

— WELCOME TO THE —

HOME TEAM

SHIFT 30-DAY

CHALLENGE!



This is more than just a **nutritional challenge**. It's a **movement** aimed at transforming yourself, your **family, friends,** and **community**. To improve the culture, habits, and wellness from the **inside out**. 30 days to **nourish better, move with purpose, grow stronger, and connect deeper.**



NOURISH
BETTER



MOVE WITH
PURPOSE



GROW
STRONGER



CONNECT
DEEPER

THE
SURGE
ATHLETICS

HOME TEAM SHIFT

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WHY THIS MATTERS

Welcome to the Home Team Shift 30-Day Challenge! This is more than just a nutritional challenge. It's a movement aimed at transforming yourself, your family, friends, and community. To improve the culture, habits, and wellness from the inside out. 30 days to nourish better, move with purpose, grow stronger, and connect deeper.

WHAT'S THE ISSUE?

Far too many young athletes, children and their families are under-fueled, over-stressed, and misinformed about nutrition, movement, and overall wellness. Research continues to indicate the relationship and influence between parental/role models' behaviors and their child's behaviors and habitual habits. In fact:

- A 2021 study from the Journal of the International Society of Sports Nutrition found that **over 70% of young athletes fail to meet their basic energy needs**, especially from nutrient-dense whole foods.
- Research shows, **only 1 in 10 children eat enough fruits and vegetables** daily, and **fewer than 1 in 10 children and adults meet baseline nutritional guidelines**.
- Research from the American Academy of Pediatrics shows that **poor nutrition increases the risk of injury, delays recovery, and can impair concentration, sleep, and mood** in young athletes.
- Only **1 in 4 kids, and 1 in 5 adults** meet daily activity guidelines.
- According to a 2021 manuscript, only **~8.8% of U.S. children 6–17** met the combined recommended levels for physical activity, screen time limits, and sleep duration

And perhaps most critically:

- According to a report from the Journal of Nutrition Education and Behavior, **kids model their eating habits and lifestyle behaviors after their parents**. Therefore, parents your daily choices are your kids playbook.
- A systematic review of studies across countries found that **Parental physical activity** is one of the strongest influences on **child physical**

activity, as children often imitate or participate in active behaviors with their parents.

- Lastly, A 2024 Behavioral Sciences study showed that **parents regular smartphone use is associated with children's own electronic media use**. Furthermore, the study showed this behavior affects the relationship dynamics that can lead kids to **replace parent interaction with their own device use**.

THE OPPORTUNITY: SHIFTING THE CULTURE TOGETHER

The Home Team Shift Challenge empowers entire families, friends, and communities to:

- Eat better together
- Connect & Grow as a family
- Move with purpose
- Sleep more soundly
- Create space from constant technology
- Practice mindful living

This program is designed to:

- Educate and empower individuals and families in a simple, supportive, and fun way—no matter your age, fitness level, or background
- Create connection, accountability, and encouragement within households, teams, organizations and communities
- Build healthy habits that stick, through nutrition, movement, sleep, mindfulness, and personal growth
- Foster a culture of wellness within your school, workplace, sports club, or community group—where people bond over progress, not perfection
- Support better energy, focus, recovery, and resilience—whether you're showing up on the field, in the classroom, or in everyday life
- Boost confidence and self-leadership, especially in kids, by helping them take ownership of their health in a positive way

Why Family, Team & Community Focus?

When it comes to creating healthy habits that stick, families, households, teams, and communities are the secret weapon. Kids don't just learn from lectures—they learn by watching what the adults around them *do*. Parents and role models set the example for everything, from mealtime routines to movement habits to how they manage stress, sleep, and screen time.

That's why the Home Team Shift Challenge isn't just for kids or just for adults. It is built for everyone in to grow together.

What the Research Says:

- **Children whose parents model healthy behaviors are more likely to develop them too.**
 - ▶ A 2021 study from the *Journal of Pediatrics* found that parental involvement significantly improves children's nutrition and physical activity habits.
- **Families who eat meals together are healthier overall.**
 - ▶ According to a Harvard study, kids who have regular family meals are more likely to eat fruits and vegetables and less likely to consume soda and fried food.
- **When families move together, they stay active longer.**
 - ▶ The CDC reports that children are 6x more likely to be physically active if both parents are physically active.
- **Group accountability increases success.**
 - ▶ In a 2016 study from *Obesity Research & Clinical Practice*, people who took part in family-based or group challenges were twice as likely to maintain weight loss and healthy habits after 6 months.

In life, the reality is that changing habits is harder than we initially think. Especially when you're the only one participating in the change. It's easier, and more fun when the people you spend time with are cheering you on, making the same healthy swaps, and turning new habits into traditions.

Why This Challenge Works Best As a Unit:

- Kids model what they see, not just what they're told

- Parents and role models become empowered leaders of the health culture
- Siblings inspire each other, especially when there's a little friendly competition
- Families and units build quality time into daily meals, movement, and mindfulness
- Goals become shared, not separate—so no one feels like they're going it alone

Therefore, whether you're a soccer mom, a tired dad, a time limited coach, a busy teen, or a young athlete in training. This challenge gives you a reason to pause, reflect, and grow together.

Join the Home Team Shift Private Facebook Group!

We believe that the magic of this challenge happens when we do it together, not alone. That's why we've created a private Facebook group just for participants of The Home Team Shift 30 Day Challenge.

This group is your central hub for connection, encouragement, accountability, and celebration.

Here's what you'll get inside the group:

✔ Weekly Reminders & Challenge Tips

Stay on track with helpful nudges and simple strategies to fuel your home team.

✔ Motivation from Other Households

See how other families, friends, and teams are showing up – share wins, struggles, and fun moments.

✔ Q&A Support from Coaches and other Participants

Have a question about hydration, rainbow foods, mobility, or anything in between? Drop it in the group!

✔ Mini Challenges + Bonus Prizes

We'll throw in some extra fun throughout the 30 days – think bonus games, shoutouts, and giveaways.

✔ **Feel Like You're Part of Something Bigger**

You're not doing this alone. We're all in this together – and the Facebook group makes that real.

How to Join:

1. Head to [The Home Team 30 Day Challenge | Facebook](#)
2. Request to join using the name and email you registered with
3. Introduce yourself with a fun post or picture of your “home team”!

We can't wait to see your team in there. Let's make this challenge one to remember.

What's the First Step?

Now that you know why doing this as a family and unit matters, let's get to the heart and stomach of it all fueling up with the good stuff. And no, we're not talking about calorie counting, cutting carbs, or chasing perfection. We're talking about simple, powerful moves that can change everything from your energy to your immune system and yes, even your performance on the field, in the classroom, or at work.

Before we dive into the specific details of the 30-Day Home Team Shift and its point system, let's take a second to go over some nutritional basics and possibly debunk some myths at the same time.

Your Daily Fuel-Up Goals: Add Color, Nutrients, Protein, and Hydration

Add Color & Nutrients: Why Fruits and Veggies Are Basically Nature's Multivitamin

Each fruit or veggie is a little package of:

- Antioxidants (AKA your body's rust removers)
- Vitamins & minerals (brain boosters, mood lifters, bone builders)
- Phytonutrients (fancy word for plant compounds that fight inflammation, protect your cells, and help you recover like Wolverine)

They also help your body detox naturally, improve your digestion, and keep your immune system in ninja mode.

Let's Talk About Fiber (Yep, We're Going There)

Fiber is like the unsung hero of the nutrition world. Not glamorous, but incredibly powerful. Think of it like:

- A broom for your gut—it sweeps out waste and keeps things moving.
- A shield for your heart—it helps lower cholesterol.
- A traffic cop for your appetite—it helps you feel full and satisfied.

There are two types of fiber:

- **Soluble** (found in oats, apples, beans) – it forms a gel and slows digestion. Great for blood sugar and cholesterol.
- **Insoluble** (found in veggies, whole grains, skins of fruits) – it adds bulk and keeps your gut in shape.

If you or your kid haven't pooped in 3 days, it's probably not a toy they're missing. It's fiber.

Carbs, Cravings, and Your Hormones: A Quick, Fun Breakdown

Let's get real, carbohydrates are not bad. But *quality* matters.

When you eat fruits and veggies (especially ones with fiber), they help manage the 3 hormonal musketeers of appetite:

1. Ghrelin = "Feed me!" hormone. Fiber and real food help keep this guy quiet.
2. Leptin = "I'm full!" hormone. Fruits and veggies help this one do its job better.
3. Insulin = Like a traffic cop that moves sugar out of your blood and into cells. Fiber-rich carbs slow the sugar rush and help insulin stay chill.

On the Field, In the Classroom, At the Dinner Table:

Fruits and veggies help:

- Boost recovery after sports and activities
- Improve energy levels during games
- Support focus during school
- Balance mood swings (kids *and* adults)
- Keep immune systems strong (no one wants to miss playoffs with a cold!)

Plus, when kids eat more color, it naturally crowds out processed junk. More nature, less neon orange chip dust on their fingers.

Now how does this relate to the CHALLENGE? It starts with color. Crunch. And a goal so simple, even your 6-year-old can help track it.

You'll have two options to choose from when it comes to scoring your points for fruits and vegetables consumption.

OPTION 1: The 800 Gram Goal

Eat 800 grams (or 6–7 cups) of fruits and vegetables each day to boost your health, energy, and performance—without tracking calories or cutting out food groups.

Age Adjusted Daily Gram/Cup Goals How Much Is Enough?

Age	Adjusted Daily Goal
Ages 4–6	400–500g ≈ 3–4 cups/day
Ages 7–9	500–600g ≈ 4–5 cups/day
Ages 10–13	600–700g ≈ 5–6 cups/day
Ages 14+	800g ≈ 6–7 cups/day

Why 800 Grams?

The 800 grams goal comes from a massive 2017 study that reviewed over 2 million people and found that eating 800 grams of fruits and veggies per day was linked to:

- 24% lower risk of heart disease
- 33% lower risk of stroke

- 13% lower risk of cancer
- 31% lower risk of early death

Source: Aune D et al., *International Journal of Epidemiology*, 2017

OPTION 2: Eat the Rainbow

For those who want a visual alternative, simply focus on eating one fruit or veggie from each color group every day:

- ❤️ Red = Good for heart & skin
- 🍊 Orange = Immune booster
- 🟡 Yellow = Eye protection
- 🟢 Green = Illness fighter
- 💙💜 Blue/Purple = Memory booster
- 🤍 White/Tan = Gut & muscle strength

Eating the rainbow or a wide variety of fruits and vegetables supports immune health, brain function, and digestion—and builds habits kids will remember for life.

Determining a Serving Size?

For determining a single serving size of fruits and vegetables the easiest method is to use the size of your fist. Without having to worry about measuring cups or other devices, the fist method will be individually appropriate and accurate, along with scalable from person to person. In addition, the visual aspect will help teach participants what a serving size looks like.



How Much Per Day?

Just like with the 800-gram goal there will be age adjusted goals.

Age	Adjusted Daily Goal
Ages 4–6	3–4 fists or cups/day
Ages 7–9	4–5 fists or cups/day
Ages 10–13	5–6 fists or cups/day
Ages 14+	6–7 fists or cups/day

Next Up: Protein, Why it's Important & Why We Emphasis it at Every Main Meal

Because protein isn't just about muscles, it's about *everything*. Protein is the construction crew for your entire body.

If your body were a LEGO city, protein would be the bricks, the roads, the bridges, and the glue holding it all together. It builds and repairs your:

- Muscles (yes, even in kids and non-athletes)
- Skin, hair, and nails (your outward glow)
- Organs and bones (your inner strength)
- Hormones and enzymes (your chemical messengers and tiny workhorses)

Without enough protein, your body can't build or repair efficiently. That's like trying to fix a house with no tools.

Brain Power, Mood Stability, and Long-Lasting Energy

Proteins are made of amino acids, which are like little puzzle pieces that your body uses to do everything from thinking clearly to keeping your emotions steady.

- Amino acids help make neurotransmitters (brain chemicals like dopamine and serotonin) which affect your mood, motivation, and focus.

- They help repair brain tissue and keep your mental energy stable, so your kid doesn't crash like a sugar-fueled rocket at 3 PM.
- An additional bonus is that protein slows digestion, so it keeps energy levels steadier and cravings at bay.

Hormones and Feeling Satisfied, Not Stuffed

Let's talk about satiation—that magical moment when you push your plate away and say, *"I'm good."*

Protein helps get you there faster (and keeps you there longer) because it:

- Reduces ghrelin, which as mentioned above is the "I'm starving!" hormone
- Boosts leptin, which is once again the "I'm full!" hormone
- Works alongside insulin to keep blood sugar stable, so you don't crash and raid the pantry like a raccoon in the night

In addition, many of your body's hormones are literally made from protein. Without enough, your internal communication system goes haywire.

That includes:

- Growth hormone (for kids and athletes)
- Thyroid hormones (energy control center)

A protein-poor diet can lead to hormonal funk: fatigue, cravings, poor recovery, and even moodiness (and not just in teenagers).

Protein = Longevity + Superhero Recovery

Studies show that higher protein diets can:

- Preserve muscle as we age (yes, even starting in your 30s!)
- Improve wound healing and injury recovery
- Support immune function (antibodies are proteins too!)
- Help athletes bounce back faster and train harder

What is the Protein Goal for the Challenge?

Eat a serving of protein with each main meal (typically 3-4x per day). This means choosing whole food protein sources, such as beef, chicken, turkey, fish, Greek yogurt, and much more.

If you eat Vegetarian don't stress, we have you covered. The Home Team Shift Challenge is 100% vegetarian friendly, and there are plenty of delicious, plant-based protein options. Examples include:

- Cottage cheese ($\frac{1}{2}$ – $\frac{3}{4}$ cup = 13–18g)
- Eggs (2 large eggs = 12g)
- Tofu or tempeh (4 oz = 15–20g)
- Lentils or beans (1 cup = 14–18g)
- Edamame (1 cup = 17g)

Remember: Nuts, nut butters, cheese, and milk are great add-ons—but **don't count** as your main protein unless they meet the 15g+ protein mark.

Lastly, before you ask, **protein powder** is acceptable as long as it's at least 15-30 grams per serving, and should be part of a meal.

What is the purpose for incorporating protein at each main meal?

