

Low Carb SUBWAY Guide for Beginners

Subway was the first stop on my low carb fast food challenge because it's less than a 1/2 mile from my house and has the most locations of any fast food chain in America – 44,000+.

They're known for sandwiches, but thanks to their "choose-all-your-ingredients" layout, you can create your own low carb chopped salads pretty easily.

What to order

1. Cold Cut Combo Salad

My favorite is the Cold Cut Combo Salad. It comes with the Subway cold cut trio of meats (turkey, salami, bologna), sliced american cheese, and shredded lettuce. For additional flavor, I added spinach, olives, and banana peppers.

- Macros: 615 calories, 5g net carbs, and 20g protein

My sandwich artist smartly offered me the "deluxe" upgrade which meant she would add fifty percent more meat to my salad for \$0.75. Gladly accepted.

The salad tasted great and felt more premium than I expected. It was good enough to lure me in a second time for another salad.

2. Chopped Tuna Salad with Extra Bacon

Another great option is the Chopped Tuna Salad with extra bacon, oil, and vinaigrette.

- Macros: 936 calories, 2g net carbs, and 32g protein.

I added some chopped spinach to my salad for free because it's

rich in magnesium which is helpful for preventing cramps and insomnia when on a low carb or keto diet.

I also added some banana peppers, olives, and mayo for flavor. This salad was really good. If I were trying to get full off this salad alone, I would have requested more oil & double tuna for an additional \$1.50. Instead, I had to fill up by eating some sliced pepperonis and hot dogs back at the house.

My third ordering experience was the worst. The sandwich artist tried to make my order while listening to ear buds and greeted me with a stern look rather than a friendly smile. It didn't feel welcoming.

3. Spicy Italian Chopped Salad

My third salad was visually unappealing. I got the Spicy Italian Chopped Salad which comes with spicy pepperoni and salami for the meats, along with my usual adds of onions, olives, lettuce, spinach and mayo on top.

- Macros: 712 calories, 5g net carbs, and 24g protein.

Notice how the meats are buried underneath the greens and the salad doesn't look all that tempting. Ultimately, it tasted good but the experience was ruined by the unwelcoming Subway employee and the lackluster presentation of the salad.

My fourth time into Subway, I got 3 different salads to try. It was awkward because there was only one employee and he didn't have much experience making salads so the process was terribly slow and created a long line. I could sense some frustration coming from the sandwich artist so I tipped him some money in his jar and apologized for holding up his line to try and smooth things over and brighten his day.

Here are the three salads I tried.

4. Subway Club Salad (Double Meat)

I requested a double serving of the Subway club meats (turkey, roast beef, and ham) on top of lettuce, one slice of American cheese, banana peppers, and olives mixed with olive oil & vinegar dressing. Once the salad is made, I ask the Subway sandwich artist to add some mayo.

- Macros: 532 calories, 5g net carbs, and 32g protein.

5. Roasted Chicken Patty Salad

Comes with a roasted chicken patty that the sandwich artist chops for you. I like it served on top of lettuce, with American cheese, olives, banana peppers, pickles, and with olive oil & vinegar dressing.

- Macros: 336 calories, 3g net carbs, and 17g protein.

6. Italian BMT Salad (Double Meat)

I requested a double serving of the BMT meats (salami, pepperoni, and ham) on top of lettuce, one slice of American cheese, banana peppers, and olives mixed with olive oil & vinegar dressing. Once the salad is made, I ask the Subway sandwich artist to add some mayo. Notice how the sandwich artist did a sloppy job with the mayo because he was getting frustrated by this point.

- Macros: 712 calories, 5g net carbs, and 24g protein.

What to avoid

In case you're new to low carb eating, I'll start by saying that all Subway breads are off limits. Here I've compiled the Subway bread carb count for each of their breads. The 6-inch subs all have 30 to 43 net carbs and the so-called Subway low carb flatbreads each have 30+ net carbs and therefore aren't low carb at all.

Even the Subway gluten-free roll has 49 net carbs.

Likewise, all their chips, soups, sides, flatbreads, rolls, wraps, pizzas, bagels, and desserts have too many carbs.

While most of the vegetables and meats behind the glass are low carb, I did find some things you should avoid after reviewing online nutrition stats.

