

# 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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