

Keto and Carnivore Options at Chipotle

Chipotle offers a variety of options that can be made suitable for both keto and carnivore diets, with more flexibility compared to many other fast food chains due to their focus on fresh, customizable ingredients. When ordering at Chipotle, it's important to know what types of cooking oils and sauces are used to ensure you stay within your dietary guidelines.

Meat Choices

Keto: You can choose from any of Chipotle's meats, including chicken, steak, barbacoa, carnitas, and sofritas (though sofritas are tofu-based and not suitable for keto due to higher carbs). Be mindful of the marinades, as they may contain a small amount of sugar.

Carnivore: Opt for plain meats like steak or chicken, ideally asking for no marinade (though this might not always be possible).

Cooking Oil: Chipotle uses rice bran oil for grilling its meats.

Salads

Keto: Start with a salad base, skip the dressing and beans, and add meat, cheese, and guacamole. Avoid any high-carb vegetables.

Carnivore: A salad would typically not be suitable due to the greens and vegetables, but you could technically have just meat and possibly cheese if your version of carnivore includes dairy.

Cheese and Sour Cream

Keto: Both cheese and sour cream are excellent for adding healthy fats to your meal, making them good choices for keto dieters.

Carnivore: Cheese and sour cream can be included if dairy is part of your carnivore diet.

Guacamole

Keto: Guacamole is high in fat and perfect for keto, though it does contain some carbs, so portion control is important.

Carnivore: Avoid guacamole since it's plant-based.

Salsas

Keto: Be cautious with salsas; while they can be low in carbs, they vary. For instance, the green chili and red chili salsas have higher carb counts compared to the fresh tomato salsa.

Carnivore: All salsas should be avoided as they are made from non-animal products.

General Tips for Ordering at Chipotle on Keto or Carnivore Diets

Customize Your Meal: Chipotle's assembly line format allows you to customize your meal extensively. Use this to your advantage to stick to your dietary needs.

Watch Out for Hidden Carbs: Ingredients like marinades on meats and certain salsas can add unexpected carbs; always ask for specifics if unsure.

Nutritional Calculator: Use Chipotle's online nutritional calculator to tailor your meal and keep track of macros and ingredients, ensuring they fit within your dietary limits.

Chipotle can be a viable option for those on keto or carnivore diets, especially since you can omit any unwanted ingredients right as your meal is being prepared. For keto dieters, focusing on high-fat, low-carb options like cheese, sour cream, and certain meats is key. For carnivores, sticking to plain meats (and possibly dairy, if included in your diet) will help you adhere to your dietary restrictions.