



how to stay ON YOUR PLAN when dining out



DISCLAIMER

The author and publisher provide this book, and its content on an “as is” basis and make no representations or warranties of any kind concerning this book or its contents.

FDA and Medical

The U.S. Food and Drug Administration has not evaluated any of the statements made about products and services. The statements in this book are not intended to diagnose, treat, cure, or prevent any condition or disease. No guarantees relating to your health or wellness have been made or provided in this book.

Please consult with your physician or healthcare specialist before making any of the dietary or lifestyle suggestions and recommendations made in this book.

You understand that this book is not intended as a substitute for consultation with a licensed health care practitioner, such as your physician. Before you begin any program or change your lifestyle in any way, you will consult your physician or another licensed health care practitioner to ensure that you are in good health and that the examples contained in this book will not harm you.

Allergen Warning: Konscious Keto cannot take into account all possible allergies. You are solely responsible for avoiding or modifying recipes as may be necessary to avoid allergic reactions.

Affiliate Links

Be aware that some of our recipes contain affiliate links to ingredients or tools and that we may receive compensation when you purchase items through these links.

how to stay on your plan when dining out

5 Quick Tips For Eating Out on Keto	5
Tip 1 - Focus on Fats, Vegetables, and Protein	6
Tip 2 - Add Healthy Fats to Every Meal	7
Tip 3 - Eliminate Starch & Sugar	9
Tip 4 - Sauces May Contain Hidden Carbs	10
Tip 5 - Choose Drinks with Care	11
Remember, If You Make a Mistake It's OK!	12
How to Order Keto on the Go	13
Chipotle	14
Meat	14
Veggies	14
Dairy	14
Salsas and Guacamole	15
The Ultimate Keto Fat Bomb Bowl!	15
Five Guys	16
Bunless Burgers That'll Make You Go Mmm!	17

how to stay on your plan when dining out

Keto Hot Dogs We Love!	17
Wendy's	18
Tasty Breakfast Options	18
Chicken Options	18
Burger Options	19
Buffalo Wild Wings	20
Low Carb Wing Seasonings	20
Denny's	21
24/7 Breakfast Options	21
Keto-Friendly Omelettes	22
Keto-Approved Steak Dinner	22
Jimmy John's	23
The Top Keto Unwicks	23
Eating Out Can Be Fun & Delicious on Keto	24

5 quick tips for eating out on keto

Eating out can be one of the hardest things to do on a diet. Lucky for you, this isn't a diet, and you are encouraged to eat out and explore a world of food around you.

If you wish to dine out and stay keto, we have some really quick tips you can use to help get the results you want, without sacrificing a night out.

We understand that eating out is a social event and something you should look forward to, and instead of feeling deprived and like you're "not allowed" to eat out, we encourage you to get out there!



TIP 1

focus on fats, vegetables, and protein

When dining out, focus on the core keto food groups - fat, vegetables and protein. Finding these on most menus is easy. Start with a protein, like meat or fish, add a side or three of delicious green veggies, and top with delicious fat. This could be a creamy sauce or condiments like butter or oil.

By adding these three items together, you can create a balanced keto meal almost anywhere you go. You can also take travel-sized portions of butter or salad dressing with you if you are going somewhere less accommodating, to dress up a salad, but realistically, we recommend the steak dinner.



TIP 2

add healthy fats to every meal

Another simple but effective tip is to take keto oils with you to add your own healthy fats. By taking your own, you can turn a simple salad or burger into a fat-friendly keto-approved meal with enough good fats for your benefit.

Most people don't add enough fats to their meals. Without fat you are not keto, you are low-carb and likely to feel miserable. Fat is flavor, but it's also energy. Add healthy keto fats like olive oil, coconut oil, avocado oil, and grass-fed butter to your meals, and choose fatty meats and fishes.

All of these small additions will keto-fy your meal and make eating out a more indulgent and lavish affair. And, most chefs love to use these ingredients in the kitchen, so they're likely to always be on hand. All you have to do is ask!

Many restaurants are also happy to serve oils on the side if you request it! Olive oil is ideal on salads and as a dressing. Taking your own MCT oil on the go is also a perfect plan as you can turn coffee into an easy and delicious meal replacement, instantly.

