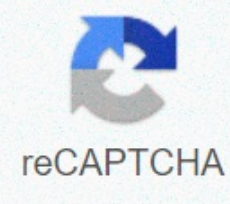




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Subway low carb

Yes, Metro is known for its submarine sandwiches. And yes, they use bread and carbs in almost everything they offer. But you can find a Subway restaurant almost wherever you go. In fact, Metro is the largest food franchise in the world. So if you find some go-to low-carb Subway options, it can be a lifesaver when traveling. Here's our ketogenic Subway ordering guide! How to eat a ketogenic metro? Answer: Mainly salad Let's get that out of the field. There's no magical Subway low-carb flat bread. Although flat bread is flat, it is essentially as much carbs as normal submarine bread! Are Subway wraps in low carb though? They're even flat as flat bread, right? Nope. They also have a 30g net carb range like their carbacious counterparts. Lettuce can be tricky too because it is supposedly healthy. However, the best keto salad options are usually tastiest and savory due to the ability to pile fat! This table lists your best low-carb Subway salad options, sorted by net carbohydrates. What is the best low-carb Subway salad? Our choice is Subway Chicken Bacon Ranch Salad (keto-friendly and delicious). Almost like a wedge of salad, bacon and a ranch combo is one of the safest bets of any restaurant, and that's no exception here. It's a great combo with plenty of fat and protein low net carbs that you satiated. Meaty add-ons for salads Pepperoni – 0g net carbs Bacon – 1 g net carbs (from sugar) Toppings Jalapenos – 0g net carbs Banana Peppers – 0g net carbs Green Olives – 0g net carbs Black Olives – 1 g net carbs cucumbers – 1 g net carbs 1g net carbon green peppers – 1 g net carb spinach – 1 g net carb Red Bulbs - 1g net carb tomatoes – 2g net carbohydrates Low carbohydrate Subway salad dressings and sauces Oil – 0g net carbs Mayo – 1g net carb Deli Brown Mustard - 1g net carb Buffalo sauce - 1g net carb Chipotle Southwest sauce - 2g net carbs Ranch Sauce - 2g net carbs House Sandwich Sauce - 3g net carbs Garlic Aioli - 3g net carbs Turn any of your favorite sandwiches into a salad There's no convenient Subway salad option to wrap like in some other low-carb fast food places (see: Keto at Jimmy Johns for this). However, you can turn all of these subs into Subway salads. Did all the sandwich names mentioned above sound awfully familiar? This is because they are sandwiches just without bread, ingredients on top of the salad. Keep in mind that the above list does not include seasonal and regional offers that you may encounter, so feel free to ask for any sandwich like a salad! Keto Subway Breakfast Options All breakfast sandwich options are pretty low carb if you just nix flatbread. Most breakfast leaves have variations of egg, cheese and meat. All of these are pretty safe to eat keto and as we mentioned above, is the largest Here. Pro-Tip: Just order a breakfast sandwich normally and don't eat flatbread. So you don't have to clumsily explain how to roast meat and cheese. Cheese should not be melted into bread, so it's actually quite easy to just eat around flatbread. Here's a list of ketogenic Subway Breakfast Sandwich options (keep flatbread). That's it! Still hungry? More keto restaurant guides: Keto Restaurants Source: Subway Nutrition Thanh has a strong interest in nutrition and holistic health. But above all, his interest lies in food... Yummy, yummy food... which he will study throughout the day. (MS, Biochemistry and Molecular Biology, University of California) There is no denying the strength of the keto diet. By cutting carbs into your meal, you force your body to burn fat at an accelerated rate. Unlike almost every other diet, you don't have to pay too much attention to how much you eat. Instead, you just need to build your meals around fat and protein, both of which are very filling. What if you want to eat outside? Or maybe take a meal-the-go? Can you do this keto, and if so, what are your best keto Subway options? Eating out on any diet can be tough, but if you order smaller-than-usual portions and miss dessert, it's usually quite doable. Keto is different, so your attention should focus on what you eat, not how much. This means that many so-called diet-friendly options are not suitable for keto dieters, even if they are low in calories. The subway makes sandwiches, which of course means bread. Bread, along with rice, pasta, potatoes and breakfast cereal, are carb foods that are definitely off