

# GOING KETO AT CHIPOTLE

How to Build a Chipotle Keto Bowl

SLASH CARBS AND BOOST FATS IN FIVE EASY STEPS!

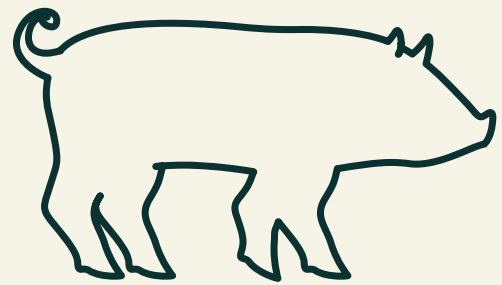
## STEP 1 – CHOOSE YOUR BASE



The "burrito bowl" is the way to go!

## STEP 2 – PICK YOUR PROTEIN

Good = Chicken  
Better = Steak  
Best = Carnitas



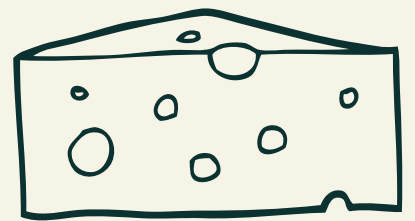
## STEP 3 – SKIP THE BEANS AND RICE



White rice = 39 net carbs  
Brown rice = 34 net carbs  
Black beans = 15 net carbs  
Pinto beans = 13 net carbs.

## STEP 4 – PICK YOUR TOPPINGS

Keto-friendly options include:  
Fajita Veggies, Salsa, Sour  
Cream, Cheese, Queso,  
Guacamole, Lettuce



## STEP 5 – SKIP THE CHIPS



Side of tortilla chips =  
66g net carbs