We also recommend taking your own salts, and avoiding table salt. Himalayan Salt, Real Salt or Celtic Salt have over 60 natural minerals and are an easy way to keep your electrolytes balanced when dining out. You can also sprinkle some into water to improve the taste.



TIP 3

eliminate starch & sugar

A simple tip to turning any restaurant dinner into a keto dish is to omit the sugar and starch; this is what bulks up a dinner plate with foods like potatoes and pastries. By removing the sugar and starch, you will instantly feel more satiated and fuller after you eat.

This is because sugar and starches cause an insulin response, which triggers hormones to tell you to eat again after the insulin levels fall. It might seem counterintuitive to eat a burger without a bun and feel more full, but this is why keto life rocks!



TIP 4

sauces may contain hidden carbs

Not all sauces are created equal, and this is even truer in restaurants. Many chefs use flour and cornstarch to thicken sauces. Unless it's a brand name you know and can verify, be mindful of seasonings and added sauces, and instead, use fat as your flavor.

Be mindful of soy sauce, teriyaki, tomato sauce, dry rubs, and so on, which can be sugar bombs. Butter, olive oil, garlic, and herbs are all delicious treats that can make any plate pop with flavor easily to keep it simple, delicious, and fresh.



TIP 5

choose drinks with care

When dining out, it's tempting to order soda or cocktails, but these can be sugar bombs. Instead, go for refreshing iced water with lemon, or ask for sparkling water.

Many wines are surprisingly low-carb, and you can have a glass or two with your dinner. You can also indulge with many liquors, and while we don't recommend diet sodas with artificial sweeteners, the occasional treat won't hurt if a natural option like stevia isn't available.

You can also order alcoholic drinks on the rocks for a low-carb option but do please drink water with your meal as ketosis can enhance the effects of alcohol quickly.

remember, if you make a mistake it's ok!

Finally, even if you follow all the tips in this book, understand that someone else is cooking and having the same expectations as eating at home will only make you feel like a failure.

It takes practice to get comfortable ordering off the menu items, and know too, we're learning new ways to dine on the go all the time. Take confidence that you are making positive lifestyle choices and know that one cheat meal or one higher carb meal is not going to ruin your results.

If you feel you have overdone it, simply drink Keto Activate to reduce the impact, and to help you get back into ketosis faster. As it tastes like chocolate truffle shake, it's an ideal dessert for those days when you want to dine out guilt-free.

Fasting is also another easy way to do a reset: check out our handy intermittent fasting guide for tips on how to get started with your first fast.



Use **WELCOME10** to get 10% off your first order today.

how to order keto on the go

Many restaurants, particularly franchises, offer a complete nutritional menu on their website, so you can choose ahead of time and plan accordingly.

While it's easy to assume that foods in a restaurant are keto, because of the common name, many places add sugars and carbs to unlikely foods to make them prettier or tastier - like adding pancake mix to scrambled eggs to make them fluffier.

Here are some suggestions from the most popular restaurants:



Skip the wraps, rice and beans, and opt for a delicious keto-friendly burrito bowl instead. Sub all your favorite meats and veggies, and top with guac and cheese. Diet, what diet?

meat

Steak – 0g Net Carbs; 6g Fat
Chicken – 0g Net Carbs; 7g Fat
Carnitas – 0g Net Carbs; 12g Fat
Barbacoa – 1g Net Carbs; 7g Fat

veggies

Fajita Peppers – 4g Net Carbs
Romaine Lettuce – 1g Net Carbs

dairy

Queso – 3.5g Net Carbs; 8g Fat
Sour Cream – 2g Net Carbs; 9g Fat
Cheese – 1g Net Carbs; 8g Fat

salsas and guacamole

Fresh Tomato Salsa – 3g Net Carbs

Tomato Red-Chili Salsa – 3g Net Carbs

Guacamole – 2g Net Carbs; 22g Fat

the ultimate keto fat bomb bowl!

Carnitas

Cheese

Sour Cream

Guacamole

Romaine Lettuce (extra lettuce and cheese or meat if they offer!)

