



JENNIFER WOODWARD, FDN

SIMPLER TIMES

A SEVEN DAY PLAN FOR THE NEW NORMAL

*meal plan, shopping list, recipes,
exercise, and stress relief*



HI THERE. WEIRD TIMES, NO?

AFTER HOMESCHOOLING FOR 4 YEARS, I WAS PRETTY SURE THAT I WOULD NEVER DO AGAIN, BUT HERE I AM. ON QUARANTINE, **OUT OF TOILET PAPER**, AND SCHOOLING FOUR KIDS AT HOME. WHO WOULD HAVE THOUGHT?

I SHOULD INTRODUCE MYSELF. I'M JENNIFER WOODWARD, A FUNCTIONAL DIAGNOSTIC NUTRITIONIST. WHEN I'M NOT MOONLIGHTING AS A HOMESCHOOL MOM, I AM **EMPOWERING WOMEN TO DITCH INEFFECTIVE MEDICAL CARE AND TAKE CONTROL OF THEIR OWN HEALTH**. I DO THIS THROUGH USING CUTTING EDGE FUNCTIONAL LABS TO GET TO THE ROOT CAUSE OF DISEASE.

MOST OF MY CLIENTS ARE BUSY WORKING OR HOMESCHOOLING MOMS. MOST OF THEM ARE **FATIGUED AND STRETCHED THIN** IN THEIR PERSONAL AND PROFESSIONAL LIVES, SO WHILE WE ARE WAITING FOR THE RESULTS OF THEIR HORMONE AND GUT TESTS, WE WORK ON DIET, REST, EXERCISE, STRESS RELIEF, AND SUPPLEMENTATION.

MY CLIENTS AND FRIENDS KNOW ME AS THE REALISTIC NUTRITIONIST. I KNOW LIFE GETS IN THE WAY OF MAKING HEALTHY CHOICES ALL OF THE TIME, SO I WORK HARD TO PROVIDE MY CLIENTS WITH SIMPLE, DONE-FOR-YOU PLANS. LITTLE THOUGHT IS REQUIRED ON YOUR PART, SO YOU CAN **STAY HEALTHY AND FEEL ENERGIZED AS YOU NOURISH YOUR FAMILY**.

HOW TO USE THIS GUIDE



MANY OF THE ITEMS IN MY PLAN WILL ALREADY BE IN YOUR PANTRY OR REFRIGERATOR. IF YOU CAN'T FIND AN ITEM IN THE STORE, GRAB PANTRY STAPLES FROM [BULKFOODS.COM](https://www.bulkfoods.com) LIKE I DID. IF YOU'RE IN BAKERSFIELD, CA- [DOT AND OTT MERCANTILE](#) WILL ALSO DELIVER.

WITH REGARDS TO THE MEAL PLAN, DO THE BEST YOU CAN. BATCH COOK AS MUCH AS POSSIBLE. YOU'LL SEE THAT MOST DAYS, YOU ONLY COOK ONCE. YOU'LL HAVE LEFTOVERS FOR LUNCH THE NEXT DAY. MAKE SURE THAT YOU COOK ENOUGH FOOD FOR TWO FULL MEALS FOR YOUR WHOLE FAMILY. IF YOUR KIDS AREN'T FANS OF LEFTOVERS, DIRECT THEM TOWARD THE PEANUT BUTTER AND BREAD. **IT'S TIME TO BUILD SELF-SUFFICIENCY SKILLS, CHILDREN!**

MOST OF MY RECIPES REFLECT THE POPULATION OF WOMEN I WORK WITH- THOSE WITH AUTOIMMUNE DISEASE AND CHRONIC MYSTERY ILLNESS. **YOU'LL FIND NO GLUTEN, A TINY AMOUNT OF DAIRY, AND NO SOY IN THIS MEAL PLAN.** I FOCUS ON WHOLE AND NOURISHING, EASY-TO-DIGEST FOODS THAT **PLEASE THE WHOLE FAMILY.** DROP ME A LINE IF YOU HAVE ANY FEEDBACK. YUM? GROSS? [LET ME KNOW!](#)

DRINK ENOUGH WATER, MAKE SURE YOU GET A TREAT EVERY DAY (**INCLUDED IN YOUR PLAN!**), HAVE SOME QUIET TIME, AND TAKE YOUR BATH. IT'S WISE AND NECESSARY TO CARE FOR YOURSELF WELL SO YOU HAVE CARE WELL FOR THOSE WHO DEPEND ON YOU. HAVE THE FAMILY JOIN YOU IN EXERCISING, AND SPEND PLENTY OF TIME IN THE FRESH AIR.