Spreading protein out during the day:

- Keeps energy and mood stable throughout school, work, and practice
- Keeps you full and focused (especially for kids with high activity levels)
- Helps regulate blood sugar, and hormonal function throughout the day
- Improves ability to consume enough total protein throughout the day

It's not about loading up on protein powder, we want to strive for food first. Which means for protein we want the following serving sizes:

Protein Serving Size:

- Females = 1 palm-sized portion (15-30g)
- Males = 2 palm-sized portions (30–60g)
- Kids = 1–2 ounces or a child's palm.



How to Track Your Nutrition for the Challenge

Each day, you can earn points by:

- Reaching your cup or gram goal
- Eating all the rainbow colors
- Including a protein source at each main meal

The Home Team Shift Mindset

This isn't a diet, it's a daily upgrade. No restriction. No perfection. Just add more of what fuels your body and brain, and when you do it together, it sticks.

"Fuel your body. Fuel your family. One bite at a time."

Hydration Nation: Why Water Is Your Not-So-Secret Superpower

Water might not get the same hype as protein powders or green smoothies, but let's be real, it's the MVP of health. Your body is basically a walking, talking water balloon.

Fun fact: Your muscles are about 75% water, your brain is around 73%, and even your bones are 31% water. So, if you're not hydrating, you're basically running a Ferrari on sludge and wondering why the engine sounds funny.

So, how much do you need?

Home Team Daily Hydration Goal:

Your daily hydration goal is to drink at least half your body weight in ounces

of water. Or if you're someone who prefers to count glasses of water you can use that for your daily count system. If so, one glass of water = ~8 ounces.

How It Works:

Body Weight Ounces of Water Cups per Day (1 glass = 8 oz)

60 lbs	30 oz	3-4 glasses
80 lbs	40 oz	5 glasses
100 lbs	50 oz	6-7 glasses
120 lbs	60 oz	7-8 glasses
150 lbs	75 oz	9-10 glasses
180 lbs	90 oz	11-12 glasses
200 lbs	100 oz	12-13 glasses

Or figure out your own daily water goal by multiplying your bodyweight x 0.5 = your ounces per day.

Then divide that number by 8 to see how many glasses you need for the day.

For Example:

If you weigh 160 lbs.

$160 \times 0.5 = 80 \text{ oz/day}$.

$80 \div 8 = 10 \text{ glasses/day}$.

Summer and Active tip: You'll need a few extra ounces and glasses if it's hot or you're sweating a lot. You might increase from 50% to 55-60% body weight in ounces each day.

Why Hydration Matters:

According to the Journal of the American College of Nutrition, even 1-2% dehydration can impair memory, focus, energy, and athletic performance, especially in kids and teens.

Here's what water helps with:

- Brain Power: Improved concentration, memory & mood
- Performance: Better endurance, strength & reaction time
- Energy Levels: Prevents that "I'm tired but I don't know why" feeling
- Digestion & Detox: Flushes waste, supports digestion, keeps everything moving
- Metabolism: Helps to keep your system running efficiently

What happens when you skimp on water?

- Just 1–3% fluid loss (that's not much!) can cause fatigue, mood swings, headaches, and cranky brain fog.
- Kids are especially at risk—research from the Harvard School of Public Health found that over 50% of U.S. kids are underhydrated daily.
- In athletes, dehydration has been linked to a 45% increase in cramping and heat-related injuries.

But What About Juice, Soda, or Sports Drinks? Those Hydrate Me, Right?

Not so fast! These drinks might look like hydration helpers, but they're more like sweet talking imposters in your wellness story. Let's break it down:

- A single can of soda has about 39 grams of sugar (that's almost 10 teaspoons) and zero hydration benefits.
- Sports drinks are often loaded with sugar, artificial dyes, and sodium. They're designed for elite endurance athletes, not Saturday morning practice or games.
- Fruit juice (even the "100%" ones) spike blood sugar fast without the fiber you'd get from whole fruit.

According to a 2020 report, nearly 2 out of 3 kids in the U.S. consume at least one sugary drink daily. Which has been linked to higher obesity rates, poor sleep, and even attention issues.

Water is Your Real MVP!

It's the cheapest performance enhancer on the planet, and it makes

everything in your body work better. When you stay hydrated, your cells sing. When you don't? They scream.

We understand that water might now be as exciting as the other drink options you might have grown accustomed to. To help add some flavor to your water tastebud party, try adding lemon, cucumber, or a splash of sea salt and a pinch of potassium if you want to feel fancy and boost those minerals.

How to Track and Earn Points for the Challenge:

- Use your Home Team Weekly Hydration Tracker to check off your water goal each day.
- **Earn 1 Point** for each day you and your team successfully consume your water intake goals.
- Kids can use fun water bottles with markers to track

Make a Game Out of It!

- To help yourself or the kids, use and decorate a fun water bottle with markers or colors. Right inspirational reminders, or visual check marks to keep you going.
- It might be a bit TMI but playing the "clear pee game." It is a highly effective strategy for keeping hydrated as well.

Time For You and Your Team to Get Moving

MOVE YOUR BODY – AND HAVE FUN DOING IT!

In addition to the nutrition and hydration portions of this challenge, we want to make daily movement a vital part of your daily practice. Now don't worry, you don't need fancy gym equipment, a personal trainer, or a TikTok dance routine to move your body (unless you want to, of course). The goal during the 30-Day Home Team Shift is simple: just at least 20 minutes of intentional movement each day. That's it! Movement boosts energy, mood, and sleep, helps with digestion, and can turn a "blah" day into a feel-good one. The best part? It doesn't have to be exercise—just something that gets your body in motion and your heart pumping a little.

We've created a fun and flexible Weekly Movement Tracker to help you log your activities. Whether you're walking the dog, joining a yoga class, chasing your kids at the park, playing soccer, stretching before bed, or going on a family bike ride—it all counts! Even dancing while doing dishes? Yep, that's movement. You choose your adventure each day.

✓ **How to Track + Earn Points:**

Use your Weekly Movement Tracker (yep, the one with the check-off bubbles and fun icons!) to log your activity. You'll find 7 categories of movement types:

1. **Strength Training** (bodyweight, dumbbells, gym)
2. **Cardio/Conditioning** (running, jump rope, treadmill, HIIT)
3. **Biking/Cycling**
4. **Group Training or Family Workout**
5. **Yoga/Stretching/Breathwork**
6. **Walking/Hiking**
7. **Organized Sports or Practice**
8. **Other Movement** (dancing, rock climbing, swimming, etc.)

Each day, simply check or color in the bubble that matches the activity you did. As a team you will earn:

- **1 point per day** for 20+ minutes of movement. Being a team challenge, each participating member must complete in order to earn the daily point (add up your weekly total and submit at the end of the week).
- **1 Bonus point** opportunities for completing one of the following.
 - Option 1: Try Something New This Week. Did you and your team try a new form of movement? (e.g. first hike, yoga, jump rope, dance video?)
 - Option 2: Move All 7 Days. Did you and your team check off some form of movement all 7 days this week?
 - You may choose which bonus option is best for you this week. You may not choose both.

At the end of each week, add your total points and submit them through the weekly Google Form (or log them on your Team Score Sheet if you're tracking on paper).

CHALLENGE STRUCTURE + SCORING BREAKDOWN

The Home Team Shift 30-Day Challenge is designed to be simple, positive, and doable for all ages. The focus is on adding more quality nutrition and healthy habits, not on restrictions or rigid unsustainable dieting practices.

Each day, participants can earn points in the following categories:

Daily Nutrition Goals (Adults):

- Eat 800 grams or age adjusted gram goals of fruits and vegetables (weigh or estimate using handfuls or 5-7 fists/cups)
- Eat protein at every main meal (aim for 1-2 palm-sized portion, depending on male or female, 3-4 times per day)
- Drink $\frac{1}{2}$ your bodyweight in ounces, or the equivalent of that in glasses of water each day.

Daily Nutrition Goals (Kids):

- Eat 400–800 grams OR 3–6 fists/cups of fruits and vegetables.
- Choose the "Eat the Rainbow" option: One fruit or veggie from each color group (Red, Orange, Yellow, Green, Blue/Purple, White/Tan)
- Eat a source of protein with each main meal (e.g. eggs, yogurt, beans, chicken)
- Drink the equivalent of $\frac{1}{2}$ bodyweight in ounces in glasses of water for the day. (glass of water = ~8 oz.)

Lifestyle Points/Additional Points Options (All Ages):

- Move your body (20+ minutes of play, sport, walk, or workout, etc.)
- Additional weekly themes & bonus challenge points
- "Inner Fuel" weekly emphasis & bonus points

How to Track:

- Use the printable worksheets provided to log daily points. Remember this is a team challenge. Meaning that all participating participants of your team must complete the given task for your team to earn the assigned points or the given task.
- Kids can use the provided weekly tracker or color the rainbow as they complete each food group.
- Parents and older kids can record meals, grams, and protein servings using provided weekly tracker and worksheets.
- Most importantly, this challenge is meant to be FUN. It is meant for you and your team to connect, learn, and grow together. Over the course of the 30 days, you might encounter some obstacles, which is by design. But please understand that if you and your team can work together to overcome these obstacles you will get more out of this experience than you might have originally thought.

Scoring:

- Teams can earn 1 point for each completed daily task (800 grams/rainbow, protein at every main meal, and water intake. Up to 3 points per day).
- Additional teams can earn additional bonus points by completing as a team the weekly theme or “Inner Fuel” weekly bonus challenges.
- This is a team-based challenge. Meaning that to earn a point, your entire team must perform the task given to earn the point.
- Bonus points for weekly theme bonus challenges (Protein Power Week, Brain Fuel Week, etc.)
- Bonus points for weekly “Inner Fuel” bonus challenges (Vison, Awareness, Needs, Values-Rules, etc.)

Remember: This challenge is about **consistency over perfection**. It’s about making better choices more often and doing it together. Below you will find the **tracking sheets**

Weekly Protein & Grams Tracker

Protein Serving Size



Daily Gram Goals

Ages 4-6 = 400-500 grams or 3-4 cups

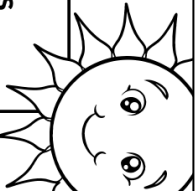
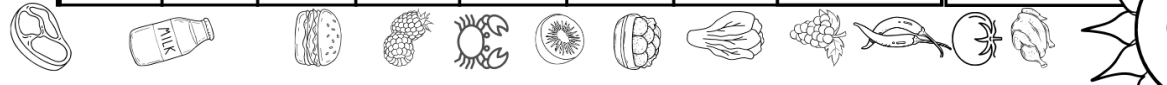
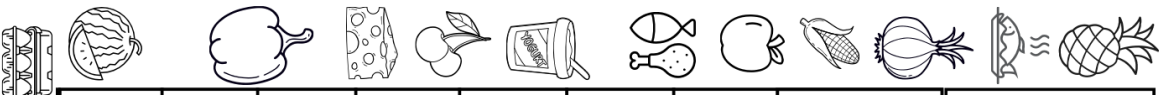
Ages 7-9 = 500-600 grams or 4-5 cups

Ages 10-13 = 600-700 grams or 5-6 cups

Ages 14+ (Teens & Adults) = 800 grams or 6-7 cups

Females = 1 Palm Size Males = 2 Palms Size

Day of The Week	Meal 1 Protein Serving		Meal 2 Protein Serving		Meal 3 Protein Serving		Meal 4 Protein Serving		Meal 5 Protein Serving		Meal 6 Protein Serving	
	100-200 Grams or 1-2 Cups	300-400 Grams or 2-3 Cups	500-600 Grams or 4-5 Cups	700-800 Grams or 6-7 Cups	900-1000 Grams or 8-9 Cups	1100-1200+ Grams or 9-10 Cups						
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Eat the Rainbow Color Coded Food List

Red Foods

Fruits	Vegetables	Other Options	Kid-Friendly Red Snack & Add-On Ideas
<p>These are antioxidant-rich, high in fiber, and easy to add to breakfast, snacks, or lunchboxes.</p> <ul style="list-style-type: none"> • Apples (red-skinned) • Strawberries • Raspberries • Red grapes • Cherries • Watermelon • Pomegranate seeds • Blood oranges • Red pears • Red plums • Cranberries (fresh or unsweetened dried) • Red dragon fruit (pitaya) • Red bananas (less common but super fun for variety!) 	<p>Packed with vitamin C, lycopene, and flavor—these red veggies are challenge gold.</p> <ul style="list-style-type: none"> • Tomatoes (all types) • Cherry or grape tomatoes • Red bell peppers • Red chili peppers • Red cabbage (raw or cooked) • Red onions • Beets (roasted, steamed, shredded, or raw) • Radishes • Red potatoes (with skin) • Rhubarb • Red Swiss chard • Red lettuce (like red romaine or red leaf) 	<p>While these may not scream “red,” they count thanks to their pigments or usage in meals:</p> <ul style="list-style-type: none"> • Red salsa (fresh, low-sodium) • Tomato sauce (no added sugar) • Crushed tomatoes (canned, BPA-free) • Sun-dried tomatoes (no added sugar/oil) • Red pepper flakes (for flavor!) • Red lentils • Red quinoa • Red currants • Goji berries (unsweetened) • Red grapefruit • Red basil (purple/red tint) • Red jalapeños 	<p>These make it easier for picky eaters to join in:</p> <ul style="list-style-type: none"> • Homemade fruit kabobs with strawberries & grapes • Apple slices with nut butter • Red bell pepper strips with hummus • Red grapes frozen for a fun treat • Red fruit smoothie (strawberries + banana + milk) • Beet hummus or beet chips (homemade or clean brands) • Tomato soup (made from scratch or clean ingredient list) • Watermelon cubes or sticks • Red veggie pasta (e.g., lentil or beet pasta) • Red applesauce (unsweetened, organic) • Red fruit compote over oatmeal or yogurt • Roasted red potatoes with olive oil & herbs • “Red rainbow wrap” – tortilla with red cabbage, tomato, red pepper, salsa

Eat the Rainbow Color Coded Food List

Orange Foods

These Foods are Rich in Beta-Carotene, Vitamin C, and Antioxidants for Immune, Skin, and Eye Health

