

Keto and Carnivore Options at Taco Bell

Navigating Taco Bell's menu for keto and carnivore diet adherence requires careful selection, especially since many of the items are high in carbohydrates due to tortillas, shells, and other grain-based ingredients. Here's a breakdown of what you can eat at Taco Bell if you're following keto or carnivore diets, including details on the types of cooking oils and sauces used:

Beef and Chicken

Keto: You can order beef or chicken items without the taco shells or burrito wraps. Consider asking for these as a bowl with added cheese, sour cream, and guacamole to increase fat intake for keto.

Carnivore: Opt for the meat only. Specify no seasoning if possible, as Taco Bell's meat seasoning contains some carbs and sugars.

Cooking Oil: Taco Bell's seasoned beef and chicken are pre-cooked and reheated at the restaurant without additional oils. However, the initial preparation might involve vegetable oils.

Cheese, Sour Cream, and Guacamole

Keto: These are good sources of fat and are acceptable on a keto diet. They can be added to any dish to create a more satisfying meal.

Carnivore: Cheese and sour cream are acceptable for some carnivore diet followers, depending on personal dietary choices. Guacamole, being a plant-based item, is not suitable for a carnivore diet.

Cooking Oil and Sauces: These items do not involve cooking oils in their preparation at Taco Bell.

Power Menu Bowl (Modified)

Keto: Customize the Power Menu Bowl by removing rice, beans, and any corn. Focus on the meats, cheese, sour cream, and guacamole.

Carnivore: This option would require significant modification, essentially reducing it to just meat and possibly cheese.

Sauces: Be cautious with sauces; many contain sugar and other carbs. For keto, some may be okay in moderation.

Sauces and Condiments

Keto: Some of Taco Bell's sauces may be low in carbs, but you must check their content. Typically, the spicier sauces like Diablo or Fire sauce contain fewer carbs than milder options.

Carnivore: All sauces and condiments should be avoided as they contain non-animal ingredients and often sugars or other additives.

Tips for Ordering at Taco Bell on Keto or Carnivore Diets

Ask for Customization: Taco Bell is generally accommodating when it comes to customizing orders. Don't hesitate to ask for your meal to be prepared in a way that fits your dietary needs.

Watch Out for Hidden Carbs: Taco Bell's meats are seasoned with a mix that contains some sugars and fillers, which can add hidden carbs. Always ask for details or check nutritional information online.

Skip the Sides: Most side dishes at Taco Bell are high in carbs (like nachos, potatoes, or chips) and should be avoided on both keto and carnivore diets.

While Taco Bell may not be the ideal destination for those strictly following keto or carnivore diets, with careful menu manipulation and specific requests, you can find something to eat that meets your dietary restrictions.