BREAKFAST RECIPES ARE FOR ONE PERSON. MULTIPLY FOR THE NUMBER OF MOUTHS YOU'RE FEEDING. DINNERS ARE FOR 6. SCALE UP OR DOWN AND MAKE EXTRAS FOR LUNCH OR FOR FREEZING. YOU PROBABLY HAVE MANY OF THE STAPLES IN YOUR PANTRY, AND IF YOU CAN'T FIND AN INGREDIENT, JUST GOOGLE A SUBSTITUTION OR OMIT IT. **THE RECIPES ARE FORGIVING.**

IN CLOSING



[bree schuhler designs](#)

AS YOU HOMESCHOOL YOUR KIDS, REMEMBER THAT **EVERYTHING DOESN'T HAVE TO BE PERFECT**. INCLUDE SNUGGLE TIME AND EXERCISE BREAKS ALONG WITH READING AND MATH. IT'S A BIT OF A GIFT TO BE FORCED TO SLOW DOWN AND JUST **BE** WITH FAMILY FOR MANY OF US OVERWORKED AND OVERTIRED WOMEN!

IF YOU NEED A CURRICULUM FOR YOUR CHILDREN, CHECK OUT [THIS INCREDIBLE RESOURCE](#) FROM MY FRIEND AND HOMESCHOOL MAVEN, BRANDY VENCEL.

I PRAY THIS GUIDE HELPS GROUND YOU AS YOU GET USED TO YOUR NEW NORMAL. FEEL FREE TO USE IT AS WE SLOWLY SHIFT BACK TO REGULAR LIFE, TOO! I REGULARLY CREATE PROGRAMS LIKE THIS AND I RUN GROUP SESSIONS TO LEAD WOMEN THROUGH THEM. [THE NEXT ONE STARTS IN MAY](#) AND I WOULD LOVE TO HAVE YOU! [CHECK OUT RECENT RESULTS HERE](#).

IF YOU'D RATHER TALK TO ME IN PERSON, YOU CAN SCHEDULE A [FREE 15 MINUTE DISCOVERY CALL HERE](#) AND **WE CAN CHAT ABOUT YOUR HEALTH CONCERNS**.

CATCH UP ON ALL THINGS FUNCTIONAL NUTRITION ON MY [INSTAGRAM](#) AND ON MY [FACEBOOK](#). I LOVE TO SHARE INFORMATION AND ANSWER QUESTIONS THERE, TOO.

to your health—
jennifer



SHOPPING LIST

PROTEIN

- 3 PACKS CHICKEN APPLE SAUSAGE
- 2 PRECOOKED ROTISSERIE CHICKENS
- 1 LB NATURAL GROUND PORK
- 2 LB BEEF CHUCK
- 2 LB PORK SHOULDER

PANTRY

- 5 LB RICE
- 5 CANS BLACK BEANS
- 2 CANS PINTO BEANS
- 1 BAG CHOCOLATE CHIPS
- 10 LB EPSOM SALTS
- 5 LB OLD FASHIONED OATS
- CINNAMON
- NUTMEG
- 1 LB RAISINS
- 16 OZ OLIVE OIL
- 1 JAR HONEY
- 1 BOTTLE DIJON MUSTARD
- 8 OZ WHITE WINE VINEGAR
- SAGE
- OREGANO
- BAY LEAVES
- 2 CANS FULL FAT COCONUT MILK
- 1 TUB COCOA POWDER
- 1 BAG SHELLED SUNFLOWER SEEDS
- 1 JAR MAPLE SYRUP
- 1 SLEEVE SALTED RICE CAKES
- CREAM OF TARTAR
- 1 BAG ALMONDS
- 1 JAR PICKLES
- 1 JAR MOLASSES
- 1 JAR ALMOND BUTTER
- 1 BAG MACADAMIA NUTS
- 2 LB BROWN RICE ROTINI
- 2 JARS MARINARA
- CUMIN
- 8 OZ PUMPKIN SEEDS
- 8 OZ CHIA SEEDS
- 1 BAG CACAO NIBS
- ASSORTED HERBAL TEAS
- 1 CAN LENTILS
- ITALIAN SEASONING
- FENNEL
- GINGER
- PAPRIKA
- GHEE (CAN SUB BUTTER)
- THYME
- COLLAGEN POWDER
- 1 CAN CHILI IN ADOBO
- 2 LARGE JARS SALSA VERDE
- 1 CAN DICED GREEN CHILIS
- 1 CAN COCONUT WATER
- HEMP SEEDS