Salads to avoid:

- Sweet Onion Teriyaki Chicken Salad – 30 net carbs (due to sweet onion sauce)
- Meatball Marinara Salad – 21 net carbs (due to high carb meatballs and marinara sauce)

Meats / proteins to avoid:

- Falafel – 20 net carbs
- BBQ Pulled Pork – 18 net carbs
- Meatballs – 13 net carbs
- Orchard Chicken Salad – 9 net carbs
- Veggie Patty – 9 net carbs

Sauces / dressings to avoid:

- Sweet Onion Sauce – 18 net carbs
- Barbecue Sauce – 9 net carbs
- Sweet Chili Sauce – 9 net carbs
- Hickory Sauce – 7 net carbs
- Honey Mustard Sauce – 7 net carbs

Every other meat, vegetable, and sauce should be sufficiently for carb counter Subway goers.

Keto Amazon Shopping List | Best Amazon Buys!

Amazon Keto List

If you are like me, Amazon boxes make an appearance at your house often. I have found that it is so much easier and usually cheaper to order Keto/Low Carb specialty items off of Amazon than to drive all around town hoping to find. Recently, I asked my Keto/Low Carb Facebook [Group](#) and Page their suggestions so that I could create an Amazon Keto List with lots of options. Of course, you don't need all of these items to get started by any means, but little by little you can figure out what items you will use most often and begin to stock your keto kitchen. Between shopping at your local grocery store and from this Amazon Keto List you will have all the items you need to recreate your favorite recipes, which makes following this way of eating easier. You'll also want to check out my Keto/Low Carb basic grocery list free printable for your next shopping trip at your local grocery store.

Trying to stay in a keto way of eating can be difficult if you don't have your set places to buy from. For most people Trader Joe's and Whole Foods work for that. But not all of us can be rich folks with gold toilets. Walmart can also be a place to find some gems. Being a mom and a homebody, I don't always get the chance to drive the 35 minutes to the neared TJ's and Whole Foods. Maybe once every few months and when I do go, I tend to get some bulk items or canned things I can't normally get.

I have been a Prime member for well over 5 years and I have been a member of Amazon since college. We have a long and

committed relationship and we are both very happy. If I can buy it on Amazon, I would rather buy it there than try to find it in a store.

When looking at the places that you shop for your keto items, they tend to satisfy different things. Trader Joe's and Whole Foods can fill similar needs for those more specialty items. Walmart and your regular grocery store is for meat and produce. Amazon is for the snacks or the items that last quite a while.

This is a list that I have built up of items that I buy regularly on Amazon that fit perfectly into the keto way of life.

You can access all of my Keto/Low Carb Recipes in my Keto/Low Carb Recipe Index or follow me on Pinterest for fabulous Keto/Low Carb Recipe Ideas.

Keto Books:

- [The Complete Ketogenic Diet for Beginners](#)
- [The Keto Diet](#)
- [Keto Diet Zone](#)

Keto Urine Sticks:

- [Top Notch Nutrition Keto Testing Strips](#)

Nut Butter/Nuts:

- [Legendary Foods Keto Peanut Butter Chocolate Chip Peanut Butter](#) (they offer other varieties as well)
- [Dry Roasted Almonds](#)
- [Pecans](#)
- [Walnuts](#)
- [Macadamia Nuts](#)
- [Brazil Nuts](#)

Bone Broth:

- [Kettle & Fire Organic Bone Broth](#)

Olives:

- [Garlic Stuffed Olives](#)

Coffee Supplies:

- [Torani Sugar-Free Syrups](#)
- [Nut Pods](#)
- [Mini Frother](#)
- [Jordan's Skinny Syrups](#)

Chocolate:

- [Lily's Chocolate Chips](#)
- [Lily's Candy Bars](#)
- [ChocZero Keto Bark](#)
- [Drinking Chocolate](#)
- [Diabetic Kitchen Gourmet Chocolate Brownie Mix](#) (this is good)

Snacks:

- [Moon Cheese](#)
- [Pork Rinds](#)
- [Whisps](#)
- [Fat Snax Cookies](#)
- [Quest Nutrition Protein Chips](#)

Sauces and Condiments:

- [Lankato Sugar-Free Maple Syrup](#)
- [Rao's Homemade Marinara](#)
- [Reduced Sugar Ketchup](#)
- [Sugar-Free Ketchup](#)

- [Sugar-Free BBQ Sauce](#)
- [Bragg Liquid Aminos](#) (healthier soy sauce)
- [Coconut Aminos](#) (soy free)
- [ChocZero's Honest Syrup](#)
- [Primal Kitchen Mayo](#)

Spices:

- [Kick 'N Chicken Seasoning](#)
- [Trader Joe's Everything but the Bagel Seasoning](#)
- [Pink Himalayan Salt](#)

Thickening Agent for Soups, Sauces, and Desserts:

- [Xanthan Gum](#)

Flour/Baking:

- [Coconut Flour](#)
- [Almond Flour](#)
- [Phyllium Husk](#)
- [Ground Flaxseed](#)
- [Paleo Pancake & Waffle Mix](#)

