



5 DAY

# Nutrition Challenge Workbook

Add more protein, fiber, color and  
hydration to your diet!



# Welcome to the 5-Day 'Add More' Nutrition Challenge!

This challenge is about building awareness and momentum through small, sustainable shifts.

Instead of taking foods away, we're focusing on adding more of what supports your energy, fullness, digestion, and long-term health:

- More protein
- More fiber
- More color
- More hydration
- More consistency

You'll notice something important this week: Small additions can create big changes.

You don't need to overhaul your life. You just need to build repeatable habits.

Let's begin.



## How to Use This Workbook

Each day:

1. Review the video lesson.
2. Use the day's worksheet to prep or learn more
3. Track the daily action in your journal
4. Reflect briefly.

# ADD MORE GROCERY LIST

## PROTEIN

### Animal-Based

- Eggs
- Greek yogurt
- Cottage cheese
- Chicken breast or thighs
- Ground turkey
- Lean ground beef
- Salmon or white fish
- Canned tuna or salmon
- Deli turkey
- Shrimp

### Plant-Based

- Tofu
- Edamame
- Lentils
- Black beans
- Chickpeas
- White beans
- Protein pasta
- High-protein tortillas

### Easy Boosters

- Chia seeds
- Hemp seeds
- Pumpkin seeds
- Nut butter
- Protein powder

## HYDRATION

- Still water
- Sparkling water
- Lemons
- Limes
- Mint
- Berries (for infusing)
- Herbal tea

## FIBER

- Black beans
- Chickpeas
- Lentils
- Quinoa
- Oats
- Brown rice
- Whole grain bread
- Raspberries
- Apples
- Pears
- Broccoli
- Brussels sprouts
- Sweet potatoes
- Chia seeds
- Flax seeds

## COLOR

### Greens

- Spinach
- Kale
- Broccoli
- Zucchini

### Reds

- Strawberries
- Tomatoes
- Red bell peppers

### Oranges

- Carrots
- Sweet potatoes
- Butternut squash

### Blues & Purples

- Blueberries
- Grapes
- Eggplant
- Red cabbage

### Whites & Tans

- Bananas
- Potatoes
- Garlic
- Onions
- Mushrooms










# 4-DAY FOOD JOURNAL










Today's Focus:










	Protein	Fiber	Color	Hydration
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
HYDRATION				

# BUILD A PROTEIN MEAL

Bodyweight (lbs) × 0.6 = Daily Protein Goal

<p><b>Breakfast</b></p> <p>Start Strong</p> <p>Breakfast is where most people fall short on protein.</p> <p>Aim for 25–30g early in the day to support energy, focus, and appetite control.</p>	<p>1 Egg = 6g</p> 	<p>½ Cup Cottage Cheese = 10g</p> 	<p>Packet Protein Oatmeal = 12g</p> 	
	<p>1 Bacon = 3g</p> 	<p>Sausage Link = 7g</p> 	<p>1 tbsp Peanut Butter = 4g</p> 	
	<p>1 Whole Wheat Toast = 4g</p> 	<p>8 oz Cup of Milk = 8g</p> 	<p>1 Cup Greek Yogurt = 18g</p> 	

<p><b>Lunch</b></p> <p>Build Around</p> <p>Choose your protein first, then add fiber and healthy carbs to complete the plate.</p> <p>If your meal falls short, use a 10–20g protein snack to close the gap.</p>	<p>3 oz of Chicken = 21g</p> 	<p>1 Slice of Cheese = 6g</p> 	<p>½ Cup of Nuts = 13g</p> 	
	<p>2 oz of Deli Meat = 10g</p> 	<p>¼ Cup Hummus = 4g</p> 	<p>½ Cup Chickpeas = 7g</p> 	
	<p>1 Can of Tuna = 20g</p> 	<p>4 oz of Salmon = 23g</p> 	<p>½ Cup of Beans = 7g</p> 	

<p><b>Dinner</b></p> <p>Mind the Portion</p> <p>Dinner is usually the easiest meal to hit your protein goal, but be mindful of portion size.</p> <p>Protein works best when it's spaced evenly throughout the day, not all at dinner.</p>	<p>3 oz of Beef = 22g</p> 	<p>4 oz of White Fish = 20g</p> 	<p>½ Block of Tofu = 18g</p> 	
	<p>4 oz of Ground Meat = 22g</p> 	<p>4oz Pork Chop = 22g</p> 	<p>½ Cup Lentils = 9g</p> 	
	<p>4 oz of Shrimp = 22g</p> 	<p>High-Protein Pasta = 18g</p> 	<p>½ Cup Edamame = 9g</p> 	

# HIGH FIBER CHEAT SHEET

Daily Targets:  
Women: 25–28g  
Men: 28–34g



½ cup black beans

8g



1 cup raspberries

8g



1 tbsp chia seeds

5g



1 cup broccoli

5g



1 apple

4g



½ avocado

5g



½ cup oats

4g

# ADD MORE COLOR WORKSHEET



My Daily Goal:

# DAILY WATER TRACKING

Total:

SUN.