the menu of keto. Does that mean you can't eat subway keto, or are there some Subway low carb options? The good news is that while you have to skip bread and sandwiches on Subway, there are still ways to work on a keto diet. The best low-carb options for Subway Because Subway is a franchise, its restaurants are all-but identical all over the world. This is good news because each of them has the same menu, which is made with the same ingredients. There may be small local variations, but as a rule, what is available in one restaurant is available in all their outlets. This makes planning your trip to Subway really easy, and you can even go online and check the menu to discover the best low carb options before you head to your nearest outlet. This is very useful when, like many dieters, you find your willpower starts to weaken when you are faced with a large menu full of foods you shouldn't eat. Instead of reaching the selected Subway completely unprepared, choose your meals online so that when you get to the counter, you know exactly what you want to eat. You can even order your own meal in advance! But what do you get to eat on the subway? The first rule to follow is to skip the bread! If you want to go low carb subway, bread is forbidden. Bread is made from wheat flour and wheat flour is high in carbohydrates. The 6-inch subs all have between 30-45 grams of carb carbohydrates and even the lowest carb bread subway, with low carb flatbread, has more than 25 grams of carb per serving. Subway gluten-free roll has 49 grams of carbohydrates. Just a few mouthfuls of any Subway bread will kick you out of the ketosis and put the brakes on your fat loss success. Does that mean you don't get anything from the sandwich menu? Not so fast! If you have enough willpower, there is nothing that would prevent you from ordering a sandwich and then just putting bread to one side. Enjoy the freshly made filling and throw the bread in the bin. You have to use some self-control, but it's a viable option if you really can't resist the sandwich menu. Alternatively, ask your server to pack the selected salad leaves instead of bread. The salad is pretty much calorie and carb-free. This is a great way to keep your stuffing together and make it easier to eat your breadless sandwich. The keto diet is so popular now that most servers are aware of low carb dieting and your application should not be all that unusual. The best low-carb filling options on the subway are: tuna salad (7 net carbon water, 24g fat, 15g protein) Swiss Delite® (7 net carbs, 1g fat, 3g protein) Chicken salad (8 net carbohydrates, 4.5g fat, 23g protein) Turkish Breast (9 net carbohydrates, 2g fat, 12g protein) Roasted Beef (8 net carbs, 3.5g fat, 19g protein) Black Forest Ham (9 net carbs, 3 fatg , 12g protein) Subway Club (9 net carbohydrates) , 3.5g fat, 18g protein) Spicy Italian (9 net carbohydrates, 23g fat, 14g protein) Chicken and Bacon Ranch (11 net carbohydrates, 40g fat, 32g protein) Cold Cut Combo (9 net carbs, 11g fat, 12g protein) Steak and cheese (12 net carbs, 8g fat, 18g protein) Please note: These figures are filling only and do not contain bread. Remember that all types of bread are off the menu on Subway if you want to stay true to your keto diet. If it's unpleasant to throw away the bread or salad wraps, there's another subway low-carb option – their delicious salads. In fact, salads are probably your best choice when eating on the Subway. Subway offers 15 different salad selections, all packed with very low-carb and carbohydrate-free vegetables and good protein sources. You still need to take care when ordering your sauces and dressings. Plain oil and vinegar are fine, but some other sauces contain enough carbs to derail your diet, and usually in sugar form. If there's anything wrong with Subway salads, it's that they tend to be low in protein and fat. This means that you may find that you feel hungry a few hours after eating. Therefore, you may want to customize your salad to make it more Adding more protein and fat doesn't affect your weight loss, but rather more sati up your meal. Consider doubling the amount of meat in your salad by adding more cheese, or including more oil or guacamole. These added extras will raise the price of your meals, but you will feel much fuller for longer as a result. Subway Sauces One of the best things about Subway is that you can customize your order, so it's just the way you like it. It's good for keto dieters