# The Zone 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 Zone Diet.



## APPROVED FOODS YOU CAN EAT ON THE ZONE DIET

### PROTEINS (LEAN PROTEINS)

- [ ] Chicken
- [ ] Turkey
- [ ] Beef
- [ ] Pork
- [ ] Lamb
- [ ] Veal
- [ ] Fish
- [ ] Shellfish
- [ ] Tofu
- [ ] Soy
- [ ] Egg-whites
- [ ] Low-fat cheeses
- [ ] Low-fat milk
- [ ] Low-fat yogurt

## VEGETABLES

- [ ] Artichokes
- [ ] Brocolli
- [ ] Brussel sprouts
- [ ] Carrots
- [ ] Celery
- [ ] Cucumbers
- [ ] Eggplant
- [ ] Lettuce
- [ ] Greens
- [ ] Green peas
- [ ] Onions
- [ ] Mushrooms
- [ ] Peppers
- [ ] Snow peas
- [ ] Sweat potato
- [ ] Tomatoes
- [ ] Zucchini

## FRUITS

- [ ] Apples
- [ ] Avocado
- [ ] Bananas (unripe)
- [ ] Blueberries
- [ ] Cherries
- [ ] Coconut
- [ ] Cranberries
- [ ] Grapefruit
- [ ] Peaches
- [ ] Pears
- [ ] Plums

- [ ] Olives
- [ ] Oranges
- [ ] Strawberries

### GRAINS/NUTS/SEEDS

- [ ] Barley
- [ ] Cereal high in fiber or bran
- [ ] Oatmeal
- [ ] Peanuts
- [ ] Peanut butter
- [ ] Nuts
- [ ] Seeds (pumpkin, sunflower, chia, flax)
- [ ] Sourbread
- [ ] Whole grains
- [ ] Whole grain bread
- [ ] Whole tortillas

## FOOS YOU SHOULD AVIOD ON THE ZONE DIET

- [ ] Egg yolks
- [ ] Fruits high in sugar (bananas, grapes, mangos)
- [ ] Foods high in sugar (cakes, cookies, other baked goods)
- [ ] Processed foods (pastas, cereals)
- [ ] Vegatables that are high in starches (potatoes, peas, corn)

## APPROVED DRINKS ON THE ZONE DIET

- [ ] Water
- [ ] Limited tea
- [ ] Limited coffee

## DRINKS YOU CAN'T HAVE ON THE ZONE DIET

- [ ] Alcohol
- [ ] Juices

- [ ] Sodas
- [ ] Sugary drinks
- [ ] Wine

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