

Keto and Carnivore Options at Domino's

At Domino's, finding keto and carnivore-friendly options requires a bit of creativity, especially since the menu primarily focuses on pizza. Here's how you can manage a visit to Domino's, with specific attention to the oils and sauces used:

Wings

Keto: Wings can be a good option if ordered plain or with a low-carb sauce like Buffalo or Hot sauce. Avoid breaded wings or sweet sauces like BBQ or Mango Habanero.

Carnivore: Choose plain wings without any sauces or seasonings, as these are purely animal-based.

Cooking Oil: Wings at Domino's are usually baked, not fried, which may limit the amount of added oils. However, some locations might use minimal amounts of vegetable oil to prevent sticking.

Salads

Keto: Domino's offers a garden salad that can be keto-friendly if you remove croutons and select a low-carb dressing like ranch or blue cheese. Be wary of added carbs in salad dressings or other salad ingredients like cherry tomatoes or carrots.

Carnivore: Salads are generally not suitable for a carnivore diet due to their plant-based components.

Meat Toppings

Keto: For a low-carb pizza experience, some people order a pizza and eat only the toppings, discarding the crust. Choose high-fat meats like pepperoni, sausage, and bacon.

Carnivore: Similar to keto, stick to the meat toppings. Cheese is also an option for some carnivore dieters.

Cooking Oil and Sauces: The meats are precooked and typically contain additives and seasonings, which may include sugars and carbs. Pizza sauce and marinara sauce contain carbs from sugars and tomatoes, which are generally avoided on both diets.

Cheese

Keto: Cheese is a great option for keto dieters and can be added to salads or eaten from the toppings of a crustless pizza.

Carnivore: Plain cheese fits within the carnivore diet if dairy is included in your personal carnivore regimen.

Tips for Ordering at Domino's on Keto or Carnivore Diets

Customization: Domino's is fairly flexible with customizations, so you can request pizzas without certain toppings, sauces, or even the crust for a "crustless pizza" in a bowl.

Avoid Hidden Carbs: Be vigilant about sauces, especially pizza sauce and marinara, which contain sugars and other carbs. For wings, ensure they are not breaded and choose sauces wisely.

Sauces: If opting for any sauce, select those that are low in carbs. For instance, the garlic parmesan sauce might be okay for keto in moderation but avoid any sweet sauces.

Navigating Domino's menu while adhering to keto or carnivore diets focuses primarily on meat-based products and avoiding carbs from sauces, breadings, and pizza dough. Always check the nutritional information provided by Domino's for the most accurate and up-to-date data on their offerings.