

Eat Well to Live Well

Here at Erb Family Wellness we want you to live your best life! The 5 Essentials is crucial to maintaining a healthy lifestyle. That means in addition to Chiropractic, Nutrition plays a vital role in how we think, feel and live. In order to combat things such as **inflammation, pain and other auto immune diseases** we must make sure that we are eating foods that are good for us! Depending on where you are on your health journey, we suggest these **two eating plans** The Core Plan or The Advanced Plan, which you will learn more in detail at your 5 Essential class.

ADVANCED NUTRITION PLAN – AKA “The Healing Diet”

- This is usually a short-term eating plan
- Focus on reducing consumption of inflammatory foods, nourish the body on a cellular level, support regular hormone function, and promote the use of fat (not sugar) as the body’s primary source of energy.

*Indicators that you may need the Advanced Plan (AP):

Blood Sugar Irregularities	Heart Disease or Metabolic Syndrome	Hormonal Imbalances
Obesity or Weight loss Resistance	Inflammation	Digestive dysfunction
Immune Challenges/Cancer	Cognitive Stress or disorders	Chronic Fatigue, fibromyalgia

- Once you reach your health and wellness goals, you may slowly re-introduce the healthy fruits and grains on the Core Plan.

Avoid pesticides and GMO Crops

VEGGIES: *High-fiber, low-sugar vegetables are your best carbohydrate choice, any time of day*

Arugula, Asparagus, Bamboo Shoots, Bean Sprouts, Bell Pepper, Broad Beans, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Chives, Celery, Chayote Fruit, Chicory, Coriander, Collard Greens, Cucumber, Eggplant, Endive, Fennel, Garlic, Ginger Root, Green Beans, Hearts of Palm, Jicama, Jalapeno, Kale, Kohlrabi, Lettuce, Mushrooms, Parsley, Mustard Greens, Onions, Radish, Radicchio, Snap Beans, Snow Pea, Shallot, Spinach, Swiss Chard, Tomato, Turnip Green, Watercress, Zucchini, Summer Squash, Spaghetti Squash

FRUITS: *Low-sugar fruits, tolerated well throughout the day. Include more earlier than later*

Granny Smith Apple, Lemon, Lime, Blackberry, Blueberry, Boysenberry, Elderberry, Gooseberry, Loganberry, Raspberry, Strawberry, Grapefruit

LEGUMES, TUBERS, AND ROOT VEGETABLES: *Consume in moderation & earlier in the day. These carbohydrates are balanced in fiber and sugar and can be eliminated altogether if fat burning is a priority*

Artichoke, Adzuki Bean, Beets, Black Beans, Carrots, Cassava, Chickpeas, Cowpeas, French Beans, Great Northern Beans, Kidney Beans, Leeks, Lentils, Lima Beans, Mung Beans, Navy Beans, Okra, Pinto Beans, Pumpkin, Split Pea, Sweet Potato, Tapioca, White Beans, Yellow beans

Healthy Fats & Proteins: Prioritize low-to-no processing, organic, grass-fed & finished, wild caught

NUTS & SEEDS: Almonds, Cashews, Chia Seeds, Flax Seeds, Hemp Seeds, Macadamia, Pecans, Pine, Nuts, Pumpkin Seed, Sesame Seed, Sunflower Seed, Walnuts

RAW NUT & SEED BUTTER: Almond Butter, Cashew Butter, Macadamia Butter, Pumpkin Seed Butter, Raw Tahini

COCONUT: Coconut Butter, Coconut Chips, Coconut Flour, Coconut Meat, Coconut Milk

OILS: *These oils can be heated, provided they do not smoke:* Avocado Oil*, EV Coconut Oil*, EV Olive Oil*
Shouldn't be heated: Cod Liver Oil, Flaxseed Oil, Hemp Seed oil, Walnut Oil

FERMENTED SOY: Miso, Tempeh, Tamari

ANIMAL PROTEINS: Meats must be Grass-Fed, and Grass finished: Chicken, Eggs, Grass-Fed Beef, Lamb, Turkey, Wild Caught Fish: always select wild fish from clean waters (Pacific & Alaskan Salmon, Mahi-Mahi, Halibut) with an emphasis on small fish (sardines, anchovies)