FRUITS

- 2 MANGOES
- 15 APPLES
- 8 BANANAS
- 4 LIMES
- 3 LEMONS
- 1 LB GRAPES
- 1 GRAPEFRUIT
- 1 ORANGE

VEGGIES

- 1 BUNCH CILANTRO
- 2 LB GREEN BEANS
- PRE-PEELED GARLIC CLOVES
- 4 ONIONS
- 6 SWEET POTATOES
- 2 LB KALE
- 4 AVOCADOS
- 2 BAGS SHREDDED CABBAGE
- 2 BUNCHES CILANTRO
- 1 BUNCH MINT
- 1 BUNCH PARSLEY
- 1 BUNCH GREEN ONION
- 1 LB ARUGULA
- 1 BAG BABY CARROTS
- 3 RADISHES
- 1 CONTAINER BUTTER LETTUCE
- 1 LB SPINACH

REFRIGERATED

- 1 BLOCK BUTTER
- 1 GALLON TOTAL ALMOND MILK
- 1 LIGHT BEER (FOR COOKING)
- 1 LB SLICED HAM

FROZEN

- 1 LB BLUEBERRIES



DAY ONE

BREAKFAST

apple raisin
oatmeal bake

LUNCH

1 cup rice
1 cup black beans
1 tbsp cilantro
1/4 cup mango

DINNER

sheet pan
sausage,
apples, and
green beans

SNACK

1 apple
1 cheese stick

WATER

64 oz

SNACK

2 tbsp
chocolate chips

EXERCISE

find a cul-de-sac. walk one
lap, then run
one lap
around it for a
total of 12 laps

QUIET TIME

30 minutes
reading
outside

WIND DOWN

epsom salt bath

peppermint tea



DAY TWO

BREAKFAST

almond berry
balancing smoothie

LUNCH

1 cup brown rice pasta
4 oz rotisserie chicken
(or lunchmeat)
1/2 cup marinara sauce

DINNER

sausage and
kale soup

SNACK

1 banana
1 tbsp almond
butter

WATER

64 oz

SNACK

cravings buster
hot chocolate

EXERCISE

30 minute
power yoga

QUIET TIME

30 minute nap
outside

WIND DOWN

epsom salt bath

chamomile tea



DAY THREE

BREAKFAST

rice cake breakfast

LUNCH

*sausage and kale soup
(leftovers)*

DINNER

mexican
buddha bowls

SNACK

*1 pear
20 macadamia nuts*

WATER

64 oz

SNACK

breakfast
cookies

EXERCISE

30 minute at
home workout

QUIET TIME

listen to a sermon
on anxiety [here](#)

*sit outside while
listening if
possible*

WIND DOWN

epsom salt bath

hibiscus tea



DAY FOUR

BREAKFAST

paleo apple berry
granola

LUNCH

mexican buddha bowls
(leftovers)

DINNER

mediterranean
lentil salad

SNACK

1 apple
1 tbsp almond butter

WATER

64 oz

SNACK

randi's special

EXERCISE

20 minute circuit
30 seconds on, 30
seconds off of each
activity for 20 min:
pushups, squats, situps,
mountain climbers

QUIET TIME

30 minutes
reading
outside

WIND DOWN

epsom salt bath

adrenal
cocktail



DAY FIVE

BREAKFAST

cinnamon oatmeal
smoothie

LUNCH

mediterranean
lentil salad
(leftovers)

DINNER

spicy crockpot
tacos and slaw

SNACK

15 baby carrots
20 almonds

WATER

64 oz

SNACK

breakfast cookies
(leftovers)

EXERCISE

2 (30 minute)
walks,
one after lunch and
one after dinner

QUIET TIME

nap

WIND DOWN

epsom salt bath

lavender
chamomile tea



DAY SIX

BREAKFAST

chocolate peanut butter
overnight oats

LUNCH

spicy crockpot
tacos and slaw
(leftovers)

DINNER

green tortilla
chili

SNACK

1 apple
1 cheese stick

WATER

64 oz

SNACK

2 tbsp
chocolate chips

EXERCISE

abs and
backside
workout

QUIET TIME

30 minutes
reading

WIND DOWN

epsom salt bath
peppermint tea



DAY SEVEN

BREAKFAST

michelle's green smoothie

LUNCH

green tortilla chili
(leftovers)

DINNER

paleo cubano pork

SNACK

20 macadamia nuts
10 baby carrots

WATER

64 oz

SNACK

1 cup frozen
red grapes

EXERCISE

30 minute
family bike
ride

QUIET TIME

read this
devotional

WIND DOWN

epsom salt bath
hibiscus tea