more limited due to the preparation processes involving seasonings and oils, both diets can be accommodated with some careful ordering.