

The Volumetrics 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 Volumetrics Diet.

APPROVED FOODS TO EAT ON THE VOLUMETRICS DIET

CATEGORY 1 (Extremely low-calorie density)

FRUITS

- Apples
- Bananas
- Coconuts
- Oranges
- Pears
- Strawberries
- Raspberries
- Tropical fruits

VEGETABLES (non-starchy)

- Asparagus
 - Bell Peppers
 - Broccoli
 - Brussels Sprouts
 - Cabbage
 - Cauliflower
 - Celery
 - Chile Peppers
 - Collard Greens
 - Cucumber
 - Eggplant
 - Green Beans
-

- Kale
- Leeks
- Mushrooms
- Okra
- Olives (actually a fruit)
- Spinach
- Sprouts
- Shallot
- Snow Peas
- Squash
- Tomato
- Zucchini

SOUPS (broth-based)

- Chicken noodle
- Lentil
- Minestrone
- Vegetable soups

NON-FAT DAIRY

- Almond milk
- Cheese (low-fat)
- Coconut milk
- Low-fat cottage cheese
- Low-fat dairy
- Non-fat yogurt
- Skim milk
- Soy milk

BEVERAGES

- Black coffee
- Unsweetened tea

Water

CATEGORY 2 (Low energy density foods)

WHOLE GRAINS

- Couscous
- Oatmeal
- Quinoa
- Rice
- Tortillas (whole-grain)
- Whole-grain breads
- Whole-grain pastas

BEANS

- Chickpeas
- Black beans
- Lentils
- Kidney beans
- Yellow split pea
- White beans

LEAN PROTEINS

- Lean beef or pork
- Skinless chicken
- Turkey
- Whitefish

CATEGORY 3 (Medium calorie density, eat in moderation)

MEATS

- Chicken

Turkey

Beef

Pork

Seafood

Veal

REFINED CARBS

Bread (white)

Crackers

White pastas

White rice

DAIRY (full fat)

Cheeses

Creamers

Greek yogurt

Ice cream

Whole milk

Yogurt

CATEGORY 4 ((High-calorie density, eaten sparingly)

NUTS AND SEEDS

Almonds

Capers

Cashews

Hazelnut

Peanuts

Pistachios

Pine nuts

Sesame seeds

Sunflower seeds

Walnuts

OILS

- Butter
- Lard
- Margarine
- Olive oil
- Vegetable oil

PROCESSED FOODS

- Cakes
- Candy
- Cookies
- Chips
- Pretzels
- Fast foods
- Sugary cocktails and drinks

Make and Share Free Checklists
checkli.com