DAIRY: *Choose full fat, organic dairy. Non-homogenized dairy is better. Unpasteurized/raw and A2 dairy are most ideal when chosen from trusted sources.* - Butter, Cream, Ghee, Keifer, Raw Cheese, Yogurt

SUGARS: Monk Fruit, Allulose, Stevia, Lakanto, Xylitol*, Maltitol*, Erythritol*

*Be careful with sugar alcohols, they can cause digestive distress if consumed in large quantities

CORE NUTRITION PLAN- AKA “The MaxLiving Nutrition Plan”

Focus on whole foods – Fats, Protein & Carbohydrates; the way God intended us to eat.

This is not a diet, it’s a lifestyle of wellness and a better relationship with food!

**This is the plan for you if you are not battling any autoimmune diseases, no disease diagnosis, not on any prescription medications, want to maintain weight.*

Avoid pesticides and GMO Crops

VEGGIES: *High-fiber, low-sugar vegetables are your best carbohydrate choice, any time of day*

Arugula, Asparagus, Bamboo Shoots, Bean Sprouts, Bell Pepper, Broad Beans, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Chives, Celery, Chayote Fruit, Chicory, Coriander, Collard Greens, Cucumber, Eggplant, Endive, Fennel, Garlic, Ginger Root, Green Beans, Hearts of Palm, Jicama, Jalapeno, Kale, Kohlrabi, Lettuce, Mushrooms, Parsley, Mustard Greens, Onions, Radish, Radicchio, Snap Beans, Snow Pea, Shallot, Spinach, Swiss Chard, Tomato, Turnip Green, Watercress, Zucchini, Summer Squash, Spaghetti Squash

FRUITS:

Low-sugar fruits: *Tolerated well throughout the day. Include more earlier than later*

Granny Smith Apple, Lemon, Lime, Blackberry, Blueberry, Boysenberry, Elderberry, Gooseberry, Loganberry, Raspberry, Strawberry, Grapefruit

Moderate-Sugar Fruits: *Consume in Moderation, no later than lunchtime*

Apple, Apricot, Cherry, Tangerine, Kiwi, Melon, Nectarine, Orange, Passion Fruit, Peaches, Pears, Persimmons, Plums, Pomegranates

High-Sugar Fruits: *Consume in small portions & earlier in the day. Best consumed on high-activity days & post exercise.*

Bananas, Dates, Grapes, Mango, Papaya, Pineapple, Watermelon

LEGUMES, TUBERS, AND ROOT VEGETABLES: *Consume in moderation & earlier in the day. These carbohydrates are balanced in fiber and sugar and can be eliminated altogether if fat burning is a priority*

Artichoke, Adzuki Bean, Beets, Black Beans, Carrots, Cassava, Chickpeas, Cowpeas, French Beans, Great Northern Beans, Kidney Beans, Leeks, Lentils, Lima Beans, Mung Beans, Navy Beans, Okra, Pinto Beans, Pumpkin, Split Pea, Sweet Potato, Tapioca, White Beans, Yellow beans

GRAINS: *Emphasize ancient grains & non-gluten grains. Avoid “Enriched” – as it is a food product that has been stripped of its naturally occurring nutrients & replenished with vitamins afterward. Food in its whole form is always preferable. Whole, sprouted, stone-ground are preferred. Avoid after lunchtime*

Ancient Grains: Amaranth, Buckwheat, Farro*, Kamut*, Millet, Quinoa, Sorghum, Spelt*, Teff

Whole Grains: Barley*, Brown rice, Oats, Rye*, Wheat*, Wild Rice

**Avoid if Gluten is a concern. Oats are by nature gluten-free, but often contaminated*

Healthy Fats & Proteins: Prioritize low-to-no processing, organic, grass-fed & finished, wild caught

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DAIRY: *Choose full fat, organic dairy. Non-homogenized dairy is better. Unpasteurized/raw and A2 dairy are most ideal when chosen from trusted sources.* - Butter, Cream, Ghee, Keifer, Raw Cheese, Yogurt

SUGARS: *All sugars on Advanced Plan* PLUS Coconut sugar, Grade B Maple Syrup, Local Raw Honey