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
- [ ] Sweat 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

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