The Zone 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 Zone Diet.



APPROVED FOODS YOU CAN EAT ON THE ZONE DIET

PROTEINS (LEAN PROTEINS)

- [ ] Chicken
- [ ] Turkey
- [ ] Beef
- [ ] Pork
- [ ] Lamb
- [ ] Veal
- [ ] Fish
- [ ] Shellfish
- [ ] Tofu
- [ ] Soy
- [ ] Egg-whites
- [ ] Low-fat cheeses
- [ ] Low-fat milk
- [ ] Low-fat yogurt

VEGETABLES

- [ ] Artichokes
- [ ] Brocolli
- [ ] Brussel sprouts
- [ ] Carrots
- [ ] Celery
- [ ] Cucumbers
- [ ] Eggplant
- [ ] Lettuce
- [ ] Greens
- [ ] Green peas
- [ ] Onions
- [ ] Mushrooms
- [ ] Peppers
- [ ] Snow peas
- [ ] Sweat potato
- [ ] Tomatoes
- [ ] Zucchini

FRUITS

- [ ] Apples
- [ ] Avocado
- [ ] Bananas (unripe)
- [ ] Blueberries
- [ ] Cherries
- [ ] Coconut
- [ ] Cranberries
- [ ] Grapefruit
- [ ] Peaches
- [ ] Pears
- [ ] Plums

- [ ] Olives
- [ ] Oranges
- [ ] Strawberries

GRAINS/NUTS/SEEDS

- [ ] Barley
- [ ] Cereal high in fiber or bran
- [ ] Oatmeal
- [ ] Peanuts
- [ ] Peanut butter
- [ ] Nuts
- [ ] Seeds (pumpkin, sunflower, chia, flax)
- [ ] Sourbread
- [ ] Whole grains
- [ ] Whole grain bread
- [ ] Whole tortillas

FOOS YOU SHOULD AVIOD ON THE ZONE DIET

- [ ] Egg yolks
- [ ] Fruits high in sugar (bananas, grapes, mangos)
- [ ] Foods high in sugar (cakes, cookies, other baked goods)
- [ ] Processed foods (pastas, cereals)
- [ ] Vegatables that are high in starches (potatoes, peas, corn)

APPROVED DRINKS ON THE ZONE DIET

- [ ] Water
- [ ] Limited tea
- [ ] Limited coffee

DRINKS YOU CAN'T HAVE ON THE ZONE DIET

- [ ] Alcohol
- [ ] Juices

- [ ] Sodas
- [ ] Sugary drinks
- [ ] Wine

Make and Share Free Checklists
checkli.com