Fruits	Vegetables	Other Options	Kid-Friendly Orange Snack & Meal Ideas
<p>These juicy, sweet, and vibrant orange fruits are perfect for snacks, smoothies, and breakfast plates.</p> <ul style="list-style-type: none"> • Oranges • Tangerines • Mandarins • Clementines (Cuties, Halos) • Apricots (fresh or dried, unsweetened) • Cantaloupe • Papaya • Mango • Peaches (with orange flesh) • Persimmons • Orange melon (Crenshaw, Charentais, etc.) • Orange nectarines • Golden kiwifruit (orange-hued flesh) 	<p>These veggies are powerhouses of vitamin A, fiber, and carotenoids—roast them, dip them, spiralize them!</p> <ul style="list-style-type: none"> • Carrots (all forms: sticks, roasted, spiralized) • Sweet potatoes • Butternut squash • Pumpkin (fresh or canned, no sugar added) • Orange bell peppers • Orange cherry tomatoes • Acorn squash (orange-fleshed varieties) • Kabocha squash • Golden beets • Orange cauliflower (yes, it’s real!) 	<p>These are great for variety and creativity while still supporting real-food habits.</p> <ul style="list-style-type: none"> • Pumpkin purée (in smoothies, oatmeal, or baking) • Roasted carrot fries • Baked sweet potato chips (homemade or clean brands) • Carrot & hummus snack packs • Orange pepper stir-fry • Mashed sweet potato bowls • Spaghetti squash (when slightly orange-hued) • Butternut squash soup (low-sodium or homemade) • Carrot-ginger smoothies • Sweet potato pancakes or muffins (made with real sweet potato or puree) 	<p>Fun and easy ways to get kids involved in hitting their orange goal:</p> <ul style="list-style-type: none"> • “Orange smile” mandarin slices • Carrot sticks + ranch or hummus • Sweet potato “boats” with beans & avocado • Pumpkin overnight oats • Orange bell pepper slices in wraps or sandwiches • Butternut squash cubes roasted with cinnamon • Mango + banana smoothie • Cantaloupe melon balls or fruit skewers • Orange fruit salad (mandarin, mango, peach combo) • DIY “orange nachos” – sweet potato rounds with toppings • Frozen orange slices dipped in yogurt • Baked carrot + oat cookies (naturally sweetened) • Cheese stick + mandarin snack plate

Eat the Rainbow Color Coded Food List

Yellow Foods

Rich in Vitamin C, Antioxidants, and Carotenoids that Support Immunity, Skin Health, and Energy Metabolism

Fruits	Vegetables	Other Options	Kid-Friendly Orange Snack & Meal Ideas
<p>These juicy, sweet, and vibrant orange fruits are perfect for snacks, smoothies, and breakfast plates.</p> <ul style="list-style-type: none"> Oranges Tangerines Mandarins Clementines (Cuties, Halos) Apricots (fresh or dried, unsweetened) Cantaloupe Papaya Mango Peaches (with orange flesh) Persimmons Orange melon (Crenshaw, Charentais, etc.) Orange nectarines Golden kiwifruit (orange-hued flesh) 	<p>These veggies are powerhouses of Vitamin A, Fiber, and Carotenoids—roast them, dip them, spiralize them!</p> <ul style="list-style-type: none"> Carrots (all forms: sticks, roasted, spiralized) Sweet potatoes Butternut squash Pumpkin (fresh or canned, no sugar added) Orange bell peppers Orange cherry tomatoes Acorn squash (orange-fleshed varieties) Kabocha squash Golden beets Orange cauliflower (yes, it's real!) 	<p>These are great for variety and creativity while still supporting real-food habits.</p> <ul style="list-style-type: none"> Pumpkin purée (in smoothies, oatmeal, or baking) Roasted carrot fries Baked sweet potato chips (homemade or clean brands) Carrot & hummus snack packs Orange pepper stir-fry Mashed sweet potato bowls Spaghetti squash (when slightly orange-hued) Butternut squash soup (low-sodium or homemade) Carrot-ginger smoothies Sweet potato pancakes or muffins (made with real sweet potato or puree) 	<p>Fun and easy ways to get kids involved in hitting their orange goal:</p> <ul style="list-style-type: none"> "Orange smile" mandarin slices Carrot sticks + ranch or hummus Sweet potato "boats" with beans & avocado Pumpkin overnight oats Orange bell pepper slices in wraps or sandwiches Butternut squash cubes roasted with cinnamon Mango + banana smoothie Cantaloupe melon balls or fruit skewers Orange fruit salad (mandarin, mango, peach combo) DIY "orange nachos" – sweet potato rounds with toppings Frozen orange slices dipped in yogurt Baked carrot + oat cookies (naturally sweetened) Cheese stick + mandarin snack plate

Eat the Rainbow Color Coded Food List

Green Foods

Packed with Fiber, Folate, Magnesium, Potassium, Vitamin K, Chlorophyll, and Antioxidants. Support Energy, Digestion, Brain Health, and Immunity!

Fruits	Vegetables	Other Green Add-Ons	Kid-Friendly Green Snack & Meal Ideas
<p>These fresh green fruits are easy to love and simple to add into breakfast, snacks, and smoothies.</p> <ul style="list-style-type: none"> Green apples Kiwi Green grapes Honeydew melon Avocado Pears (green varieties) Limes Green bananas (less ripe, higher resistant starch) Gooseberries Green figs Cactus fruit (green varieties) 	<p>This is the largest color group, with dozens of options.</p> <ul style="list-style-type: none"> Spinach Kale Romaine lettuce Butter lettuce Arugula Swiss chard (green) Cabbage (green) Collard greens Broccoli Broccolini Brussels sprouts Zucchini Green bell peppers Green beans Sugar snap peas Snow peas Celery Cucumbers Asparagus Leeks Okra Pea shoots Edamame (shelled or pods) 	<p>These are great for sauces, sides, smoothies, or meal toppings to boost greens easily.</p> <ul style="list-style-type: none"> Avocado (sliced, mashed, or in smoothies) Green pesto (homemade or clean-ingredient store-bought) Spirulina powder (small amounts in smoothies) Green salsa (salsa verde, low-sodium) Seaweed snacks (nori, plain and low-sodium) Green smoothies (spinach + banana + pineapple = magic) Lettuce wraps (romaine, butter lettuce, collard leaves) Fresh herbs (parsley, cilantro, basil, mint) Green juice (unsweetened, vegetable-based only) Cucumber water or mint-infused water Chopped greens in soups, pasta, or egg scrambles 	<p>Let's make green fun—not scary! These options help little ones embrace their greens.</p> <ul style="list-style-type: none"> Green apple slices with nut butter Kiwi "coins" or kiwi fruit kabobs Cucumber rounds with ranch or hummus Green smoothie popsicles Avocado toast on whole grain bread Build-your-own salad night with green toppings Spinach in quesadillas or grilled cheese Zucchini "noodles" (zoodles) Green veggie pasta shapes (spinach pasta or edamame pasta) "Green eggs" – scrambled eggs blended with spinach Broccoli tater tots (store-bought or homemade) Frozen peas as a snack (yep—kids love 'em!)

Eat the Rainbow Color Coded Food List

Blue/Purple Foods

Rich in Anthocyanins, Powerful Antioxidants that Support Brain Health, Reduce Inflammation, and Promote Heart and Cellular Health.

Fruits	Vegetables	Other Blue/Purple Boosters	Kid-Friendly Blue & Purple Meal Ideas
<p>These are the most common blue/purple foods and are naturally sweet, high in fiber, and packed with nutrition.</p> <ul style="list-style-type: none"> • Blueberries • Blackberries • Purple grapes (Concord or red/black varieties) • Plums (purple-skinned) • Prunes (dried plums, unsweetened) • Purple figs • Elderberries • Purple passionfruit • Purple mangosteen (harder to find, but great for variety) • Acai (unsweetened purée or powder) • Purple dragon fruit • Raisins (dark purple/black varieties) • Purple star apples (aka caimito) • Purple-hued apples (Arkansas Black or similar) 	<p>Many of these veggies have purple skin or pigment—but still count toward the challenge when cooked or raw.</p> <ul style="list-style-type: none"> • Eggplant (skin-on) • Purple cabbage • Purple carrots • Purple cauliflower • Purple potatoes • Beets (also count toward red, but deeply pigmented = flex!) • Purple sweet potatoes (like Okinawan or Stokes) • Purple asparagus • Purple Brussels sprouts (heirloom variety) • Purple kale • Purple basil 	<p>These can be added into smoothies, bowls, snacks, or used to naturally color kid-friendly meals.</p> <ul style="list-style-type: none"> • Acai powder (unsweetened, in smoothies or yogurt) • Blue corn (in clean tortillas or chips—look for no added junk) • Purple rice or forbidden rice • Black rice (counts as deep purple pigment) • Purple pesto (made with purple basil or cabbage!) • Beet juice or beet powder (small amounts) • Natural purple fruit spread (no added sugar) • Elderberry syrup (unsweetened or homemade) 	<p>Because blue/purple is less common, here are creative ways to include them in fun ways:</p> <ul style="list-style-type: none"> • “Frozen galaxy grapes” (purple grapes frozen for a snack) • Blueberry & banana smoothie • Purple carrot sticks with hummus • Acai smoothie bowl with sliced fruit • Purple potato wedges roasted with olive oil • Ants on a log (celery + nut butter + purple raisins) • Mini purple pancakes (add mashed blueberries to batter) • Beet hummus or purple veggie dip • Purple fruit kabobs (grapes, blackberries, plums) • Blueberry yogurt parfaits • Black rice sushi rolls or burrito bowls • Eggplant pizza bites • Cabbage slaw in wraps or tacos

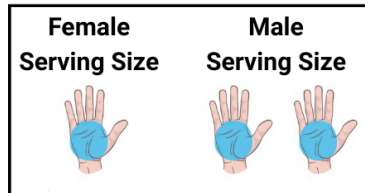
Eat the Rainbow Color Coded Food List

White/Tan Foods

Rich in Potassium, Fiber, and Prebiotics. Supports Immunity, Gut Health, and Sustained Energy

Fruits	Vegetables & Roots	Grains, Legumes, and Whole-Food Staples	Kid-Friendly White/Tan Meal Ideas
<p>Light-colored fruits are often crisp, sweet, and rich in fiber, antioxidants, and hydration.</p> <ul style="list-style-type: none"> • Pears (white-fleshed) • Bananas (ripe, light yellow/white inside) • Apples (white-fleshed varieties) • White nectarines or peaches • Lychee • Longan fruit • White grapes • White dragon fruit • Coconut (flesh, flakes, or milk—unsweetened) • Asian pears • Starfruit (pale-fleshed varieties) 	<p>These light veggies are powerhouses for immune health, digestion, and cardiovascular function.</p> <ul style="list-style-type: none"> • Cauliflower • Garlic • Onions (white or yellow) • Parsnips • Turnips • Mushrooms (button, cremini, portobello) • Ginger root • Jicama • Fennel • Kohlrabi (white variety) • Celeriac (celery root) • White corn • White potatoes (skin-on for nutrients!) • Jerusalem artichokes (sunchokes) 	<p>Choose minimally processed, fiber-rich options to support energy and gut health.</p> <ul style="list-style-type: none"> • Oats (rolled, steel-cut) • Quinoa (white variety) • Brown rice (tan = natural color!) • White beans (cannellini, navy, Great Northern) • Chickpeas (tan-colored legume) • Whole grain bread (tan) • Whole grain pasta (tan or beige color) • Barley • Bulgur • Farro • Sourdough bread (natural tan crust & crumb) 	<p>Simple, comforting, and clean foods that kids already love — or are open to trying!</p> <ul style="list-style-type: none"> • Cauliflower “popcorn” (roasted with olive oil + garlic) • Overnight oats with banana & almond butter • Sliced apples with peanut butter • Hummus with jicama or pita • Banana “ice cream” (frozen banana + vanilla in blender) • Chicken and brown rice bowls • Scrambled eggs with mushrooms • Greek yogurt + pear + granola parfait • White bean dip with veggies • Garlic mashed potatoes (skin-on!) • Almond butter toast on whole grain bread

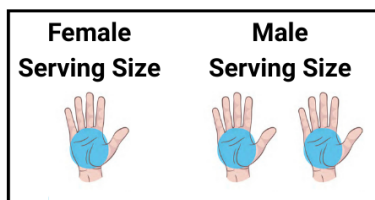
Protein Food List



Food List

- | | |
|----------------------------------|--------------------------|
| • Chicken Breast Skinless | • Pepperoni |
| • Sirloin | • Salami |
| • Turkey Breast | • Turkey Ground |
| • Pork Tenderloin | • Bass |
| • Lean Ground Beef/Bison | • Bluefish |
| • Fish/Tuna | • Calamari |
| • Eggs | • Catfish |
| • Cottage Cheese/Greek
Yogurt | • Cod fish |
| • Cage-free egg [whole] | • Clam |
| • Egg white | • Crab |
| • Egg substitute | • Halibut |
| • Bacon Grass-Fed | • Lobster |
| • Beef Grass-Fed | • Mackerel |
| • Bison | • Salmon |
| • Canadian Bacon | • Sardine |
| • Corned Beef | • Scallop |
| • Chicken | • Shrimp |
| • Duck | • Snapper |
| • Ham | • Swordfish |
| • Pork | • Trout |
| • Lamb | • Tuna Steak |
| | • Tuna [canned in water] |

Protein Food List



Vegetarian/Vegan Food List

- Tempeh
- Tofu
- Edamame
- Split Peas
- Lentils (French, Red, Green, Black, Brown)
- Beans (Navy, Lima, Kidney, Black, Great Northern, Garbanzo, etc.)
- Eggs
- Cage-Free Egg [whole]
- Egg White
- Egg Substitute
- Cottage Cheese/Greek Yogurt
- Protein Powder
- Spirulina
- Chickpea
- Chlorella
- Hemp Seeds
- Bee Pollen
- Colostrum
- Blue-Green Algae
- Raw Milk and Yogurt
- Quinoa
- Maca
- Marine Phytoplankton
- Goji Berries
- Heirloom Beans
- Almonds
- Walnuts
- Pumpkin Seeds
- Chia Seeds
- And Others



Weekly Hydration Tracker

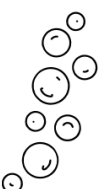
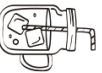
Daily Goal: $\frac{1}{2}$ Your Bodyweight In Ounces or Equivalent in Glasses

For Example: If you weigh 160 lbs.

$160 \times 0.5 = 80$ oz/day or $80 \div 8 = 10$ glasses/day



Day of The Week	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz	8oz
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Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WEEKLY THEMES BONUS CHALLENGES

Each week has a fun, focused theme to keep your team motivated, engaged, and excited to learn and grow together:

Week 1: Fuel Your Foundation

Focus: Eating colorful fruits and veggies daily

- Fuel Bonus Opportunity: 5 extra points if your entire team tries 3 new vegetables sources this week.
- “Inner Fuel” Bonus Opportunity: 5 extra points for performing as a team the Awareness & Curiosity assignment.