Nutrition facts: 5g Net Carbs; 51g Fat; 33g Protein

FIVE GUYS®

BURGERS and FRIES

Hold the buns, please! Most burger joints are happy to omit the bread, and may even wrap your burger into a handy lettuce roll if you ask nicely.

Pro-tip: Skip the fries and double down on meat and cheese.

Whether you go with a burger or a hot dog, you'll want to pay attention to what condiments you select. Always hold the sugary sauces, such as the A1 steak sauce, relish, ketchup, BBQ sauce, fry sauce, and mayonnaise.

Safe toppings include bacon, cheese, fresh green peppers, onions, tomatoes, lettuce, hot sauce, and mustard. Pickles are usually OK to eat in moderation if you're doing low-carb and keto diets. However, some brands might contain a lot of preservatives and food colorings, so it might be best to avoid these altogether.

bunless burgers that'll make you go mmm!

- Hamburger (two patties)
- Cheeseburger (two patties and two slices of cheese)
- Bacon burger (two patties and four slices of bacon)
- Bacon cheeseburger (two patties, two slices of bacon and two slices of cheese)

keto hot dogs we love!

- Kosher-style hot dog
- Cheese dog (comes with a layer of American cheese)
- Bacon dog (comes with a layer of bacon)
- Bacon cheese dog (topped with melted American cheese and bacon)

You can view the nutritional information for Five Guys [here](#).



Wendy's is another great choice when you wanna go bunless, as they have burgers, cheese, and bacon combos. Please note, the salad options are not low-carb or keto. You'll wanna go with a classic burger at this place.

tasty breakfast options

Sausage, Egg, and Swiss Croissant (no croissant) – 3g Net Carbs; 32g Fat; 17g Protein (vs. 33g Net Carbs)

Bacon, Egg, and Swiss Croissant (no croissant) – 2g Net Carbs; 15g Fat; 13g Protein (vs. 32g Net Carbs)

Sausage, Egg, and Cheese Biscuit (no biscuit) – 3g Net Carbs; 33g Fat; 18g Protein (vs. 30g Net Carbs)

chicken options

Grilled Asiago Ranch Chicken Club (no bun) – 3g Net Carbs; 20g Fat; 39g Protein (vs. 33g Net Carbs)

Grilled Chicken Sandwich (no bun) – 4g Net Carbs; 7g Fat; 29g Protein (vs. 35g Net Carbs) Note: Can be reduced to <1g net carbs if you remove the Smoky Honey Mustard.

burger options

Bacon Cheeseburger (no bun) – 7g Net Carbs; 37g Fat; 29g Protein (vs. 37g Net Carbs)

Peppercorn Mushroom Melt (no bun, no onions) – 5g Net Carbs; 33g Fat; 25g Protein (vs. 43g Net Carbs)

Dave's Single (no bun, no ketchup) – 5g Net Carbs; 31g Fat; 24g Protein (vs. 37g Net Carbs)

Son of Baconator (no bun, no ketchup) – 4g Net Carbs; 37g Fat; 29g Protein (vs. 36g Net Carbs)

Baconator (no bun, no ketchup) – 5g Net Carbs; 60g Fat; 53g Protein (vs. 38g Net Carbs)

Jr. Bacon Cheeseburger (no bun) – 3g Net Carbs; 21g Fat; 15g Protein (vs. 24g Net Carbs)

Jr. Cheeseburger Deluxe (no bun, no ketchup) – 3g Net Carbs; 17g Fat; 12g Protein (vs. 25g Net Carbs)

Jr. Cheeseburger (no bun, no ketchup) – 1g Net Carbs; 12g Fat; 12g Protein (vs. 25g Net Carbs)

Jr. Hamburger (no bun, no ketchup) – 1g Net Carbs; 8g Fat; 10g Protein (vs. 24g Net Carbs)

Double Stack (no bun, no ketchup) – 3g Net Carbs; 19g Fat; 20g Protein (vs. 25g Net Carbs)



Love wings? On keto, you can indulge a little in your macros content. Look out for hidden sugar in the seasonings. We've listed out the low-carb keto options below that you can enjoy at home.