Baking/Cooking Items:

- [Cacao Nibs](#)
- [Lily's Chocolate Chips](#)
- [Unsweetened Coconut](#)
- [Coconut Cream](#)
- [Cacao Butter](#)
- [Palmini Pasta](#)
- [Pork Rind Breadcrumbs](#)

Oils:

- [Coconut Oil](#)
- [Olive Oil](#)
- [Avocado Oil](#)
- [Ghee](#)

Sweeteners:

- [Swerve Granulated](#)
- [Swerve Confectioners](#)
- [Monkfruit Granulated](#)
- [Monkfruit Confectioners](#)
- [Monkfruit Brown Sugar](#)
- [Xylitol](#)
- [Erythritol](#)
- [Stevia Drops](#)
- [Pyure Drops](#)

Water Enhancer:

- [Stur Water Enhancer](#)

MCT Oil/Collagen:

- [Perfect Keto Protein Powder](#)
- [Perfect Keto Collagen Powder](#)
- [Left Coast Performance MCT Oil](#)
- [Vital Proteins Collagen Peptides](#)

Baking Pans/Fat Bomb Molds/Misc:

- [Metal Donut/Bagel Pan](#)
- [Silicone Donut/Bagel Pan](#)
- [Silicone Baking Cups](#)
- [Candy Molds for Fat Bombs](#)
- [Parchment Paper](#)

- [Parchment Paper Muffin Liners](#)

Meal Prep Containers:

- [3 compartment Meal Prep Containers](#)

Low Carb Items:

- [Carbquick Baking Mix](#)
- [Joseph's Lavash Bread](#)

Keto On The Go: Low Carb Options At Wendy's

Keto On The Go: Low Carb Options At Wendy's When I'm on the go and haven't prepared a meal a meal to take with me, Wendy's is one of my favorite spots to pick-up a low-carb and keto-friendly meal. I may be biased because I worked at a Wendy's when I was in high school, but I feel as though there are some great options that won't ruin your progress with keto. As always, eating fast food is not ideal, but when you have options available, it makes the lifestyle so much easier to maintain.

Overview

For the most part, low-carbing at Wendy's is pretty standard. You will basically order a sandwich without the bun or get a salad. When I ask for "no bun please," the workers will generally give you the bun-less sandwich with the toppings on the side in a dish with a fork and knife. It's pretty convenient! Sometimes, they even put in big lettuce leaves to

“wrap” the sandwich in.

* Values below are based on nutrition information from Wendy's. Values may differ, use your best judgement.

Meats

- Jr. Hamburger patty, plain with no bun (120 calories, 8g fat, 0g carbs, 10g protein)
- Single Hamburger patty, plain with no bun (240 calories, 16g fat, 0g carbs, 18g protein)
- Grilled Chicken Breast, plain with no bun (130 calories, 1.5g fat, 3g carbs, 27g protein)
- Applewood Smoked Bacon, 1 strip (20 calories, 1.5g fat, 0g carbs, 2g protein)

Toppings & Condiments

- American Cheese, 1 slice (40 calories, 3.5g fat, 1g carbs, 2g protein)
- Cheddar Cheese, 1 slice (80 calories, 6g fat, 0g carbs, 5g protein)
- Asiago Cheese, 1 slice (50 calories, 4g fat, 1g carbs, 3g protein)
- Shredded Cheddar Cheese (70 calories, 6g fat, 1g carbs, 4g protein)
- Mayonnaise (50 calories, 5g fat, 0g carbs, 0g protein)
- Mustard (5 calories, 0g fat, 0g carbs, 0g protein)
- Ketchup (10 calories, 0g fat, 2g carbs, 0g protein)
- Cheddar Cheese Sauce (20 calories, 1.5g fat, 1g carbs, 1g protein)
- Pickles (3), Red Onion (2 rings), or Iceberg Lettuce (0 calories, 0g fat, 0g carbs, 0g protein)
- Tomato (1 slice) or Spring Mix (5 calories, 0g fat, 1g carb, 0g protein)
- Tartar Sauce (110 calories, 12g fat, 0g carbs, 0g protein)

Sides

- Garden Side Salad, no dressing or croutons (25 calories, 0g fat, 5g carbs, 2g fiber, 1g protein)
- Caesar Side Salad, no dressing or croutons (60 calories, 3.5g fat, 4g carbs, 2g fiber, 4g protein)

