

JENNIFER WOODWARD, FDN

SIMPLER TIMES

A SEVEN DAY PLAN FOR THE NEW NORMAL

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



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 <u>REALISTIC</u> <u>NUTRITIONIST</u>. 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 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!

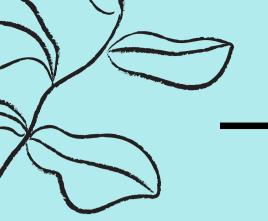
IF YOU NEED A CURRICULUM FOR YOUR CHILDREN, CHECK OUT <u>THIS</u> <u>INCREDIBLE RESOURCE</u> FROM MY FRIEND AND HOMESCHOOL MAVEN, BRANDY VENCEL.

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 <u>FREE 15</u> <u>MINUTE DISCOVERY CALL HERE</u> AND **WE CAN CHAT ABOUT YOUR HEALTH CONCERNS**.

CATCH UP ON ALL THINGS FUNCTIONAL NUTRITION ON MY <u>INSTAGRAM</u> AND ON MY <u>FACEBOOK</u>. I LOVE TO SHARE INFORMATION AND ANSWER QUESTIONS THERE, TOO.





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

FRUITS

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

• 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

VEGGIES

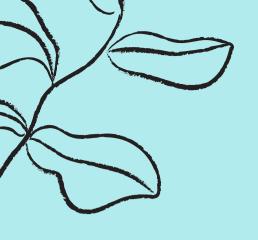
- 1 BUNCH CILANTRO
- 2 LB GREEN BEANS
- PRE-PEELED GARLIC CLOVES
- 4 ONIONS
- 6 SWEET POTATOES
- 2 LB KALE
- 4 AVOCADOS
- 2 BAGS SHREDDED CABBAGE
- 2 BUNCHES CILANTRO
- 1 BUNCH MINT
- 1 BUNCH PARSLEY
- 1 BUNCH GREEN ONION
- 1 LB ARUGULA
- 1 BAG BABY CARROTS
- 3 RADISHES
- 1 CONTAINER BUTTER LETTUCE
-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

LUNCH

DINNER

<u>apple raisin</u> <u>oatmeal bake</u> 1 cup rice
1 cup black beans
1 tbsp cilantro
1/4 cup mango

sheet pan sausage, apples, and green beans

SNACK

WATER

SNACK

1 apple 1 cheese stick 64 oz

2 tbsp chocolate chips

EXERCISE

QUIET TIME

WIND DOWN

find a cul-desac. walk one lap, then run one lap around it for a total of 12 laps 30 minutes
reading
outside

epsom salt bath

peppermint tea



DAY TWO

BREAKFAST

LUNCH

DINNER

<u>almond berry</u> <u>balancing smoothie</u> 1 cup brown rice pasta 4 oz rotisserie chicken (or lunchmeat) 1/2 cup marinara sauce <u>sausage and</u> <u>kale soup</u>

SNACK

WATER

SNACK

1 banana 1 tbsp almond butter 64 oz

<u>cravings buster</u> <u>hot chocolate</u>

EXERCISE

QUIET TIME

WIND DOWN

<u>30 minute</u> <u>power yoga</u> 30 minute nap

 $\underline{epsom\ salt\ bath}$

chamomile tea



DAY THREE

BREAKFAST

LUNCH

DINNER

<u>rice cake breakfast</u>

sausage and kale soup (leftovers)

<u>mexican</u> <u>buddha bowls</u>

SNACK

WATER

SNACK

1 pear 20 macadamia nuts 64 oz

<u>breakfast</u> <u>cookies</u>

EXERCISE

QUIET TIME

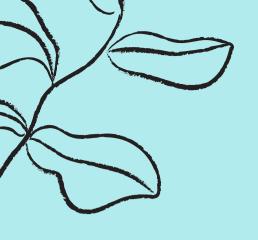
WIND DOWN

30 minute at home workout

<u>listen to a sermon</u> <u>on anxiety here</u> <u>epsom salt bath</u>

hibiscus tea

sit outside while listening if possible



DAY FOUR

BREAKFAST

LUNCH

DINNER

<u>paleo apple berry</u> <u>granola</u> mexican buddha bowls (leftovers)

mediterranean lentil salad

SNACK

WATER

SNACK

1 apple 1 tbsp almond butter 64 oz

randi's special

EXERCISE

QUIET TIME

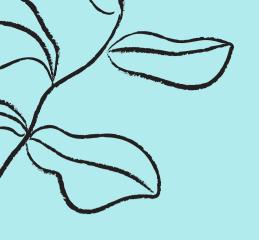
WIND DOWN

20 minute circuit

30 seconds on, 30 seconds off of each activity for 20 min: pushups, squats, situps, mountain climbers 30 minutes
reading
outside

<u>epsom salt bath</u>

<u>adrenal</u> <u>cocktail</u>



DAY FIVE

BREAKFAST

LUNCH

DINNER

<u>cinnamon oatmeal</u> <u>smoothie</u> mediterranean lentil salad (leftovers) spicy crockpot
tacos and slaw

SNACK

WATER

SNACK

15 baby carrots 20 almonds 64 oz

breakfast cookies (leftovers)

EXERCISE

QUIET TIME

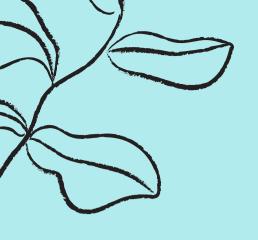
WIND DOWN

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

nap

epsom salt bath

lavender chamomile tea



DAY SIX

BREAKFAST

LUNCH

DINNER

<u>chocolate peanut butter</u> <u>overnight oats</u> spicy crockpot tacos and slaw (leftovers) <u>green tortilla</u> <u>chili</u>

SNACK

WATER

SNACK

1 apple 1 cheese stick 64 oz

2 tbsp chocolate chips

EXERCISE

QUIET TIME

WIND DOWN

abs and backside workout 30 minutes reading

epsom salt bath

peppermint tea



DAY SEVEN

BREAKFAST

LUNCH

DINNER

michelle's green smoothie

green tortilla chili (leftovers)

<u>paleo cubano pork</u>

SNACK

WATER

SNACK

20 macadamia nuts 10 baby carrots 64 oz

1 cup frozen red grapes

EXERCISE

QUIET TIME

WIND DOWN

30 minute family bike ride <u>read this</u> <u>devotional</u> epsom salt bath

hibiscus tea