Week 2: Protein Power Week

Focus: Hitting protein at every meal

- Fuel Bonus Opportunity: 5 extra points if you try 3 new protein sources this week
- “Inner Fuel” Bonus Opportunity: 5 extra points for completing the “Reasons Why I Eat Pie Chart” assignment. Each day take 2-5 minutes to discuss and explore as a team the reason why you eat the food you eat.

Week 3: Brain Fuel Week

Focus: Boosting focus, mood, and brain health through nourishing food and mindfulness.

- Fuel Bonus Opportunity: 5 extra points if your entire team tries 3+ “brain booster” meals/snacks together during the week. Try a “Brain Boost” food each day (omega-3s, berries, leafy greens, eggs, nuts, dark chocolate, etc.)
- Complete a 3-minute brain break daily (deep breathing, quiet time, puzzle, or gratitude journaling)
- “Inner Fuel” Bonus Opportunity: 5 extra points for completing as a team the “Family Vision” assignment.

Week 4: Unplug & Connect

- Focus: Tech-free time and connection
- Tech-free zone for 30 minutes before bed to support sleep and mental clarity
- “Inner Fuel” Bonus: Earn up to 6 points for performing the “consistency & congruency” assignment. Each day take 2-5 minutes to reflect answer and discuss the provided questions.

End-of-Challenge Bonus:

- Write or draw a reflection about what has changed in your teams habits—earn 10 bonus points!

Weekly “INNER FUEL” THEME BONUS Challenges

We believe that for you to be truly healthy and happy, we must strive for health in four key areas. Physical, mental, emotional, and spiritual. Each week you and your team will have the opportunity to earn some additional points by completing what we’re calling “Inner Fuel” exercises. The goal of these exercises is to help expand your health and wellness beyond just the physical scope or pillar. These exercises are aimed at expanding your mental, emotional, and spiritual health and wellness. Again, the most important part is to have fun, learn, and connect with your team. Just like the other aspects of this challenge, you might feel stretched a little when it comes to some of the tasks or questions. Don’t worry or stress, that’s by design.

WEEK 1 “Inner Fuel” Bonus:

AWARENESS & CURIOSITY

“The first step to changing anything... is noticing it.”

Let’s be honest—most of us don’t eat the cookie *because* we’re hungry. We eat it because we’re tired, stressed, it looked lonely on the counter, or... it just *sounded like a good idea at the time*.

This week, we're not trying to fix anything. We're just going to notice it. Like little food detectives, we're asking questions like:

- "Hmm... why did I reach for that snack?"
- "What was I feeling before I ate it?"
- "Was I even hungry... or just bored / sad / celebrating / avoiding folding laundry?"

Why Start Here?

Because awareness is the superpower that makes every future decision easier. And curiosity is the secret sauce that keeps it from turning into guilt or pressure.

Instead of judging your choices, this week you'll start wondering:

"Is this helping me feel better—or just numbing something?"

(Plus, you'll be amazed or slightly irritated how often kids will call out *your* snack habits when you give them permission to get curious, too.)

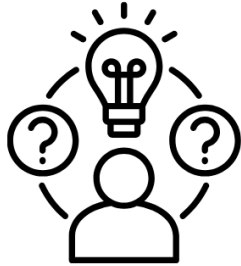
This week's Assignment:

Each day, take 2–5 minutes to reflect and write (or discuss as a family). The questions from the "Inner Fuel" Bonus packet for week 1. Feel free to include or recreate your own questions to include as well.

The goal is to come from CURIOSITY not JUDGEMENT. Hopefully as you go through the week and have these daily reflection discussions, you'll start to notice patterns.

As you start to notice these patterns, ask yourself why you're choosing these actions. What are the potential influences behind them. The goal is to become a constant learner. Understand there is no perfect, only learning and applying.

WEEK 1 “INNER FUEL” BONUS THEME:



AWARENESS & CURIOSITY

“Change doesn’t start with discipline—it starts with noticing.”

This week’s bonus points are all about tuning in to the habits, cravings, and choices we make around food—and getting curious, not critical, about them.

Awareness leads to insight. Curiosity creates growth.

Daily Awareness & Curiosity Journal

Each day, take 2–5 minutes to reflect and write (or discuss as a family).

Feel free to use the questions provided below, or create your own.

1) What foods did I naturally reach for today (snack or meal)?

Example: chips, fruit, sandwich, chocolate, soda, cereal...



2) When did I crave them the most?

- Morning? ● Afternoon slump? ● After dinner?
- During screen time?

3) How did I feel before I ate?

- Tired? ● Bored? ● Stressed? ● Happy? ● Mindless?

4) What do I think I really needed in that moment?

- Comfort? ● Energy? ● A break? ● Hydration?
- A hug?

5) Is there something else I could try next time instead of defaulting to this food?

- Go for a walk? ● Drink water? ● Eat fruit + protein?

Curiosity Check In

“If this food had a voice, what would it say to me?”

- Write down what comes to mind. Sometimes your snack is telling you:
 - “You’re overwhelmed.”
 - “You skipped lunch again.”
 - “You need a reset—not a reward.”
 - “You’re actually thirsty!”

WEEK 2 “Inner Fuel” Bonus:

Why Do You Eat?

“Sometimes it’s hunger. Sometimes it’s heartbreak. Sometimes it’s just... Tuesday.”

This week, we’re taking a deeper (but still fun!) look into a question most of us don’t stop to ask:

“Why do I eat?”

Not just *what* you eat... but *why*.

Is it because your stomach was growling?

Or because someone brought donuts to the office and they were making direct eye contact with your soul?

Why This Matters:

When we understand why we eat, we stop being passengers in our food journey and become the drivers.

We can choose to fuel with intention, instead of eating on autopilot.

Spoiler alert:

Most of our eating decisions have less to do with hunger and more to do with:

- Emotions
- Social situations
- Habits
- Exhaustion
- Celebrations
- Just plain old routine!

And that’s totally normal, we’re human! But bringing awareness and intention to the “why” helps us line our actions up with the healthy life and energy we want.

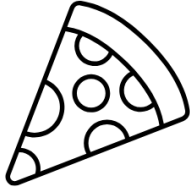
This Week’s Assignment

Each day, take 2–5 minutes to reflect and write (or discuss as a family). The questions from the “Inner Fuel” Bonus packet for week 2. Feel free to include or recreate your own questions to include as well.

In addition, create your own “Reason’s why I Eat” pie chart. Break the chart into slices based on your life. Use the weekly questions as your guide for what are the reasons for why eat.

The goal this week is to notice not only what foods you choose, but most importantly can you start to notice any habitual patterns for what could be driving your decisions other than hunger. The more you can become aware of these influences the better you can make conscious decisions when it comes to your food choices. By doing so you and your family can start to see that each decision you make (not just with food) is an opportunity. Just as in week 1, change won’t take place without awareness and curiosity. Have fun this week and continue to explore as a family.

WEEK 2 "INNER FUEL" BONUS ASSIGNMENT:



Why Do You Eat?



"Food is never just food. It's comfort, connection, celebration... and sometimes, it's just hunger."

Build Your Own "Why Do I Eat?" Pie Chart

- Make a "Reasons I Eat" pie chart as a family or individually build a "reasons I eat pie chart!"
- Break it into slices based on your own life:
- Use colors or stickers for each section, and talk about how your chart might look different on a weekend, school day, or after practice.
- Discuss the questions provided or create your own.

Do you think people eat for reasons other than hunger?

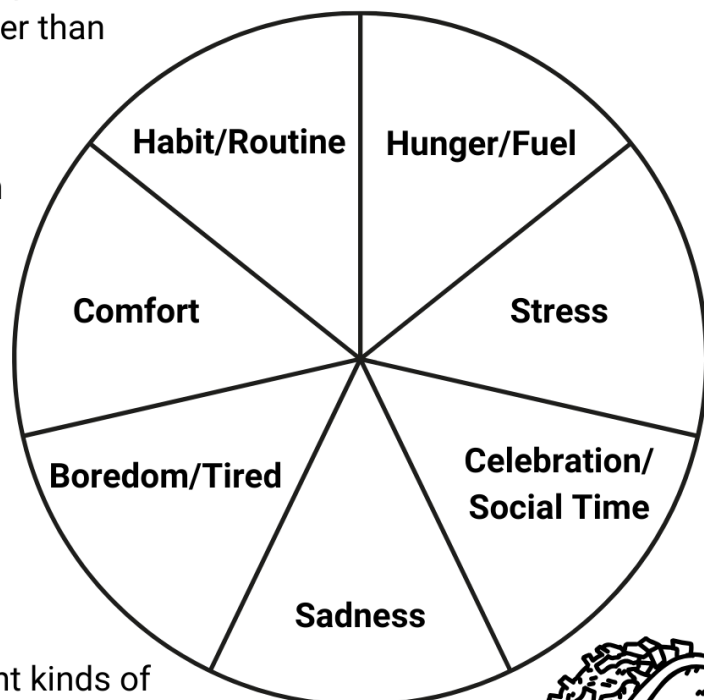
What kinds of feelings make you want certain foods?

What do you think our body really needs when we're craving something?

Can eating ever feel like a reward, or a way to feel better?

Do you eat different kinds of food choices depending on who you're around?

Example Chart



WEEK 3 “Inner Fuel” BONUS:

Creating a Family Vision

“If you don’t know where you’re going, how will you know if you’re on the right path?”

By now, your family has started eating more color, asking new questions about food, and maybe even spotting a few hidden habits.

High fives all around!

This week, we zoom out a little bit to look at the big picture. Not just what we’re doing, and *why* we’re doing it, but in what direction are we going.

Introducing: **Your Family Vision.**

What Is a Family Vision?

Think of it like a north star or a map.

It's your family's “what we're working toward” guide.

- It’s *not* about being perfect.
- It’s *not* about rules.
- It’s about dreaming up the kind of life, health, energy, and relationships you want to create together.

This can be anything from:

- “We want to feel strong and proud in our bodies.”
- “We want to have more energy for adventures and soccer games.”
- “We want to be a team that supports each other and eats meals together.”

The clearer your vision, the easier it becomes to make little daily decisions that move you closer to it.

This Week’s Assignment:

This week take some time as a family to sit down and discuss the questions provided in this weeks worksheet. Write each out as a family or

individually. The goal is to brainstorm together, what you envision and what you want your family relationship, dynamic, interaction, and overall feel to be. It's important while you go through each question to NOT get lost or fixated on what the current situation might be regarding the question. Allow yourselves to imagine and speak to each other about the type of family you all vision.

In addition, allow yourself to be clear. Clarity equals power. Be overly detailed with the vision you want for your family. Not only what it looks like but more important, what are the feelings you want to have as a family and individual.

Part two of this week's assignment is to take the answers from part one and now turn them into a visual picture. Don't worry, this isn't about judging your artistic abilities. It's about allowing you as an individual and a family to create this vision on paper. How does it look? What colors do you use? Can you recreate the feelings and image you discussed.

Remember, the most important part of this assignment is to HAVE FUN! Use this as a time to further connect as a family. Talk about the future you want to create together. Hopefully by now you all are starting to see the power and influence small shifts can make. Creating a family vision gives you a direction for where you want to go, dream big.

WEEK 3 "INNER FUEL" BONUS ASSIGNMENT:



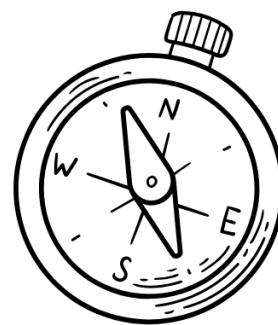
Creating A Family Vision

"If you don't know where you're going, how will you know when you've arrived?"

Step 1: Have a Family Chat

Discuss or Write Out the Following Questions:

- What do we want to feel like as a family?
- What do we want our health and energy to be like?
- What does it look like when we're living our best life together?



Step 2: Make it Visual

As a Family Choose One of the Following:



- Create a Family Vision Poster (draw, write, collage, or doodle)
- Make a Family Motto or slogan (e.g. "The Thompsons fuel strong!")
- Each person draws or writes their "Power Future" – how they want to feel, live, and grow

We want to feel proud of how we take care of ourselves.

We want to have more energy for games and adventures together.

We want to be a family that chooses movement, joy, and healthy habits.

WEEK 4 “Inner Fuel” Bonus:

Consistency & Congruency

“Success doesn’t come from doing it all. It comes from doing a little... again and again.”

You’ve made it to Week 4 of the Home Team Shift Challenge! This week is all about keeping it real and keeping it going.

We’re not aiming for perfect. We’re aiming for continued progress. 1% at a time.

This week, we focus on two superhero habits that keep results going long after the challenge ends:

What Is Consistency?

It’s showing up, even if it’s not perfect.

Even if dinner was cereal.

Even if practice ran late and the veggies were baby carrots from a bag.

Consistency is your secret weapon. It’s those 1% daily wins that *add up* over time.

“You’re not starting over. You’re just moving forwards.”

What Is Congruency?

This is a big word with a simple idea:

Do your actions match your vision?

Remember your Family Vision from Week 3?

Congruency is checking in to say:

- “Are we living in alignment with the life we said we want?”
- “Are we eating, moving, and connecting in ways that support our big goals?”
- “Do our daily choices match our superhero values?”

This isn't about guilt—it's about gently realigning when life pulls us off track (because it will!).

This Week's Assignment:

This week, your mission is simple but powerful: show up each day with intention, even if it's just for five minutes. Every day, take a moment to celebrate one small win (yes, that apple counts), and ask yourself if your choices matched the healthy, energized, connected version of life you imagined in Week 3.

Did you move your body? Did you eat something colorful? Did you choose rest instead of more screen time? Each day reflect and answer the questions provided in this week's worksheet. Share and discuss your answers with your team.

This isn't about being perfect, it's about building momentum. When families take time to check in and realign with their vision, amazing things happen. Motivation grows, habits stick, and confidence soars. By reflecting on your 1% wins and staying congruent with your goals, you're creating real, lasting change. One tiny step at a time, your family is becoming the team that shows up, fuels up, and thrives, together. Let's finish this challenge strong!

WEEK 4 “INNER FUEL” BONUS ASSIGNMENT:

Consistency & Congruency




“You don’t need to be perfect. You just need to keep showing up!”

