

# Low Carb-Centric Restaurant Options

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## Problem Statement

Our users are frustrated with lack of options at fast food and dine in restaurants not providing full, satisfying options based on low carb dietary restrictions. Our solution should provide users with an easy way to identify restaurants with full keto-meal options, not meals where substitution is necessary.

### **Who is experiencing the problem?**

All individuals participating in low carbohydrate diets (ie. Keto, Atkins) for medical reasons (Diabetes, metabolic syndromes, obesity, etc) or for personal reasons (general weight loss)

### **What is the problem?**

Little to no restaurants offer full low carb meals without the need to substitute something considered essential to the meal (ex. buns to burger or sandwich)

### **Where does the problem present itself?**

Typically, at most dine in restaurants and fast food restaurants

### **Why does it matter?**

People need better options for both social dining without impeding on dietary restrictions and for individuals who need a quick meal option when time does not present itself to cook at home.