

# Chipotle Low Carb Options

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<b>MEATS</b>	<b>Total Carbs</b>	<b>Protein</b>
Steak	1	21
Barbacoa	2	24
Carnitas	0	23
Chicken	0	32

<b>VEGETARIAN</b>	<b>Total Carbs</b>	<b>Protein</b>
Sofritas	9	8

<b>RICE &amp; BEANS</b>	<b>Total Carbs</b>	<b>Protein</b>
Cilantro Lime White Rice	40	4
Cilantro Lime Brown Rice	36	4
Pinto Beans	21	8
Black Beans	22	8

<b>TACOS &amp; QUESADILLAS</b>	<b>Total Carbs</b>	<b>Protein</b>
Hard Tacos	10	1
Soft Tacos	13	2

<b>FILLINGS</b>	<b>Total Carbs</b>	<b>Protein</b>
Chipotle Honey Vinaigrette	18	0
Fajita Vegetables	5	1
Fresh Tomato Salsa	4	0
Guacamole	8	2
Monterey Jack Cheese	1	6
Queso Blanco	4	5
Roasted Chili Corn Salsa	16	3
Sour Cream	2	2
Supergreens Lettuce Blend	3	0
Tomatillo Green Chili Salsa	4	0
Tomatillo Red Chili Salsa	4	0

<b>SALADS</b>	<b>Total Carbs</b>	<b>Protein</b>
Keto Salad Bowl	17	30
Whole30 Salad Bowl	20	27
Paleo Bowl	20	36