

# 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

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