

Keto and Carnivore Options at Burger King

At Burger King, adhering to keto and carnivore diets involves careful selection of menu items, especially avoiding bread, fries, and sugary condiments. Here's how you can navigate Burger King's menu, with details on the cooking oils and sauces used:

Bunless Burgers

Keto: You can order any burger without the bun, and you might also consider avoiding ketchup and choosing mayonnaise or mustard instead. Adding toppings like cheese, bacon, or eggs can increase your fat intake, which is beneficial for the keto diet.

Carnivore: Opt for the patties only. Avoid cheese, sauces, and all other non-animal based toppings.

Cooking Oil: Burger King grills their burger patties, which doesn't require additional oil. However, keep in mind that some cross-contamination with oils used in the kitchen might occur.

Grilled Chicken

Keto: A grilled chicken sandwich can be ordered without the bun. Be cautious with any marinades or sauces that might contain sugar.

Carnivore: Similar to the burgers, you would opt only for the grilled chicken piece, excluding any marinades if possible.

Cooking Oil: The grilled chicken might be prepared with a small amount of vegetable oil to prevent sticking and enhance flavor.

Breakfast Options

Keto: Eggs, bacon, and sausage are good options. Avoid bread, biscuits, pancakes, and sugary sauces.

Carnivore: Stick to bacon and sausage, and possibly eggs, although some strict carnivore dieters might choose to avoid eggs if they're prepared with non-animal-based additives.

Cooking Oil: The eggs are typically cooked on the griddle which might be lightly greased with vegetable oil.

Sauces and Condiments

Keto: Mustard and mayonnaise are generally safer choices, though you should still check for added sugars. Avoid ketchup and BBQ sauce, which are high in sugars.

Carnivore: All sauces and condiments should be avoided, as they are not purely animal-based and often contain multiple additives and sugars.

Ingredients: Sauces at fast food chains typically contain a mix of oils, sugars, and vinegar, none of which fit the carnivore diet, and most are problematic for keto.

General Tips for Ordering at Burger King

Customization: Burger King is typically very accommodating when it comes to customizing your order. Don't hesitate to specify exactly how you want your meal.

Avoid Hidden Carbs: Even in grilled items or seemingly harmless condiments, hidden carbs can sneak in through sauces, marinades, or cross-contamination from other kitchen operations.

Nutritional Information: Always consult the most current nutritional information available from Burger King. This can often be found online and will help you make the best decisions based on your dietary needs.

When dining at Burger King on a keto or carnivore diet, the safest choices typically involve simple, unprocessed foods like plain meat patties and possibly some full-fat cheese for keto dieters. This approach helps minimize carb intake and avoid non-animal-based ingredients, aligning with the dietary restrictions of both keto and carnivore diets.