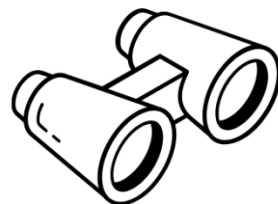


Family Assignment:

1% Wins & Alignment Moments

Each day this week, take 2-5 minutes (individually or as a family) to answer these questions:

-  What’s one small win I had today?
(Can be something I did that helped me grow, stay consistent, or feel proud)
-  Did my actions match the vision I created in week 3? Yes/No/Kind of
(What did I learn and what can I do tomorrow to stay consistent or realign?)
-  What’s one thing I saw someone do today that was consistent or aligned?
(Examples can be their vision is to have more energy, so they ate a handful of veggies. Or they want to be kind, so they held the door for a stranger.)



Home Team Shift Recipe Book

Rainbow Turkey Taco Bowls

Meal Type: Dinner

Prep Time: 15 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground turkey
- 1 packet low-sodium taco seasoning (or homemade)
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 cup shredded purple cabbage
- 1 cup cherry tomatoes, halved
- 2 cups cooked brown rice or quinoa
- 1 avocado, diced
- Juice of 1 lime
- Optional: salsa, plain Greek yogurt, shredded cheese

Instructions:

1. In a skillet over medium heat, cook ground turkey until browned. Add taco seasoning and a splash of water; simmer for 2–3 minutes.
2. While turkey cooks, prep the veggies.
3. In bowls, layer brown rice, turkey, and chopped rainbow veggies.
4. Top with avocado, lime juice, and optional toppings.

Nutrition Tips:

Includes 4+ rainbow colors, lean protein, healthy fats, and complex carbs. Swap rice for cauliflower rice for a lower-carb option.

Home Team Fun:

Set up a taco bowl bar and let each kid build their own colorful bowl!

Breakfast Rainbow Egg Muffins

Meal Type: Breakfast

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 6 (makes 12 muffins)

Ingredients:

- 8 large eggs
- 1/4 cup milk of choice
- 1/2 cup red bell pepper, diced
- 1/2 cup spinach, chopped
- 1/2 cup shredded carrots
- 1/4 cup purple cabbage, chopped
- Salt and pepper to taste
- Optional: shredded cheese

Instructions:

1. Preheat oven to 375°F and grease a muffin tin.
2. Whisk eggs, milk, salt, and pepper in a bowl.
3. Stir in chopped veggies and cheese (if using).
4. Pour mixture evenly into 12 muffin cups.
5. Bake 18–20 minutes or until set.

Nutrition Tips:

Easy way to sneak in 4 veggie colors before 9 a.m.! Packed with protein and fiber.

Home Team Fun:

Let the kids crack the eggs and sprinkle their favorite veggies in each muffin!

Chicken & Veggie Sheet Pan Dinner

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

- 2 chicken breasts, cut into strips (or thighs)
- 1 zucchini, sliced
- 1 red onion, chopped
- 1 yellow bell pepper, chopped
- 1 cup broccoli florets
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Place chopped veggies and chicken on a baking sheet.
3. Drizzle with olive oil and sprinkle with seasonings.
4. Toss everything to coat evenly.
5. Bake for 25 minutes, flipping halfway through.

Nutrition Tips:

A rainbow of produce + lean protein = challenge approved! Add sweet potato chunks for bonus carbs.

Home Team Fun:

Let everyone pick a veggie to “star” on the tray. Kids can help toss ingredients!

Peanut Butter Banana Power Smoothie

Meal Type: Snack / Breakfast

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 banana
- 2 tbsp peanut butter
- 1/2 cup Greek yogurt
- 1/2 cup frozen cauliflower rice (trust us!)
- 1/2 cup spinach
- 1/2 tsp cinnamon
- 1 cup milk or dairy-free milk
- Ice as needed

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour and enjoy cold!

Nutrition Tips:

Protein-packed, fiber-filled, and sneaks in greens and veggies—plus, hydration boost!

Home Team Fun:

Let kids name their smoothie creation (“Banana Hulk Fuel,” anyone?) and decorate the cups!

DIY Rainbow Wraps

Meal Type: Lunch

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 4

 **Ingredients:**

- 4 whole grain tortillas or wraps
- 1 cup shredded rotisserie chicken or turkey
- 1/2 cup hummus or avocado spread
- 1/2 cup grated carrots
- 1/2 cup shredded red cabbage
- 1/2 red bell pepper, thinly sliced
- Handful of spinach
- Optional: cheese or plain Greek yogurt drizzle

 **Instructions:**

1. Lay wraps flat and spread with hummus or avocado.
2. Layer spinach, chicken, and all colorful veggies.
3. Wrap tightly and slice in half.
4. Serve with fruit or baby carrots on the side.

 **Nutrition Tips:**

A fast rainbow meal! Great way to use leftovers and meet your veggie goals.

 **Home Team Fun:**

Host a "Wrap Bar" where each family member builds their own wrap rainbow.

Veggie-Packed Spaghetti

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 8 oz whole wheat or lentil spaghetti
- 1 jar low-sugar marinara sauce
- 1/2 zucchini, finely chopped
- 1/2 cup mushrooms, chopped
- 1/2 red bell pepper, diced
- 1/2 onion, diced
- 1 clove garlic, minced
- 1 tbsp olive oil
- Optional: ground turkey or lentils for added protein

Instructions:

1. Boil pasta according to package directions.
2. In a pan, sauté onion and garlic in olive oil for 2 minutes.
3. Add remaining veggies and cook until soft.
4. Stir in marinara sauce and simmer for 5–7 minutes.
5. Add protein if using, then combine with cooked pasta.

Nutrition Tips:

Boosts fiber, sneaks in 3+ veggies, and supports your 800g goal! Great for meatless or meat-friendly nights.

Home Team Fun:

Let kids “rate the noodle swirl” and help choose what veggies go in next time!

Apple Pie Overnight Oats

Meal Type: Breakfast

Prep Time: 5 minutes

Cook Time: 0 minutes (overnight soak)

Servings: 2

Ingredients:

- 1 cup rolled oats
- 1 cup milk or milk alternative
- 1/2 cup plain Greek yogurt
- 1 small apple, diced
- 1/2 tsp cinnamon
- 1 tbsp chia seeds (optional)
- 1 tbsp maple syrup or honey (optional)

Instructions:

1. Mix all ingredients in a mason jar or container.
2. Stir well, seal, and refrigerate overnight.
3. Stir again in the morning and enjoy cold or warmed up.

Nutrition Tips:

High-fiber, protein-packed, and full of complex carbs to start the day strong. Plus fruit = 1 rainbow color!

Home Team Fun:

Let kids shake the jar before bed—make it a bedtime tradition!

Colorful Chicken Stir-Fry

Meal Type: Lunch or Dinner

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 2 chicken breasts, diced
- 2 cups mixed bell peppers (red, yellow, green)
- 1/2 cup broccoli florets
- 1/2 cup snap peas

- 2 tbsp coconut aminos or low-sodium soy sauce
- 1 tbsp olive or sesame oil
- 1 tsp garlic powder
- Cooked brown rice or cauliflower rice (for serving)

 **Instructions:**

1. Heat oil in a skillet, add chicken and cook through.
2. Add all veggies and stir-fry 5–7 minutes until tender-crisp.
3. Add coconut aminos and garlic powder. Stir well and serve over rice.

 **Nutrition Tips:**

Loaded with 4+ veggie colors, lean protein, and healthy carbs. Quick and customizable!

 **Home Team Fun:**

Let kids name the stir-fry (“Dragon Rainbow Bowl” anyone?) and pick a veggie to add.

Strawberry Banana Energy Bites

Meal Type: Snack

Prep Time: 10 minutes

Cook Time: 0 minutes (chill time)

Servings: 12 bites

 **Ingredients:**

- 1 cup rolled oats
- 1/2 banana, mashed
- 1/2 cup diced strawberries
- 1/4 cup peanut or almond butter
- 1 tbsp honey or maple syrup
- 1/2 tsp vanilla
- 2 tbsp ground flax or chia seeds

 **Instructions:**

1. Mix all ingredients in a bowl until well combined.
2. Roll into small balls using your hands.
3. Place on a tray and refrigerate for 30+ minutes.

 **Nutrition Tips:**

Balanced snack with fiber, fruit, protein, and healthy fats. Kid-tested and adult-approved!

 **Home Team Fun:**

Turn it into a “make-your-own-bite” bar with other fruit or nut butter choices!

Rainbow Hummus Snack Plate

Meal Type: Snack / Light Lunch

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

 **Ingredients:**

- 1/2 cup hummus
- Sliced red bell pepper
- Carrot sticks
- Cucumber rounds
- Cherry tomatoes
- Broccoli florets
- Whole grain crackers or pita slices

 **Instructions:**

1. Arrange colorful veggies on a plate or tray.
2. Serve with a scoop of hummus and whole grain crackers.
3. Enjoy like a mini snack charcuterie board!

 **Nutrition Tips:**

Packed with plant-based protein, fiber, and at least 4 rainbow colors in one sitting!

 **Home Team Fun:**

Make it a challenge: “Can you eat all the colors of the rainbow before snack time ends?”

Cheesy Veggie Quesadillas

Meal Type: Lunch or Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4

 **Ingredients:**

- **4 whole grain or cassava tortillas**
- **1 cup shredded cheese (cheddar, mozzarella, or dairy-free)**
- **1/2 cup spinach, chopped**
- **1/4 cup red bell pepper, diced**
- **1/4 cup mushrooms, finely chopped**
- **1/4 cup zucchini, shredded**
- **Olive oil or spray for pan**

 **Instructions:**

- 1. Heat a skillet over medium heat and lightly oil.**
- 2. Place one tortilla on the pan. Sprinkle cheese and veggies evenly over half.**
- 3. Fold the tortilla and cook 2–3 minutes each side until golden and melty.**
- 4. Slice into triangles and serve with salsa or plain Greek yogurt.**

 **Nutrition Tips:**

Great way to sneak in 4 veggie colors, healthy fats, fiber, and protein!

 **Home Team Fun:**

Let kids make their own quesadilla “design” with their favorite veggie combo!

No-Bake Yogurt Berry Parfaits

Meal Type: Breakfast or Snack

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

 **Ingredients:**

- 1 cup plain Greek yogurt (or dairy-free yogurt)
- 1/2 cup strawberries, sliced
- 1/2 cup blueberries
- 1/2 banana, sliced
- 1/4 cup granola
- 1 tsp honey or maple syrup (optional)

 **Instructions:**

1. In a cup or jar, layer yogurt, fruit, and granola.
2. Repeat layers until ingredients are used up.
3. Drizzle with honey or syrup if using. Eat immediately or chill.

 **Nutrition Tips:**

Includes 3 fruits = 3 rainbow colors, plus protein and probiotics!

 **Home Team Fun:**

Let kids build their own parfait tower and “vote” on the best design!

Turkey Veggie Lettuce Wraps

Meal Type: Lunch or Light Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb ground turkey
- 1 tbsp olive oil
- 1/2 cup carrots, shredded
- 1/2 cup purple cabbage, chopped
- 1/2 zucchini, grated
- 1/4 cup low-sodium soy sauce or coconut aminos
- 1 tsp garlic powder
- 8 large romaine or butter lettuce leaves

Instructions:

1. Heat oil in a pan, cook turkey until browned.
2. Add veggies and seasonings. Cook 5–6 minutes until soft.
3. Spoon mixture into lettuce leaves and serve like tacos.

Nutrition Tips:

Low-carb, high-flavor, full of lean protein and 4 rainbow veggies!

Home Team Fun:

Create a “lettuce taco night” where kids fill and fold their own wraps.

Sweet Potato & Black Bean Tacos

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp paprika
- 1 can black beans, rinsed and drained
- 8 small corn or whole wheat tortillas
- 1/4 cup chopped cilantro
- 1/2 avocado, sliced
- Lime wedges for serving

Instructions:

1. Preheat oven to 400°F. Toss sweet potatoes with oil and spices.
2. Spread on baking sheet and roast for 20 minutes until soft.
3. Warm tortillas and fill with sweet potato, beans, avocado, and cilantro.
4. Serve with lime wedges.

Nutrition Tips:

Plant-based, fiber-rich, and packed with color, carbs, and protein.

Home Team Fun:

Let kids create taco names and vote for their favorite filling combo!

Rainbow Pizza Toast

Meal Type: Lunch or Snack

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 2

Ingredients:

- 2 slices whole grain bread

- 1/4 cup marinara or pizza sauce
- 1/4 cup shredded mozzarella (or dairy-free cheese)
- 1/4 cup red bell pepper, diced
- 1/4 cup yellow squash, grated
- 2 tbsp spinach, chopped
- 2 tbsp purple cabbage, shredded
- Italian seasoning

 **Instructions:**

1. Preheat oven or toaster oven to 375°F.
2. Spread sauce over bread, top with cheese and colorful veggies.
3. Sprinkle with Italian seasoning and bake 8–10 minutes until crispy.

 **Nutrition Tips:**

Whole grains + rainbow veggies + cheese = balanced, fast fuel!

 **Home Team Fun:**

Make “pizza faces” with veggies and turn it into an edible art contest!

Sheet Pan Rainbow Salmon

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

 **Ingredients:**

- 4 salmon fillets
- 1 tbsp olive oil
- 1 lemon, sliced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 yellow squash, sliced

- 1/2 red onion, sliced
- Salt, pepper, and garlic powder to taste

 **Instructions:**

1. Preheat oven to 400°F.
2. Place salmon and chopped veggies on a baking sheet.
3. Drizzle with olive oil, season, and top salmon with lemon slices.
4. Bake for 18–20 minutes or until salmon flakes easily.

 **Nutrition Tips:**

**Rich in omega-3s, protein, and 3+ rainbow-colored veggies!
Pairs well with quinoa or roasted potatoes.**

 **Home Team Fun:**

Let kids build their own “rainbow” line-up of veggies around the salmon!

Banana Oat Blender Pancakes

Meal Type: Breakfast

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 4

 **Ingredients:**

- 2 ripe bananas
- 2 eggs
- 1 cup rolled oats
- 1/2 cup milk of choice
- 1 tsp baking powder
- 1/2 tsp cinnamon
- Optional: blueberries or chocolate chips

 **Instructions:**

1. Blend all ingredients until smooth.
2. Heat a nonstick pan over medium heat.
3. Pour small circles of batter and cook 2–3 minutes each side.
4. Serve warm with fruit or a drizzle of nut butter.

 **Nutrition Tips:**

No flour, no refined sugar—just real food, protein, and fiber!

