

# 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
- ☐ Sodas that are high in sugar
- ☐ Drinks high in sugars
- ☐ Juices

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