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
- [ ] Drinks high in sugars
- [ ] Sodas that are high in sugar
- [ ] Juices

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