

# The Atkins Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the Atkins Diet.



## APPROVED FOODS YOU CAN EAT ON THE ATKINS DIET

- ☐ Meats – for example, beef, ham, pork, and bacon
- ☐ Chicken, turkey, and other poultry
- ☐ All fish and seafood
- ☐ Dairy – half and half, cheese, butter, yogurt, creamer, sour cream
- ☐ Healthy Fats – Avocados, extra virgin olive oils, and coconut oil
- ☐ Egg – you can have them prepared how you like
- ☐ Vegetables – think “green” veggies and vegetables that are low-carb
- ☐ All nuts and seeds and all-natural peanut butter
- ☐ Artificial sweeteners – for example, Equal, Splenda, Sweet & Low

## APPROVED SNACKS YOU CAN HAVE ON THE ATKINS DIET

- ☐ A small cup of plain popcorn
- ☐ Avocados
- ☐ No sugar jerky
- ☐ Celery with all-natural peanut butter or cheese cream
- ☐ String cheese

- ☐ Hard-boiled eggs
- ☐ Tuna
- ☐ A cup of cooked green beans
- ☐ Nuts and seeds
- ☐ Sliced ham or turkey
- ☐ Real dark chocolate

## FOODS YOU SHOULD AVOID ON THE ATKINS DIET

- ☐ Sugar, stay away from all sugar, from sugary drinks to cakes, to processed foods
- ☐ Grains, this is the second most important one. Grains are high in carbs. This includes all types of pastas, rice, breads, and any high processed carbs
- ☐ Vegetables high in starches, for example, potatoes
- ☐ Vegetable oils – any oil with a vegetable base
- ☐ Fruits that are high in sugar, examples are pineapples, strawberries, and even bananas.
- ☐ Diet foods

## WHAT YOU CAN DRINK ON THE ATKINS DIET

- ☐ Coffee, and yes you can add cream, half and half is best
- ☐ Wine with low sugar, try organic wines (limit this is around one glass per week)
- ☐ Tea
- ☐ Water with a little splash of real lemon
- ☐ Some flavored waters and diet soda (this should not be a regular go-to)
- ☐ Club soda
- ☐ Almond milk

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