

Keto and Carnivore Options at Starbucks

Starbucks offers a variety of drink and food options, some of which can be adapted to fit keto and carnivore dietary needs. When focusing on these diets at Starbucks, you'll primarily be concerned with minimizing carbs and sugars, particularly from beverages which are often high in these. Here's a guide to navigating Starbucks' menu:

Beverages

Keto:

- Coffee (black or with heavy cream). Avoid sugar and opt for sugar-free syrup if needed.
- Tea (black, green, or herbal without added sugars).
- Espresso shots with a splash of heavy cream or a sugar-free syrup.

Carnivore:

- Plain black coffee or espresso.
- Plain tea (but some strict carnivores may avoid tea as it is plant-based).

Cooking Oils/Sauces: Beverages typically do not contain oils, but be mindful of any cream-based drinks that may use sauces or syrups containing sugar.

Recommended Drink Order: Grande Latte with Heavy Cream instead of Milk. No Syrup or add Sugar-Free Syrup only if you can tolerate and are willing to sacrifice the gut microbiome issues associated with Sucralose (Splenda). Add other Artificial Sweeteners such as Stevia or Allulose to taste.

Food

Keto:

- Egg-based breakfast items, but ask for no bread or buns. For example, the Bacon & Gruyère Sous Vide Egg Bites.
- Cheese & charcuterie snack plate, avoiding any fruit or crackers that may come with it.

Carnivore:

- Primarily the meat or egg portions of any food item. For instance, removing everything but the bacon from a bacon breakfast sandwich.
- Cooking Oils: Starbucks foods are generally pre-prepared and warmed without additional oils in-store. However, the preparation process prior to delivery to the store

might involve oils, typically canola or vegetable oils, which are commonly used in commercial food preparation.

Snacks

Keto:

- Nuts, such as almonds or walnuts (in moderation due to carbs).
- Cheese sticks or slices.

Carnivore:

- Strictly speaking, snacks would be limited to possibly cheese sticks, depending on individual dietary strictness.

Sauces/Oils:

- Snack items typically don't contain cooking oils, though some packaged nuts might be roasted with oils. Always check the packaging for details.

Tips for Ordering

Ask for Ingredients: Always ask the barista about ingredients if you're unsure, especially with new or seasonal items.

Customize: Starbucks is very accommodating about customizing drinks and, to a lesser extent, food. Don't hesitate to ask for modifications.

Avoid Sugary Add-ons: Be vigilant about added sugars found in whipped cream, syrups, and sauces. Opt for sugar-free syrups and skip the whipped cream.

Starbucks, while known for its sugary and carb-rich beverages, can still cater to keto and carnivore diets with the proper selections and modifications. Beverages are relatively straightforward to manage, but foods, although limited, can still be made suitable by focusing on simple, high-fat, high-protein, low-carb options.