

# The Fast 800 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 Fast 800 Diet.



## APPROVED FOODS TO EAT ON THE FAST 800 DIET

### VEGETABLES (should be seasonal and locally sourced)

- Artichokes
- Vegetables (should be seasonal and locally sourced)
- Asparagus
- Beets
- Broccoli
- Brussel sprouts
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Lettuce
- Greens

- Green beans
- Okra
- Onions
- Mushrooms
- Peppers
- Snow peas
- Sweet potato
- Tomatoes
- Zucchini

**FRUITS (should be seasonal and locally sourced)**

- Apples
- Apricots
- Cantaloupe
- Cherries
- Figs
- Grapes
- Lemons
- Mango
- Melon
- Oranges
- Peaches
- Pears
- Pineapple
- Tangerines
- Watermelon

**DAIRY (should be low in fat)**

- Almond or soy milk (unsweetened)
- Eggs
- Greek yogurt
- Parmesan

- Feta cheese
- Fresh cheeses (such as ricotta and mozzarella)
- Sheep milk

### **MEATS AND POULTRY (red meat and poultry is generally consumed once a week)**

- Chicken
- Turkey
- Beef
- Lamb
- Pork
- Veal

### **FISH AND SEAFOOD (fish should be small and salty, canned fish is ok to eat)**

- Anchovies (fresh or canned)
- Calamari
- Cod
- Crab
- Mussels
- Octopus
- Oyster
- Sardines (fresh and canned)
- Sea bass
- Shrimp
- Squid
- Trout
- Tuna

### **GRAINS AND BREAD**

- Breadsticks (whole-grain)
- Conscious
- Pita bread
- Rice

Whole-grain breads

Whole-grain pastas

### **FATS, NUTS, AND OTHER (olive oil is your main source of fat)**

Extra virgin olive oil (the healthier the better)

Almonds

Capers

Cashews

Hazelnut

Hummus

Peanuts

Pistachios

Pine nuts

Red wine

Sesame seeds

Sunflower seeds

Walnuts

### **BEANS (beans should be eaten about twice a week)**

Chickpeas

Lentils

Yellow split pea

White beans

### **HERBS AND SPICES (use be used often when cooking)**

Allspice

Basil

Cinnamon

Cumin

Dill

Herbal teas

Mint

- Oregano
- Pepper
- Parsley
- Sea salt

### **FOODS NOT TO EAT ON THE FAST 800 DIET**

- Bacon
- Butter
- Candies, pastries, and foods high in sugars
- Hot dogs
- Processed foods
- Refined oils, which include canola oil and soybean oil
- White pastas and breads

### **WHAT TO DRINK ON THE FAST 800 DIET**

- Water
- Meal replacement shakes
- Smoothies
- Herbal teas
- Red wine (one glass per night)

### **WHAT NOT TO DRINK ON THE FAST 800 DIET**

- Alcohol
- Milk
- Juices
- Sodas
- Sugary drinks