 **Home Team Fun:**

Let kids push the blender button and top pancakes with “banana smiley faces” or berries!

Chicken Veggie Pasta Skillet

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

 **Ingredients:**

- 8 oz whole wheat or chickpea pasta
- 2 chicken breasts, diced
- 1 zucchini, sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup spinach
- 1/4 cup shredded carrots
- 1/2 jar marinara sauce
- 1 tbsp olive oil
- Garlic powder and Italian seasoning to taste

 **Instructions:**

1. Cook pasta according to package directions.
2. In a large skillet, cook chicken in olive oil until browned.

3. Add veggies and sauté until soft.
4. Stir in marinara and drained pasta. Toss and heat through.

 **Nutrition Tips:**

Balanced with protein, fiber, healthy carbs, and rainbow veggies!

 **Home Team Fun:**

Let kids pick the pasta shape—bowties, penne, or spirals!

Protein-Packed Snack Box

Meal Type: Snack / Light Lunch

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1 (can batch for the week)

 **Ingredients:**

- 1 hard-boiled egg
- 1/4 cup hummus or guacamole
- 1/2 cup veggie sticks (carrots, celery, bell pepper)
- 1/2 apple or handful of grapes
- 1–2 whole grain crackers or rice cakes

 **Instructions:**

1. Pack everything in a lunchbox or meal-prep container.
2. Store in the fridge and grab on the go!

 **Nutrition Tips:**

Balanced snack with protein, produce, and healthy fats. Great for after school or pre-practice fuel!

 **Home Team Fun:**

Create a “snack box assembly line” and let kids build their own mix for the week!

Veggie Fried Rice (No Frying Needed!)

Meal Type: Lunch or Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 2 cups cooked brown rice or cauliflower rice
- 1 cup mixed frozen veggies (peas, carrots, corn, etc.)
- 2 eggs, scrambled
- 1 tbsp sesame or olive oil
- 2 tbsp low-sodium soy sauce or coconut aminos
- Optional: diced cooked chicken or tofu

Instructions:

1. Heat oil in a pan and scramble the eggs. Remove and set aside.
2. Add frozen veggies and stir-fry 5 minutes.
3. Add rice, soy sauce, and cooked eggs (and chicken if using).
4. Stir until heated through.

Nutrition Tips:

Great way to use leftovers and boost veggie intake.
Kid-friendly, budget-friendly, and challenge-approved!

Home Team Fun:

Let kids help crack and whisk the eggs—or try chopsticks for fun!

Greek Chicken Pita Pockets

Meal Type: Lunch or Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4

 **Ingredients:**

- 2 cooked chicken breasts, chopped (or rotisserie chicken)
- 4 whole wheat pita pockets
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 red onion, thinly sliced
- 1/4 cup feta cheese (optional)
- 1/4 cup plain Greek yogurt
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- Handful of spinach or romaine lettuce

 **Instructions:**

1. In a bowl, mix Greek yogurt, lemon juice, and garlic powder to make the sauce.
2. Combine chicken, tomatoes, cucumber, onion, and feta in a separate bowl.
3. Warm the pitas, cut in half, and stuff with spinach and chicken mix.
4. Drizzle with yogurt sauce and serve!

 **Nutrition Tips:**

Lean protein, healthy carbs, fresh veggies, and calcium-packed yogurt = full challenge win!

 **Home Team Fun:**

Make it a “stuff your own pocket” night—let kids fill their own with toppings they love!

Rainbow Nacho Tray

Meal Type: Snack or Fun Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 bag tortilla chips (or use sliced sweet potatoes)
- 1 cup black beans (rinsed and drained)
- 1/2 cup shredded cheddar cheese (or dairy-free)
- 1/4 cup red bell pepper, diced
- 1/4 cup yellow corn
- 1/4 cup purple cabbage, shredded
- 1/4 cup green onion, chopped
- Optional: salsa, guac, plain Greek yogurt

Instructions:

1. Preheat oven to 375°F.
2. Spread chips on a baking tray. Layer with beans, cheese, and chopped veggies.
3. Bake for 8–10 minutes until cheese is melted.
4. Serve with salsa, guac, or yogurt.

Nutrition Tips:

A fun “rainbow” twist on nachos—packs in protein, fiber, and 4+ veggie colors.

Home Team Fun:

Kids can build their own side of the tray and “vote” for their favorite combo!

Apple Cinnamon Cottage Cheese Bowls

Meal Type: Breakfast or Snack

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

 **Ingredients:**

- 1 cup cottage cheese
- 1 apple, diced
- 1/2 tsp cinnamon
- 1 tsp maple syrup or honey (optional)
- 2 tbsp chopped walnuts or granola (optional)

 **Instructions:**

1. Add cottage cheese to a bowl.
2. Top with chopped apple, cinnamon, and sweetener if using.
3. Sprinkle with granola or nuts for crunch. Enjoy chilled!

 **Nutrition Tips:**

High in protein, fiber, and calcium—plus fruit = a rainbow point!

 **Home Team Fun:**

Make it a "build your own bowl" station and let everyone top theirs with their faves!

Veggie-Packed Turkey Sliders

Meal Type: Dinner or Lunch

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4 (makes 8 sliders)

 **Ingredients:**

- 1 lb ground turkey

- 1/2 zucchini, grated
- 1/2 carrot, grated
- 1/4 cup finely chopped spinach
- 1 tsp garlic powder
- 1/2 tsp salt
- Slider buns or lettuce leaves



Instructions:

1. In a bowl, mix turkey, veggies, and seasonings.
2. Form into 8 small patties.
3. Cook in a skillet 4–5 minutes per side or until done.
4. Serve on slider buns or lettuce wraps.



Nutrition Tips:

Blends lean protein with hidden veggies—kids won't even notice!



Home Team Fun:

Turn it into a mini slider bar—kids choose their toppings (cheese, pickles, avocado, etc.)

Chocolate Banana Chia Pudding

Meal Type: Snack / Dessert

Prep Time: 5 minutes

Cook Time: 0 minutes (chill for 2+ hours)

Servings: 2



Ingredients:

- 1 banana
- 1 cup milk of choice
- 2 tbsp cocoa powder
- 3 tbsp chia seeds
- 1 tsp vanilla extract

- **Optional: dash of maple syrup**

 **Instructions:**

1. **Blend banana, milk, cocoa powder, vanilla, and sweetener.**
2. **Pour into a container and stir in chia seeds.**
3. **Refrigerate 2+ hours until thick. Stir before serving.**

 **Nutrition Tips:**

Naturally sweet, full of omega-3s, fiber, and potassium—plus that chocolatey kick!

 **Home Team Fun:**

Let kids layer their pudding with berries or granola and call it “chocolate breakfast dessert!”

Tuna Salad Stuffed Avocados

Meal Type: Lunch

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2

 **Ingredients:**

- **1 (5 oz) can of tuna in water, drained**
- **2 ripe avocados, halved and pitted**
- **2 tbsp plain Greek yogurt (or mayo)**
- **1 tbsp diced celery**
- **1 tbsp diced red onion**
- **1 tsp lemon juice**
- **Salt and pepper to taste**

 **Instructions:**

1. In a bowl, mix tuna, yogurt, celery, onion, lemon juice, salt, and pepper.
2. Scoop a bit of the avocado out (create a little boat) and mix into the tuna.
3. Spoon the tuna mixture into each avocado half. Serve with sliced veggies or whole grain crackers.

 **Nutrition Tips:**

Loaded with healthy fats, lean protein, and bonus fiber from the avocado!

 **Home Team Fun:**

Let kids mash the tuna and fill the avocado “boats” for lunch. Add chopped pickles if they love extra crunch!

PB&J Power Toast

Meal Type: Breakfast or Snack

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

 **Ingredients:**

- 1 slice whole grain bread
- 1 tbsp peanut or almond butter
- 1/4 banana, sliced
- 2 strawberries, sliced
- 1 tsp chia seeds or flax seeds
- Optional: drizzle of honey

 **Instructions:**

1. Toast the bread to your liking.
2. Spread the nut butter evenly.
3. Top with banana, strawberry slices, seeds, and optional honey.

 **Nutrition Tips:**

This toast hits fiber, fruit, protein, and healthy fats—perfect fast fuel-up!

 **Home Team Fun:**

Let kids decorate their toast like a face or animal using the fruit toppings!

Rainbow Veggie Pasta Salad

Meal Type: Lunch or Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4

 **Ingredients:**

- **2 cups cooked whole wheat or chickpea pasta**
- **1/2 cup cherry tomatoes, halved**
- **1/4 cup shredded carrots**
- **1/2 yellow bell pepper, diced**
- **1/4 cup cucumber, chopped**
- **1/4 cup olives or feta (optional)**
- **2 tbsp olive oil**
- **1 tbsp red wine vinegar or lemon juice**
- **1 tsp Italian seasoning**

 **Instructions:**

- 1. In a large bowl, toss together cooked pasta and chopped veggies.**
- 2. Drizzle with olive oil and vinegar or lemon juice.**
- 3. Sprinkle with Italian seasoning and toss again. Chill or serve warm.**

 **Nutrition Tips:**

Colorful, balanced, and perfect for leftovers—hits multiple veggie colors in one go!

 **Home Team Fun:**

Let kids choose a “color theme” for their bowl. Purple day? Add cabbage and grapes!

Turkey & Veggie Pinwheels

Meal Type: Lunch or Snack

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2 (makes 8 pinwheels)

 **Ingredients:**

- 2 whole wheat tortillas
- 2 tbsp hummus or cream cheese
- 4 slices deli turkey
- 1/4 cup spinach
- 1/4 cup shredded carrots
- 1/4 cup red bell pepper, thinly sliced

 **Instructions:**

1. Spread hummus or cream cheese on each tortilla.
2. Layer turkey and veggies.
3. Roll up tightly, then slice into 1-inch pinwheels.
4. Serve chilled or pack for lunchboxes!

 **Nutrition Tips:**

Packed with lean protein, fiber, and rainbow crunch—way better than a plain sandwich!

 **Home Team Fun:**

Let kids roll and slice their own pinwheels and “grade” their spiral art!

Baked Sweet Potato Boats

Meal Type: Dinner or Light Lunch

Prep Time: 10 minutes

Cook Time: 30–40 minutes (can pre-bake)

Servings: 2

Ingredients:

- 2 medium sweet potatoes
- 1/2 cup cooked black beans
- 1/2 avocado, diced
- 1/4 cup salsa or chopped tomatoes
- 2 tbsp shredded cheese or Greek yogurt (optional)
- 1 tsp olive oil
- Cumin and garlic powder to taste

Instructions:

1. Preheat oven to 400°F. Pierce sweet potatoes with a fork and bake for 35–40 minutes (or microwave for 6–8 min).
2. Slice open and fluff inside with a fork.
3. Drizzle with oil, then top with beans, salsa, avocado, and cheese/yogurt.

Nutrition Tips:

High in fiber, complex carbs, healthy fats, and plant protein—and crazy satisfying!

Home Team Fun:

Let kids “build their own boat” and give it a funny name. Add rainbow toppings for extra points!

Chicken & Apple Snack Skewers

Meal Type: Snack or Light Lunch

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2 (makes 4 skewers)

 **Ingredients:**

- 1 cooked chicken breast, cubed
- 1 apple, cubed
- 1/4 cup cheddar cheese cubes (optional)
- 4 small skewers or thick toothpicks
- Dash of cinnamon or drizzle of honey (optional)

 **Instructions:**

1. Alternate chicken, apple, and cheese on skewers.
2. Optional: sprinkle with cinnamon or drizzle a tiny bit of honey.
3. Serve immediately or pack for on-the-go!

 **Nutrition Tips:**

Balanced mini-meal: lean protein, fruit, and a little fat—great for after-school or post-sport fuel.

 **Home Team Fun:**

Let kids build their own “snack kabobs” and name their creations (like “Chicken-Applestick!”).

Egg & Veggie Breakfast Wraps

Meal Type: Breakfast

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 2

 **Ingredients:**

- 4 eggs
- 2 whole grain tortillas
- 1/4 cup red bell pepper, chopped
- 1/4 cup spinach, chopped
- 2 tbsp shredded cheese (optional)
- Salt & pepper to taste

 **Instructions:**

1. Scramble eggs with veggies in a nonstick pan.
2. Add salt, pepper, and cheese if using.
3. Spoon mixture into tortillas and wrap like burritos.
4. Serve warm or take it on the road!

 **Nutrition Tips:**

This wrap packs 2 rainbow veggies, protein, and fiber into a quick breakfast win.

 **Home Team Fun:**

Let kids roll their own breakfast burrito and pick a “wrap name of the day!”

DIY Fruit & Yogurt Sundaes

Meal Type: Snack / Dessert

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

 **Ingredients:**

- 1 cup plain Greek yogurt or dairy-free yogurt
- 1/4 cup blueberries
- 1/4 cup strawberries, chopped
- 1/2 banana, sliced
- 1 tbsp nut butter or granola

- Dash of cinnamon



Instructions:

1. In a bowl, add yogurt as the “base.”
2. Top with fruit, nut butter or granola, and a sprinkle of cinnamon.
3. Serve immediately with a spoon and a smile!



Nutrition Tips:

This “sundae” hits all the good stuff—protein, probiotics, fiber, and 3+ rainbow colors.



Home Team Fun:

Set up a “sundae bar” and let everyone layer theirs up like an ice cream shop (but healthier)!

Colorful Chickpea Salad

Meal Type: Lunch or Side Dish

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 4



Ingredients:

- 1 can chickpeas, drained and rinsed
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red bell pepper, chopped
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper, garlic powder to taste
- Optional: chopped parsley or feta cheese



Instructions:

1. Combine chickpeas and all veggies in a large bowl.
2. Add olive oil, lemon juice, and seasonings. Toss well.
3. Let sit for 10 minutes to soak in flavor. Serve chilled or room temp.

 **Nutrition Tips:**

A fiber + protein-rich plant-based dish with 3+ veggie colors. Great for lunch or a picnic!

 **Home Team Fun:**

Let kids shake the salad in a large container with the lid on—"Shake & Serve!"

 **Hidden Veggie Mac & Cheese**

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4

 **Ingredients:**

- 2 cups whole wheat or chickpea pasta
- 1 cup butternut squash puree (or canned pumpkin)
- 1/2 cup shredded cheddar cheese
- 1/4 cup milk of choice
- 1/4 tsp garlic powder
- Salt & pepper to taste

 **Instructions:**

1. Cook pasta according to package directions.
2. In a saucepan, heat squash, milk, cheese, and seasonings until creamy.
3. Stir in cooked pasta until coated. Serve warm.

