

# 30 DAY PROTEIN CHALLENGE



The *30 Day Protein Challenge* is a simple way to change the way you eat protein throughout the day. For some time, researchers have known that there are health and wellness benefits to **consuming protein** in balanced amounts at each meal. By making simple changes over the course of 30 days, you too can make the shift and begin feeling the positive benefits of eating 25-30 grams of protein for breakfast, lunch and dinner!



## Journal

Write down everything you eat and drink, and the amount of protein it contains, in your **food journal** or smartphone and pay attention to your **mood and satisfaction levels** throughout the day.



## Review

Look at your food journal and see if you notice any changes to your mood or satisfaction levels.



## Rest

Eat as you normally would and don't worry about writing it down. Use this day to prepare a plan for days ahead.



## Protein Shift

Shift the amount of protein you eat throughout the day. Look for meals where you aren't getting enough protein and begin adding it or finding substitutions so you can stick within the same amount of calories.



## Protein Balance

Eat 25-30 grams of protein for all three **meals**. Remember, keep an eye on calories by **choosing leaner proteins**.

01		02		03		04		05						
<b>Journal</b> What did you eat? How did it make you feel?														
06		07		08		09		10						
<b>Review</b> Identify where you may be able to shift your protein consumption.	<b>Rest Day</b> Eat as you normally would and don't worry about writing it down.	<b>Protein Shift</b> Begin substituting in protein-rich options to your lowest protein meal.	<b>Rest Day</b> Eat as you normally would. Continue to keep your food journal.	<b>Protein Shift</b> Substitute in protein-rich options to your second lowest protein meal.	<div style="border: 1px solid gray; padding: 5px; width: fit-content; margin: 10px auto;"> <b>Reminder</b>                      Are you finding any of your meals especially light on protein? Start thinking of how you might change that.                 </div>					<div style="border: 1px solid gray; padding: 5px; width: fit-content; margin: 10px auto;"> <b>Reminder</b>                      If you are a breakfast skipper, make sure you eat a protein-rich breakfast this day.                 </div>				
11		12		13										
<b>Rest Day</b> Eat as you normally would. Continue to keep your food journal and make note of your mood/satisfaction.	<b>Protein Shift</b> Try to eat 25-30 grams of protein for at least two meals today.	<b>Rest Day</b> Eat as you normally would. Continue to keep your food journal and make note of your mood/satisfaction.	<b>Review</b> Look at your food journal and see if you notice any changes to your mood or satisfaction levels.	<b>Rest Day</b> No journaling today.	<div style="border: 1px solid gray; padding: 5px; width: fit-content; margin: 10px auto;"> <b>Protein Balance</b>                      Eat 25-30 grams of protein for all three meals. Continue to keep your food journal.                 </div>									
16		17		18							19		20	
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