Dressings & Sauces

- Lemon Garlic Caesar Dressing (110 calories, 11g fat, 2g carb, 2g protein)
- Ranch Dressing (100 calories, 10g fat, 2g carb, 1g protein)
- Light Ranch Dressing (50 calories, 4.5g fat, 2g carbs, 1g protein)
- Italian Vinaigrette (60 calories, 5g fat, 4g carbs, 3g protein)
- Thousand Island Dressing (130 calories, 12g fat, 5g carbs, 0g protein)
- Buttermilk Ranch Dipping Sauce (120 calories, 12g fat, 2g carbs, 0g protein)

Drinks

- Diet Coke, Coke Zero, Unsweetened Iced Tea (0 calories, 0g fat, 0 carbs, 0g protein)
- Minute Maid Light Lemonade, small (10 calories, 0g fat, 0g carbs, 0g protein)

Meal Ideas

- 2 Jr. Bacon Cheeseburgers, plain + Caesar Side Salad, with dressing (no croutons) + small Minute Maid Light Lemonade (580 calories, 42.5g fat, 11g carbs, 2g fiber, 34g protein) 9 Net Carbs
- 3 Double Stack Cheeseburgers, plain with no bun + pickles

- + lettuce for wrapping (990 calories, 60g fat, 3g carbs, 75g protein) 3 Net Carbs
 - Grilled Chicken Sandwich, plain with no bun + Garden Side Salad + Ranch Dressing + Diet Coke (255 calories, 11.5g fat, 7g carbs, 2g fiber, 29g protein) 5 Net Carbs
 - Triple Baconator, plain with no bun + mayonnaise on the side + bottle of water (990 calories, 69g fat, 3g carbs, 0g fiber, 69g protein) 3 Net Carbs
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The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet

Keep up with keto on even your busiest days with *The Easy 5-Ingredient Ketogenic Diet Cookbook*

Finding quick and easy keto recipes that fit with your lifestyle and schedule can be difficult. That's why Jen Fisch, the blogger behind *Keto in The City* and a busy working mom, shares her favorite stress-free keto meals in *The Easy 5-Ingredient Ketogenic Diet Cookbook*. With 130 recipes that require no more than 5-ingredients, including many one-pot or 30-minute recipes, this cookbook offers a simple solution to keeping the ketogenic diet easy.

The Easy 5-Ingredient Ketogenic Diet Cookbook includes:

- 130 Recipes for keto-friendly breakfasts, lunches,

dinners, and snacks

- 5-Ingredient Recipes for stress-free cooking
- One Pot Meals for fast prep and clean-up
- Time Saving for ready-made meals in 30-minutes or less

Ketogenic diet recipes include: BLT Breakfast Salad, Broccoli-Cheese Soup, Baked Zucchini Gratin, Garlic Butter Shrimp, Barbacoa Beef Roast, Berry Cheesecake Fat Bomb, and much more!

Stay on the ketogenic diet with these hassle-free recipes for hectic schedules.

Crispy Keto Fried Chicken

Ingredients

- 6 chicken thighs boneless
- 1 large egg
- 30 ml unsweetened almond milk
- 2 cloves garlic
- 1/2 tbsp basil
- 1/2 tsp thyme
- 1/3 tsp oregano
- 1 tbsp celery salt
- 1 tsp black pepper

- 1 tsp powdered mustard
- 1 tsp paprika powder
- 1 tsp ginger powder
- 1 tsp garlic powder
- 1 tsp fresh turmeric optional
- 1 tsp white pepper
- 1 tsp chili red flakes optional
- salt to taste

Coating and Frying

- 50 g unflavored whey protein isolate powder (you can also use almond flour for coating)
- coconut oil (or your choice of oil for deep frying)

Instructions

1. Before chopping the chicken thighs into small chunks, make sure to thoroughly wash and dry them.
2. Grind the garlic cloves and all the spices with a blender or a mortar. Flavor the chicken with this spice mix. Crack in the egg and pour the milk into the seasoned chicken pieces. Stir well to marinate well.
3. Transfer the chicken to a covered container and let it chill in the fridge for around an hour. Flip the chunks occasionally.
4. Pour the protein powder in a plastic container with a lid. Put the chicken in the container before replacing

the lid. Shake well to coat the chicken entirely.

5. Set a deep fryer to 375 degrees and heat the oil in the fryer. Crispy fry the chicken for 5-7 minutes. Wait till the chunks become golden brown and crispy enough to your liking.
6. Transfer to a platter with any keto-approved dip of your choice.

This recipe is enough for 6 people to enjoy. The macros info below is for 6 servings and it doesn't include the oil you use for deep frying.

Macros (per serving): *Calories: 226 – Fat: 13.7g – Net carbs: 1.3g (total carbs: 1.7g, dietary fiber: 0.4g) – Protein: 23g*