because with some clever options, you can create some great low carb options. However, these same choices may mean that you accidentally consume too many carbohydrates and undo the benefits of keto. Subway sauces are a good example of hidden carbohydrates, and many of them contain enough carbohydrates to kick you out of ketosis. Therefore, it is important that you consider your choice of sauce carefully, so that you do not violate your intention to eat low carb. Subway vinaigrette sauce is always going to be your best choice because it's basically vinegar and oil. If you have difficulty making a low-carb decision, this is your best bet. It works well with all salads, so there is no need to worry that it won't increase the taste of your meal. Other Subway sauces contain different amounts of carbohydrates, and some of them are quite low. By offering the rest of your meal is all-but carb-free, you should be okay to add some sauce to your meal to liven up the flavor. However, you should avoid the following because these sauces are a little too carb-heavy and can undo your keto diet. Sweet Onion Sauce - 18 Grams Of Carbohydrates Grill sauce - 9 grams carbohydrates Sweet chilli sauce - 9 grams carbohydrates Hickory Sauce - 7 grams carbs Honey Mustard Sauce - 7 grams carbohydrates Foods avoid Subway While it is perfectly possible to eat keto subway, there are some foods you need to avoid if you want to stick to ketosis. Bread is an obvious keto diet-buster, but there are other foods and drinks that need to be steered clear too. Meat and filling the front, you have to think twice before ordering meatballs, tuna and chicken teriyaki. Meatballs sound like they should be keto-friendly, but unfortunately are made from meat and breadcrumbs. This means they have enough hidden carbs to interfere with ketosis. Tuna is another ingredient that should be keto-friendly, but not. On the subway, tuna usually comes with pre-prepared mayonnaise. While some mayonnaise is made from nothing more than eggs and oil, Subway mayo contains sugar. That makes it a keto for dieters to not go. Chicken teriyaki is covered with a sugar-made sauce, so it also means high carbs. With this in mind, make sure to avoid the following: Meatball marinara sandwiches, salads and wraps Sweet onion chicken teriyaki sandwiches, salads and wraps Tuna sandwiches, salads and wraps From a health point of view, it's also a good idea to avoid processed deli meats and stick freshly grilled Instead. Deli meat contains things like trans fats and nitrates. Both ingredients are very unhealthy – especially if you eat them a lot. No, they don't kick you out of ketosis, but if you value both your health and your weight, you shouldn't eat them too often. Most subway-side dishes are also high in carbohydrates. These are foods you know to avoid a keto diet, but it's worth a repeat to explain: Cookies, chips and all sweetened drinks are off your keto-diet menu. Instead, skip the biscuits and high-sugar lemonade and wash your food with clean water, unsweetened iced tea or coffee, or dietlimona instead. Conclusion It's good to know that if you need keto-friendly food to go, you can rely on Subway. You have to go to your sandwiches, but there are still plenty of low carb options to choose from. Since the food is freshly prepared and you can customize your meals to suit your needs, Subway is actually one of the best keto diet options if you need food to rush. Of course, your best diet option is always to prepare your food in advance. That way, you have complete control over what you eat. One way to do this is to plan your menu and then do some batch cooking so that you make most of your food in advance. Pop your ready meals in the freezer or in the fridge, and you'll always have keto-appropriate food ready to eat. Unfortunately, as effective as this option can be, it is also time consuming and not always practical. You can even make your own meal and then forget to take it with you when you head out to work the next day. You can skip your next meal by combining intermittent fasting with a keto diet, but it's not everyone's cup of unsweetened iced tea! And this is where Subway can help – offering you to stick to your low carb options of course! With a franchise in most major cities, it's good to know that if you want a simple but healthy grab and go for a meal, Subway is here to help. Just skip the bread, focus on salads and meat, and add a low-carb sauce and you're good to go. Go.