✔ Nutrition Tips:

Creamy, cozy comfort food with a sneaky serving of veggies and fiber—kid-tested, parent-approved!

👨👩👧👦 Home Team Fun:

Let kids mix the sauce and guess the hidden veggie. You win when they say, “Wait... there’s squash in this?!”

Mini Bell Pepper “Nachos”

Meal Type: Snack or Fun Dinner

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4

🗨️ Ingredients:

- 1 lb mini bell peppers, halved and seeds removed
- 1 cup cooked ground turkey or black beans
- 1/2 cup shredded cheddar or dairy-free cheese
- 1/4 cup chopped tomatoes
- 1/4 avocado, diced
- 2 tbsp plain Greek yogurt or salsa

👨🍳 Instructions:

1. Preheat oven to 375°F.
2. Place halved mini bell peppers on a baking sheet.
3. Fill each with turkey or beans and sprinkle with cheese.
4. Bake 8–10 minutes until warm and melty.
5. Top with tomatoes, avocado, and yogurt or salsa.

✔ Nutrition Tips:

Swaps chips for peppers = more fiber, more color, more nutrition. Hits 3–4 rainbow colors in one bite!

 **Home Team Fun:**

Make it a “pepper boat party” and let kids load their own boats with toppings!

Easy Egg Salad Lettuce Wraps

Meal Type: Lunch

Prep Time: 10 minutes

Cook Time: 10 minutes (for eggs)

Servings: 2

 **Ingredients:**

- 4 hard-boiled eggs, chopped
- 2 tbsp plain Greek yogurt or light mayo
- 1/2 tsp mustard
- Salt and pepper to taste
- 1 celery stalk, finely chopped
- 1–2 tbsp diced pickles (optional)
- Romaine or butter lettuce leaves for wrapping

 **Instructions:**

1. Mix chopped eggs, yogurt, mustard, celery, and seasonings in a bowl.
2. Spoon into lettuce leaves and roll or fold like tacos.
3. Serve cold with sliced fruit or crackers.

 **Nutrition Tips:**

High-protein, low-carb, and quick to prep. Add bell peppers or spinach for even more color.

 **Home Team Fun:**

Let kids scoop their own egg mix and “build a lettuce taco!”

Sweet & Savory Snack Box

Meal Type: Snack / Mini Meal

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1 (can be prepped in bulk)

Ingredients:

- 1 boiled egg or 2 turkey slices
- 1/4 cup grapes or apple slices
- 1 tbsp nut butter
- 1–2 whole grain crackers or rice cakes
- 1/4 cup raw veggie sticks (carrots, bell pepper, cucumber)

Instructions:

1. Place each item into a lunchbox or container.
2. Pair sweet fruits with nut butter, and savory protein with veggies and crackers.
3. Grab and go!

Nutrition Tips:

Balanced with fiber, protein, healthy fat, and produce—easy for busy families!

Home Team Fun:

Give your snack box a theme—“Red + Green Day,” “Rainbow Box,” or “Fuel-Up Bento!”

One-Pan Chicken Fajitas

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

 **Ingredients:**

- 2 chicken breasts, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow onion, sliced
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- Optional: tortillas, avocado, salsa

 **Instructions:**

1. Heat olive oil in a skillet over medium heat.
2. Add chicken and cook until browned.
3. Add peppers, onion, and spices. Cook 10–12 minutes, stirring often.
4. Serve in tortillas or over rice with toppings of choice.

 **Nutrition Tips:**

Whole-food protein, 3+ colorful veggies, healthy fats, and great for leftovers.

 **Home Team Fun:**

Let each family member make their own fajita wrap with fun toppings!

No-Bake Oat & Seed Energy Bars

Meal Type: Snack

Prep Time: 10 minutes

Cook Time: 0 (chill for 1 hour)

Servings: 8 bars

Ingredients:

- 1 1/2 cups rolled oats
- 1/2 cup nut butter
- 1/4 cup honey or maple syrup
- 1/4 cup ground flaxseed or chia seeds
- 1/4 cup mini chocolate chips (optional)
- 1/2 tsp cinnamon
- Pinch of salt

Instructions:

1. In a bowl, mix all ingredients until fully combined.
2. Press into a parchment-lined 8x8 dish.
3. Refrigerate 1+ hour, then slice into bars. Store chilled.

Nutrition Tips:

These bars are full of fiber, healthy fats, and slow-digesting carbs—perfect for on-the-go fuel.

Home Team Fun:

Let kids press the mixture into the pan and decorate the tops with dried fruit or seeds!

Veggie-Packed Breakfast Hash

Meal Type: Breakfast or Brunch

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 2 medium potatoes, diced
- 1/2 cup red bell pepper, chopped
- 1/2 cup zucchini, diced

- 1/2 cup spinach, chopped
- 1/4 onion, chopped
- 2 eggs (optional, for topping)
- 1 tbsp olive oil
- Salt, pepper, garlic powder

 **Instructions:**

1. Heat oil in a large skillet over medium heat.
2. Add potatoes and cook 5–7 minutes until lightly golden.
3. Add in remaining veggies and seasoning. Cook until soft, about 8–10 minutes.
4. Top with a fried or scrambled egg, if desired.

 **Nutrition Tips:**

Full of fiber, complex carbs, healthy fats, and 4+ rainbow colors—a great savory breakfast!

 **Home Team Fun:**

Let kids name this one—“Power Potatoes” or “Rainbow Hash!” Bonus: they can sprinkle cheese or herbs.

Cucumber & Hummus Roll-Ups

Meal Type: Snack or Appetizer

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2 (makes 6–8 roll-ups)

 **Ingredients:**

- 1 cucumber, sliced lengthwise into thin strips
- 1/4 cup hummus
- 1/4 red bell pepper, thinly sliced
- 1/4 carrot, julienned

- **Optional: sprinkle of everything bagel seasoning**

 **Instructions:**

1. Lay cucumber strips flat.
2. Spread a thin layer of hummus on each strip.
3. Place a few veggie strips on one end and roll it up.
4. Secure with a toothpick if needed.

 **Nutrition Tips:**

Low-carb, veggie-forward, and loaded with plant-based protein + rainbow fiber.

 **Home Team Fun:**

Let kids build their own roll-ups with different colors. Try a “roll-up race” to see who can make the coolest one!

Frozen Yogurt Berry Bites

Meal Type: Snack or Treat

Prep Time: 5 minutes

Cook Time: 0 (freeze for 2+ hours)

Servings: 4 (makes 12 bites)

 **Ingredients:**

- 1/2 cup plain Greek yogurt
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 tsp honey or maple syrup
- 1/2 tsp vanilla extract

 **Instructions:**

1. Mix yogurt, sweetener, and vanilla in a small bowl.
2. Spoon into silicone mini muffin molds or an ice cube tray.
3. Press berries into each portion.

4. Freeze until solid, then pop out and enjoy cold!

 **Nutrition Tips:**

A naturally sweet, calcium- and antioxidant-rich treat with no added sugar bombs.

 **Home Team Fun:**

Let kids press the berries into the yogurt and choose colors for each bite!

Veggie-Packed Turkey Meatballs

Meal Type: Dinner or Prep-Ahead Lunch

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4 (makes 12–16 meatballs)

 **Ingredients:**

- **1 lb ground turkey**
- **1/4 cup shredded carrot**
- **1/4 cup finely chopped spinach**
- **1/4 cup grated zucchini (squeeze out liquid)**
- **1 egg**
- **1/4 cup breadcrumbs or oats**
- **1 tsp Italian seasoning**
- **Salt and pepper**

 **Instructions:**

- 1. Preheat oven to 375°F. Line a baking sheet.**
- 2. In a bowl, mix all ingredients. Form into small meatballs.**
- 3. Bake for 18–20 minutes or until cooked through.**
- 4. Serve with marinara, over pasta, or with toothpicks as snackers!**

 **Nutrition Tips:**

A fun way to sneak in 3+ veggies without sacrificing flavor. Great for protein and prep!

 **Home Team Fun:**

Have a “meatball dipping party” with small bowls of sauces—kids love to dunk!

Apple Nachos

Meal Type: Snack or Dessert

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

 **Ingredients:**

- **1 large apple, sliced thin**
- **1 tbsp nut butter**
- **1 tbsp mini chocolate chips or raisins**
- **1 tbsp shredded coconut or crushed granola**
- **Optional: drizzle of honey or cinnamon**

 **Instructions:**

- 1. Arrange apple slices in a circular pattern on a plate.**
- 2. Warm nut butter slightly and drizzle over slices.**
- 3. Sprinkle with toppings of choice and serve!**

 **Nutrition Tips:**

A sweet snack with fiber, healthy fat, natural sugars, and crunch—a great swap for candy or chips.

 **Home Team Fun:**

Let kids decorate the apple nachos like a pizza—“apple dessert pizza,” anyone?

Quinoa & Black Bean Tacos

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 cup cooked quinoa
- 1 can black beans, rinsed and drained
- 1/2 cup corn (fresh or frozen)
- 1/2 red bell pepper, diced
- 1/2 tsp cumin
- 1/2 tsp chili powder
- Salt and pepper to taste
- 8 small corn or whole grain tortillas
- Optional toppings: avocado, salsa, Greek yogurt

Instructions:

1. In a skillet over medium heat, combine quinoa, black beans, corn, bell pepper, and spices.
2. Cook for 5–7 minutes, stirring occasionally, until heated through.
3. Warm tortillas and fill with mixture. Top as desired.

Nutrition Tips:

Plant-based protein, fiber, and 3 rainbow veggies in every taco—meatless but mighty!

Home Team Fun:

Let kids build their own tacos and name their combo (“Quinoa Crunch Taco,” anyone?).

Chicken & Pineapple Skewers

Meal Type: Dinner or Grill Night

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 2 chicken breasts, cubed
- 1 cup fresh pineapple chunks
- 1 red bell pepper, chopped
- 1 zucchini, sliced
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste
- Wooden or metal skewers

Instructions:

1. Toss chicken and veggies in oil and seasonings.
2. Thread onto skewers, alternating chicken, pineapple, and veggies.
3. Grill or bake at 400°F for 15–20 minutes, turning once.

Nutrition Tips:

Lean protein + colorful produce + natural fruit sweetness = a perfect dinner win!

Home Team Fun:

Let kids help skewer the ingredients and build patterns (“chicken, fruit, veggie, repeat!”).

Almond Butter Banana Roll-Ups

Meal Type: Snack or Quick Breakfast

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

 **Ingredients:**

- 2 whole grain tortillas
- 2 tbsp almond butter
- 1 banana, halved
- Dash of cinnamon
- Optional: drizzle of honey or sprinkle of granola

 **Instructions:**

1. Spread almond butter on tortillas.
2. Place half a banana in the center of each and roll up tightly.
3. Slice into pinwheels or eat whole.

 **Nutrition Tips:**

Quick, easy fuel with healthy fat, protein, fiber, and natural sweetness.

 **Home Team Fun:**

Let kids “decorate” the rolls with cinnamon or drizzle, and slice them into bites!

Garden Veggie Grilled Cheese

Meal Type: Lunch or Light Dinner

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 2

 **Ingredients:**

- 4 slices whole grain bread
- 1/2 cup shredded mozzarella or cheddar
- 1/4 cup spinach

- 1/4 cup shredded carrots
- 1/4 cup thinly sliced zucchini
- 1 tsp olive oil or butter

 **Instructions:**

1. Layer cheese and veggies between two slices of bread.
2. Lightly butter outside and cook in skillet over medium heat until golden and melty (about 3–4 mins per side).
3. Slice and serve warm.

 **Nutrition Tips:**

Classic comfort food meets sneaky veggie boost—great with soup or fruit on the side!

 **Home Team Fun:**

Let kids design their own grilled cheese masterpiece and give it a name!

Strawberry Spinach Smoothie

Meal Type: Snack or Breakfast

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

 **Ingredients:**

- 1 cup frozen strawberries
- 1 banana
- 1 cup spinach (fresh or frozen)
- 1/2 cup Greek yogurt or dairy-free yogurt
- 1 cup milk of choice
- 1 tsp chia seeds (optional)

 **Instructions:**

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour and enjoy immediately!

 **Nutrition Tips:**

This smoothie gets you 3 rainbow colors, protein, fiber, and hydration—all in one glass!

 **Home Team Fun:**

Let kids vote on a fun smoothie name—“Strawberry Hulk Juice” is always a hit!

Baked Banana Oat Cups

Meal Type: Breakfast or Snack

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 6 (makes 12 mini cups)

 **Ingredients:**

- 2 ripe bananas, mashed
- 2 cups rolled oats
- 1/2 cup milk of choice
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- 1/4 cup mini chocolate chips or blueberries (optional)

 **Instructions:**

1. Preheat oven to 350°F and grease a muffin tin.
2. Mix all ingredients in a large bowl.
3. Scoop into muffin cups and press down slightly.
4. Bake for 20–22 minutes until firm and golden.

 **Nutrition Tips:**

Whole grain oats + bananas = fiber-rich, grab-and-go fuel with no added sugar needed!

 **Home Team Fun:**

Let kids mash the bananas and choose their own add-ins (blueberries, raisins, or chocolate chips)!

Crunchy Rainbow Slaw Wraps

Meal Type: Lunch

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 4

 **Ingredients:**

- **2 cups shredded cabbage (purple + green mix)**
- **1/2 cup shredded carrots**
- **1/4 cup chopped red bell pepper**
- **1/4 cup chopped cucumber**
- **1/4 cup hummus or avocado**
- **4 whole grain wraps or lettuce leaves**

 **Instructions:**

- 1. In a bowl, toss all veggies together.**
- 2. Spread hummus or avocado on each wrap.**
- 3. Fill with slaw mix, wrap tightly, and slice in half.**

 **Nutrition Tips:**

A raw veggie power lunch with 4–5 rainbow colors and heart-healthy fats.

 **Home Team Fun:**

Let kids help “paint the rainbow” inside their wrap and roll it up like a veggie burrito!

Simple Turkey Veggie Chili

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

- 1 lb ground turkey
- 1 can diced tomatoes (14 oz)
- 1 can black beans, rinsed
- 1/2 cup corn
- 1/2 red bell pepper, diced
- 1/2 onion, diced
- 1 tsp chili powder
- 1/2 tsp cumin
- Salt and pepper to taste

Instructions:

1. In a large pot, brown turkey with onion.
2. Add remaining ingredients and stir well.
3. Simmer on low for 20–25 minutes.
4. Serve topped with avocado or Greek yogurt.

