

# 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.



- Lean meats: chicken, turkey, beef, pork, fish, crab, lobster, scallops

## APPROVED FOODS YOU CAN EAT ON THE OPTAVIA DIET

- Beans
- Nuts and seeds
- Non-starchy vegetables: artichoke, asparagus, brussels sprouts, broccoli, carrots, cauliflower, celery, cucumber, eggplant, mushrooms, onions, peppers, salad greens, snap peas, tomatoes, and zucchini
- Eggs
- Healthy fats: olive oil, olives, or avocados

## FOODS YOU SHOULD AVOID ON THE OPTAVIA

- Chocolate
- High-fat dairy products
- Coffee
- Foods/desserts high in sugar and calories
- Fruits high in sugar
- Sparkling water

Butter, shortening, coconut oil

Starchy vegetables

Whole grain products

### WHAT YOU CAN DRINK ON THE OPTAVIA DIET

Diet soda

Unsweetened tea

Water (lots of water)

Drinks high in sugars

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

Juices



Alcohol

Sodas that are high in sugar

**Make and Share Free Checklists**  
[checkli.com](https://checkli.com)