Total:

MON.



Total:

TUE.



Total:

WED.



Total:

THUR.



Total:

FRI.



Total:

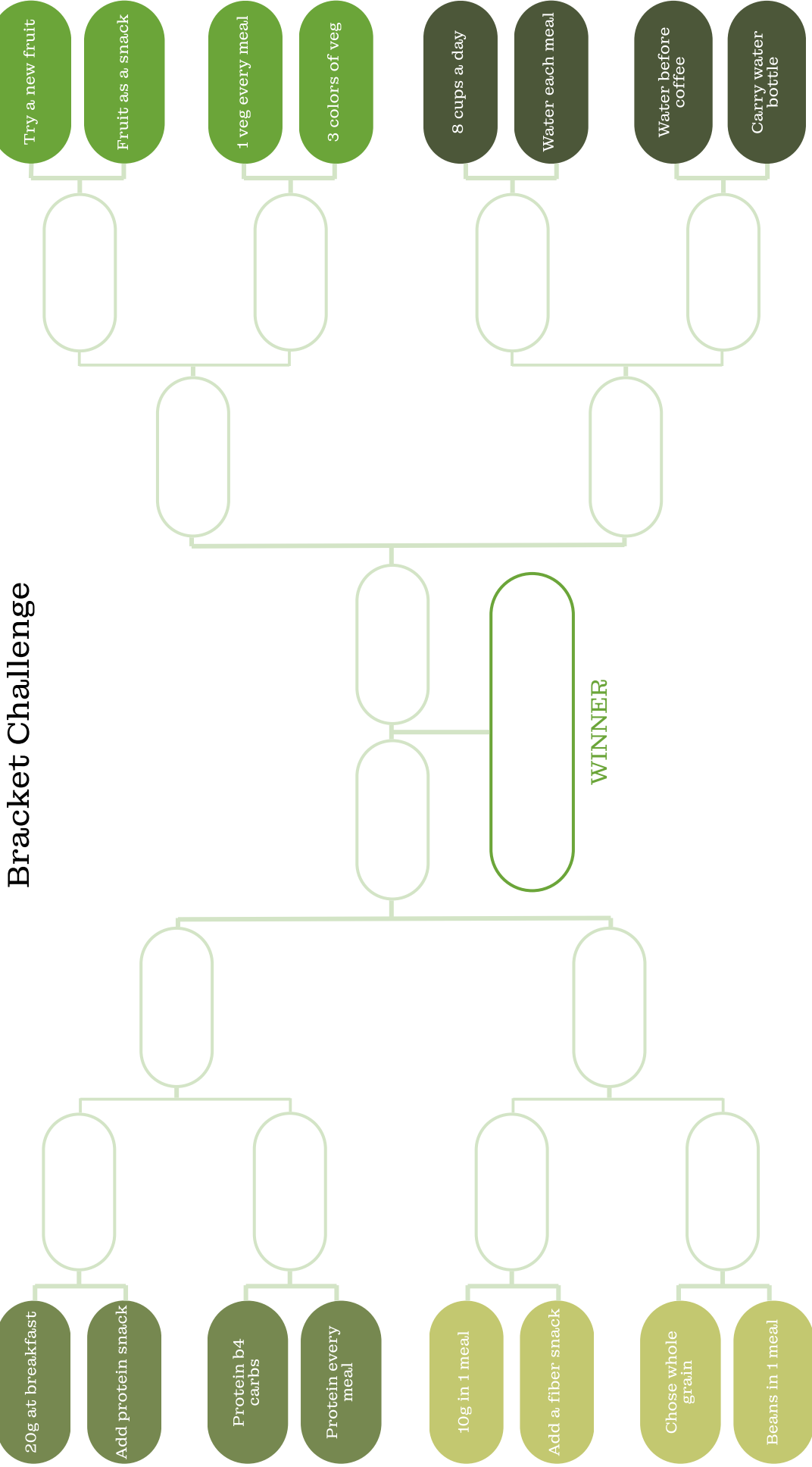
SAT.





# PROTEIN

## NUTRITION HABIT



# COLOR



# HYDRATION



# FIBER

## BONUS DAY – HABIT LOCK-IN

Choose ONE to continue practicing:

- Add 30g protein to one meal
- Add 8–10g fiber daily
- Add two servings of color
- Add 16–24 oz water

Why did I choose this one?

How will I make it easy next week?

## CONGRATULATIONS!

You just completed five days of intentional change.

You added protein, fiber, color, and hydration. Most importantly – you added awareness.

That matters.

Real health isn't built through extreme resets. It's built through repeatable habits.

If this week showed you anything, it's this:

- You don't need perfection.
- You need consistency.

Choose the habit that made the biggest difference – and keep going. This isn't the end of a challenge. It's the beginning of sustainable nutrition that supports your real life.

Keep adding more.