Nutrition Tips:

This one-pot wonder is high in protein, fiber, and rainbow veggies, and makes great leftovers.

Home Team Fun:

Let kids pick their own toppings (cheese, yogurt, crushed tortilla chips).

Frozen Grape Skewers

Meal Type: Snack or Dessert

Prep Time: 5 minutes

Cook Time: 0 minutes (freeze 2+ hours)

Servings: 4

 **Ingredients:**

- 2 cups grapes (red, green, or both)
- Optional: juice of 1 lime, sprinkle of sea salt or cinnamon

 **Instructions:**

1. Thread grapes onto skewers or toothpicks.
2. Optional: toss with lime juice and a tiny pinch of salt or cinnamon.
3. Place on a tray and freeze until solid (about 2 hours).

 **Nutrition Tips:**

A naturally sweet, cooling snack high in antioxidants and fun to eat!

 **Home Team Fun:**

Let kids build their own color pattern on the skewer—rainbow-style!

One-Pot Veggie Pasta Primavera

Meal Type: Dinner

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

 **Ingredients:**

- 8 oz whole wheat pasta
- 1 cup broccoli florets
- 1/2 zucchini, sliced
- 1/2 red bell pepper, chopped
- 1/4 cup shredded carrots

- 2 tbsp olive oil
- 1/4 cup grated parmesan (optional)
- Salt, pepper, garlic powder

 **Instructions:**

1. Cook pasta in a large pot with salted water. Add broccoli in the last 4 minutes.
2. Drain and return to pot. Stir in remaining veggies, olive oil, and seasonings.
3. Add cheese (if using) and mix until warm and combined.

 **Nutrition Tips:**

Loaded with veggies + complex carbs + healthy fats, this dish is a colorful, crowd-pleasing comfort food.

 **Home Team Fun:**

Let kids choose which veggies go in their “pasta rainbow.” Serve with fruit on the side!

30 Day Home Team Shift Workout Plan

Minimal/Bodyweight Training Plan

Training Days (Mon, Wed, Fri)

Focus on:

- Squat / Hinge
- Push / Pull (bodyweight variations)
- Core Stability
- Locomotion (jump, sprint, crawl, shuffle)

Each week builds on the last by increasing:

- Time under tension
 - Reps/rounds
 - Complexity of movement
-

WEEK 1: Foundation

Day 1 – Full Body HIIT

- 30s on / 15s off x 4 rounds
- Air squats
- Push-ups (knee or full)
- High knees
- Sit-ups
- Quadruped Shoulder Taps

Day 2 – Strength Focus

- Tempo Split Squat 3x10 (3-1-1 tempo)
- Glute bridge holds: 3x30 sec
- Incline push-ups: 3x8-10
- Deadbugs: 3x10 each side

- Side plank: 3x20 sec per side

Day 3 – AMRAP (As Many Rounds As Possible in 12 minutes)

A) Skips

- 10 Jumping jacks
 - 8 Lunges or Step Ups (4/4)
 - 6 Push-ups
 - 4 Sit-ups
 - 2 Burpees
-

WEEK 2: Volume & Control

Day 1 – Tabata (20s on / 10s off) x 8 rounds per movement

- Squat jumps
- Hand-release push-ups
- Mountain climbers
- Hollow or Tuck hold

Day 2 – Controlled Strength

- Bulgarian split squats (use step or bench): 3x8 each leg
- Push-up negatives (lower down slow): 3x5
- Glute bridge march: 3x10
- Bird-dogs: 3x10
- Wall sit: 2x30 seconds

Day 3 – Field Circuit (2 rounds)

AMRAP in 12 Minutes:

- Run 20 yards
- 10 walking lunges (5/5)
- 10 push-ups

- 10 Reverse Plank March
 - 20 step toe taps (on curb or line)
-

WEEK 3: Combo Strength & Plyos

Day 1 – EMOM x 12 min (Every Minute on the Minute)

- Odd minutes: 10 air squats + 5 jump squats
- Even minutes: 10 push-ups + 20 mountain climbers

Day 2 – Time Under Tension

- Wall sits: 3x30s
- Slow squats (5-1-5 tempo): 3x8
- Lateral Lunges: 3x8
- Tempo push-ups: 3x6 (3-1-1)
- V-ups: 3x10-15

Day 3 – AMRAP 15 minutes

- 10 jump squats
 - 10 walking lunges
 - 10 shoulder taps (R+L = 1)
 - 10 sit-ups
 - 10 Groiners
-

WEEK 4: Challenge Week

Day 1 – Circuit

5 Rds

- 20 squats
- 15 push-ups
- 10 Split Squat Switch (5/5)

- 10 Kick Throughs (5/5)
- 5 burpees

Day 2 – Strength Test (As Many Reps as Possible)

3 Rds:

- Squats in 1 min
- Push-ups in 1 min
- Hollow hold time
- Plank max hold
- Lunge steps in 1 min

Day 3 – Family Fitness Game (Timed Challenge)

- 1 min each station x 3 rounds:
 - Jumping jacks
 - Sit-ups
 - Squats
 - Burpees
 - Crawl or run across the field

Mobility + Walk Days (Tues/Thurs/Sun)

Each mobility session = **10 minutes max**, inspired by Kelly Starrett. Pair with **15–30 min walk** (outdoors preferred).

Sample Mobility Flow (Repeat or rotate)

Mobility Flow A: Hips & Ankles

- Couch stretch – 1 min/leg
- Deep squat hold – 1-2 min
- Calf smash (use ball or fist) – 1 min/leg

- Ankle circles – 10/leg

Mobility Flow B: Shoulders & Spine

- Banded shoulder distraction or doorway stretch – 1 min/side
- Child's pose w/ side reach – 1 min
- T-spine foam roll or cat-cow – 10 reps
- Side Lying Windmill x 5 each
- Thread the needle – 10 reps each

Mobility Flow C: Total Body Recovery

- Diaphragmatic breathing – 2 min
- Supine Knee Tuck Lower Lumbar twist – 1 min/side
- Hamstring band stretch or Hamstring Wall Stretch – 1 min/leg
- Pigeon – 1-2 min

Commercial Gym

WEEK 1: Base Foundation

◆ Day 1 – Full Body

Exercise	Sets Reps		Rest
			Between Sets
Leg Press	2	12	60s
Chest Press (Machine)	2	12	60s
Seated Leg Curl	2	12	60s
Seated Lat Pull Down (Wide Grip)	2	12	45s

Midline Circuit

2 Sets:

- Deadbug x 10
- Plank Hold x 30 Seconds

Optional Finisher (Pick One – 10 mins)

- Treadmill Walk (Incline 5%, Speed 3.2)
- Bike Intervals (30s hard / 30s easy x 10)
- Row Machine: Moderate pace for distance

◆ Day 2 – Full Body

Exercise	Sets	Reps	Rest
			Between Sets
Hack Squat Machine	2	12	60s
Seated Row (Cable or Machine)	2	12	60s

Exercise	Sets	Reps	Rest Between Sets
Shoulder Press (Machine)	2	15	45s
Leg Curls	2	12	60s
Glute Kickbacks (Machine or Cable) Or Hip Thrusts Machine	2	15/leg	45s
Cable Oblique Rotations	2	12/side	45s

Optional Finisher (Pick One – 10 mins)

- Row Machine Intervals (20s row Hard / 40s row EZ)
- Stair Stepper Intervals (1 min up / 1 min slow)
- Treadmill Walk + Core (1 min walk / 10 sit-ups, x5)

◆ Day 3 – Full Body

Exercise	Sets	Reps	Rest Between Sets
Leg Extension	2	15	45s
Supinated Grip (Close) Lat Pull Down	2	12	45s
Triceps Pushdowns	2	12	45s
Leg Curl	2	15	45s
Cable Biceps Curls	2	15	45s

Optional Finisher – Cardio/Ab Flow (Pick One)

- 5 min stair stepper + 2 sets of planks (30–45 sec hold)
- Bike: 2 mins easy, 2 mins hard x 2
- Row + Crunch Circuit (250m row → 20 crunches x 3)

WEEK 2: Base Foundation

◆ Day 1 – Full Body

Exercise	Sets	Reps	Rest Between Sets
Leg Press	3	12	60s
Chest Press (Machine)	3	12	60s
Seated Leg Curl	3	12	60s
Seated Lat Pull Down (Wide Grip)	3	12	45s

Midline Circuit

3 Sets:

- Deadbug x 10
- Plank Hold x 30 Seconds

Optional Finisher (Pick One – 12 mins)

- Treadmill Walk (Incline 5%, Speed 3.2)
- Bike Intervals (30s hard / 30s easy x 12)
- Row Machine: Moderate pace for distance

◆ Day 2 – Full Body

Exercise	Sets	Reps	Rest Between Sets
Hack Squat Machine	3	12	60s
Seated Row (Cable or Machine)	3	12	60s
Shoulder Press (Machine)	3	15	45s

Exercise	Sets	Reps	Rest
			Between Sets
Leg Curls	3	12	60s
Glute Kickbacks (Machine or Cable) Or Hip Thrusts Machine	3	15/leg	45s
Cable Oblique Rotations	3	12/side	45s

Optional Finisher (Pick One – 10 mins)

- Row Machine Intervals (20s row Hard / 40s row EZ)
- Stair Stepper Intervals (1 min up / 1 min slow)
- Treadmill Walk + Core (1 min walk / 10 sit-ups, x5)

◆ Day 3 – Full Body

Exercise	Sets	Reps	Rest
			Between Sets
Leg Extension	3	15	45s
Supinated Grip (Close) Lat Pull Down	3	12	45s
Triceps Pushdowns	3	12	45s
Leg Curl	3	15	45s
Cable Biceps Curls	3	15	45s

Optional Finisher – Cardio/Ab Flow (Pick One)

- 6 min stair stepper + 2 sets of planks (30–45 sec hold)
- Bike: 2 mins easy, 2 mins hard x 3
- Row + Crunch Circuit (250m row → 20 crunches x 5)

WEEK 3: Progressive Challenge

◆ **Day 1 – Full Body (Add 5-10 lbs or increase to the next difficulty level of the machine)**

Exercise	Sets	Reps	Rest Between Sets
Leg Press	3	10	60s
Chest Press (Machine)	3	10	60s
Seated Leg Curl	3	10	60s
Seated Lat Pull Down (Wide Grip)	3	10	45s

Midline Circuit

3 Sets:

- Deadbug x 10
- Plank Hold x 30 Seconds

Optional Finisher (Pick One – 12 mins)

- Treadmill Walk (Incline 5%, Speed 3.2)
- Bike Intervals (30s hard / 30s easy x 12)
- Row Machine: Moderate pace for distance

◆ **Day 2 – Full Body**

Exercise	Sets	Reps	Rest Between Sets
Hack Squat Machine	3	10	60s
Seated Row (Cable or Machine)	3	10	60s
Shoulder Press (Machine)	3	12	45s

Exercise	Sets	Reps	Rest Between Sets
Leg Curls	3	10	60s
Glute Kickbacks (Machine or Cable) Or Hip Thrusts Machine	3	12/leg	45s
Cable Oblique Rotations	3	10/side	45s

Optional Finisher (Pick One – 10 mins)

- Row Machine Intervals (30s row / 30s rest)
- Stair Stepper Intervals (90 Seconds moderate pace / 1 min slow)
- Treadmill Walk + Core (1 min walk / 10 sit-ups, x5)

◆ Day 3 – Full Body

Exercise	Sets	Reps	Rest Between Sets
Leg Extension	3	12	45s
Supinated Grip (Close) Lat Pull Down	3	10	45s
Triceps Pushdowns	3	10	45s
Leg Curl	3	12	45s
Cable Biceps Curls	3	12	45s

Optional Finisher – Cardio/Ab Flow (Pick One)

- 7 min stair stepper + 2 sets of planks (30–45 sec hold)
- Bike: 2 mins easy, 2 mins hard x 4
- Row + Crunch Circuit (250m row → 20 crunches x 5)

WEEK 4: Progressive Challenge

◆ **Day 1 – Full Body (Add 5-10 lbs or increase to the next difficulty level of the machine)**

Exercise	Sets	Reps	Rest Between Sets
Leg Press	3	10	60s
Chest Press (Machine)	3	10	60s
Seated Leg Curl	3	10	60s
Seated Lat Pull Down (Wide Grip)	3	10	45s

Midline Circuit

3 Sets:

- Deadbug x 10
- Plank Hold x 30 Seconds

Optional Finisher (Pick One – 12 mins)

- Treadmill Walk (Incline 5%, Speed 3.2)
- Bike Intervals (30s hard / 30s easy x 12)
- Row Machine: Moderate pace for distance

◆ **Day 2 – Full Body**

Exercise	Sets	Reps	Rest Between Sets
Hack Squat Machine	3	10	60s
Seated Row (Cable or Machine)	3	10	60s
Shoulder Press (Machine)	3	12	45s

Exercise	Sets	Reps	Rest Between Sets
Leg Curls	3	10	60s
Glute Kickbacks (Machine or Cable) Or Hip Thrusts Machine	3	12/leg	45s
Cable Oblique Rotations	3	10/side	45s

Optional Finisher (Pick One – 10 mins)

- Row Machine Intervals (30s row / 30s rest)
- Stair Stepper Intervals (90 Seconds moderate pace / 1 min slow)
- Treadmill Walk + Core (1 min walk / 10 sit-ups, x5)

◆ Day 3 – Full Body

Exercise	Sets	Reps	Rest Between Sets
Leg Extension	3	12	45s
Supinated Grip (Close) Lat Pull Down	3	10	45s
Triceps Pushdowns	3	10	45s
Leg Curl	3	12	45s
Cable Biceps Curls	3	12	45s

Optional Finisher – Cardio/Ab Flow (Pick One)

- 8 min stair stepper + 3 sets of planks (30–45 sec hold)
- Bike: 2 mins easy, 2 mins hard x 5
- Row + Crunch Circuit (250m row → 20 crunches x 6)

WEEKS 3–4: Progressive Challenge

- Increase **weight slightly** on each machine (by 5–10 lbs or next setting)
- Add **1 extra set** for 1–2 core movements per day
- Reduce **rest time** by ~10 seconds per set for efficiency
- Push pace or time on finishers by +2–3 minutes if energy allows
- Bonus challenge: Try **supersetting** (e.g., move from one machine to the next with little to no rest)