If this is your dinner, you can probably go for up to 10g carbs pretty guilt-free.

low carb wing seasonings

Blazin' With Ghost – 8g
Buffalo (Dry Rub) – 1g
Chipotle BBQ (Dry Rub) – 2g
Desert Heat (Dry Rub) – 2g
Hot – 6g
Hot BBQ – 10g
Lemon Pepper (Dry Rub) – 2g
Medium – 5g
Mild – 4g
Parmesan Garlic – 6g
Salt and Vinegar – 1g
Spicy Garlic – 7g
Thai Curry – 8g
Wild – 6g



Breakfast joints are awesome on keto and Denny's is no exception. Check out the breakfast menu for an easy, do it yourself keto meal (just ask for real eggs, not egg substitute as these contain added sugars and carbs).

You can also flex on some tasty dinner options if you stick with meat and veggies. Look for tasty green beans and other keto-approved veggies on the side menu, and modify your meal to take out or replace any carbs with a healthy protein and or fat.

24/7 breakfast options

Sausage, 2 links – 0 net carbs

Bacon, 2 strips – 1 net carb

Turkey Bacon, 2 strips – 1 net carb

Whole Eggs, 2 – 1 net carb

Egg Whites, 2 – 1 net carb

Gouda-Apple Chicken Sausage, 1 link – 2 net carbs

Grilled Ham, 3 oz. – 3 net carbs

keto-friendly omelettes

Ham & Cheese Omelette, no bread or hash browns

– 7 net carbs

Loaded Veggie Omelette, no bread or hash browns

– 7 net carbs

Ultimate Omelette®, no bread or hash browns – 8 net carbs

Philly Cheese Steak Omelette, no bread or hash browns – 11 net carbs

keto-approved steak dinner

Sirloin Steak, 8 oz.

Wild Alaska Salmon

Tilapia Ranchero

Mediterranean Grilled Chicken

Pot-Roast

T-Bone Steak



Looking for a tasty treat on the go? Jimmy John's offers sandwiches with a keto-twist. They put the "Unwich" on the map. And now, you can ask for this lettuce-wrapped sandwich at most deli counters when you're in a dash.

We love to double down on meats and cheese, and add in tasty keto treats like olives, jalapeno, and peppers to make this a nutritious and delicious feast. Jimmy John's also carries healthy fats like olive oil you can add if you need to hit your macros as well. You can even score a pickle on the side.

the top keto unwichs

Big John Unwich – Roast beef, lettuce, tomato & mayo – 2g Net Carbs; 20g Fat; 16 Protein

Turkey Tom Unwich – Turkey, lettuce, tomato & mayo – 2 Net Carbs; 0.5g Fat; 14 Protein

Beach Club Unwich – Turkey, provolone, avocado, cucumber, lettuce, tomato & mayo - 6 Net Carbs; 38g Fat; 31g Protein

The Veggie – Provolone, avocado, cucumber, lettuce, tomato & mayo - 6 Net Carbs; 37g Fat; 17g Protein



eating out can be fun & delicious on keto

While it's easy to worry about eating out, if this is an occasional treat, the chance of it knocking you out of ketosis (when following our tips) is pretty low.

Many people worry about eating out, but stress can be detrimental to your weight loss.

At its core, keto is a low-stress diet that focuses on a lifestyle approach to get results. Worrying will only slow down your body's natural defense system.

One of the best things you can do for your keto experience is to drink more water, and this is so very true at a restaurant. Drinking water has a ton of health benefits and can stop you from overeating, or ordering something sweet.

Water can also help cleanse your palate so you enjoy the different flavors more thoroughly.

Last but not least, use [Keto Activate](#) if you indulge in carbs on occasion, to get back into ketosis quickly. The third-party tested, BHB ketones are proven to help speed up ketosis and get you back into your fat-burning mode within minutes or hours of drinking.

Simply mix ½ a scoop of [Keto Activate](#) with 6 - 8 oz of water or nut milk, shake and drink for a delicious way to burn more fat in ketosis.



Use **WELCOME10** to get
10% off your first order today.