

# The Optavia 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 Optavia Diet.



## APPROVED FOODS YOU CAN EAT ON THE OPTAVIA DIET

- Lean meats: chicken, turkey, beef, pork, fish, crab, lobster, scallops
- Eggs
- Nuts and seeds
- Beans
- Non-starchy vegetables: artichoke, asparagus, brussels sprouts, broccoli, carrots, cauliflower, celery, cucumber, eggplant, mushrooms, onions, peppers, salad greens, snap peas, tomatoes, and zucchini
- Healthy fats: olive oil, olives, or avocados

## FOODS YOU SHOULD AVOID ON THE OPTAVIA

- Butter, shortening, coconut oil
- Chocolate
- High-fat dairy products
- Foods/desserts high in sugar and calories
- Fruits high in sugar
- Starchy vegetables
- Whole grain products

## WHAT YOU CAN DRINK ON THE OPTAVIA DIET

- Coffee
- Diet soda
- Sparkling water
- Unsweetened tea
- Water (lots of water)

## WHAT YOU CAN'T DRINK ON THE OPTAVIA DIET

- Alcohol
- Drinks high in sugars
- Sodas that are high in sugar
- Juices

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