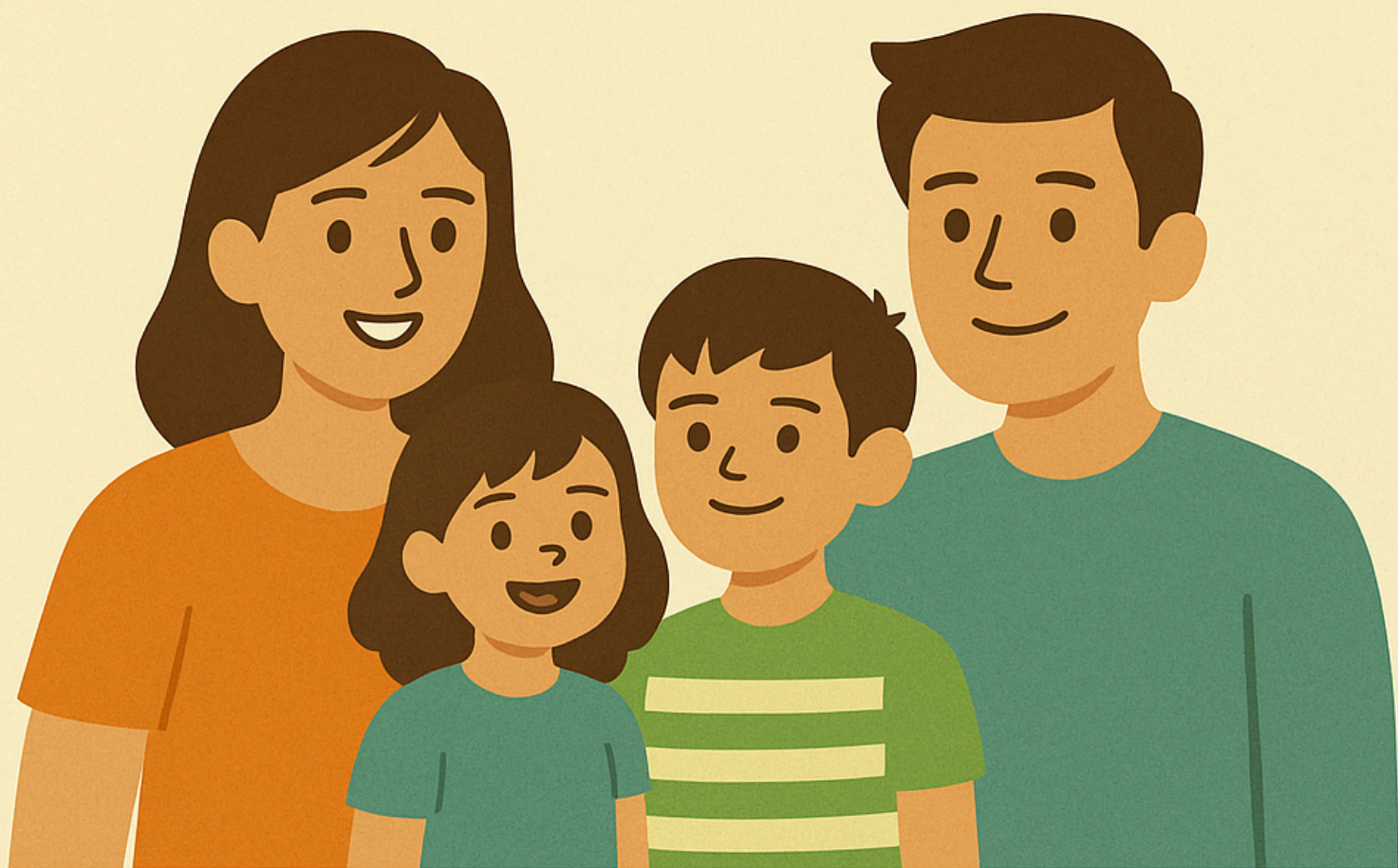


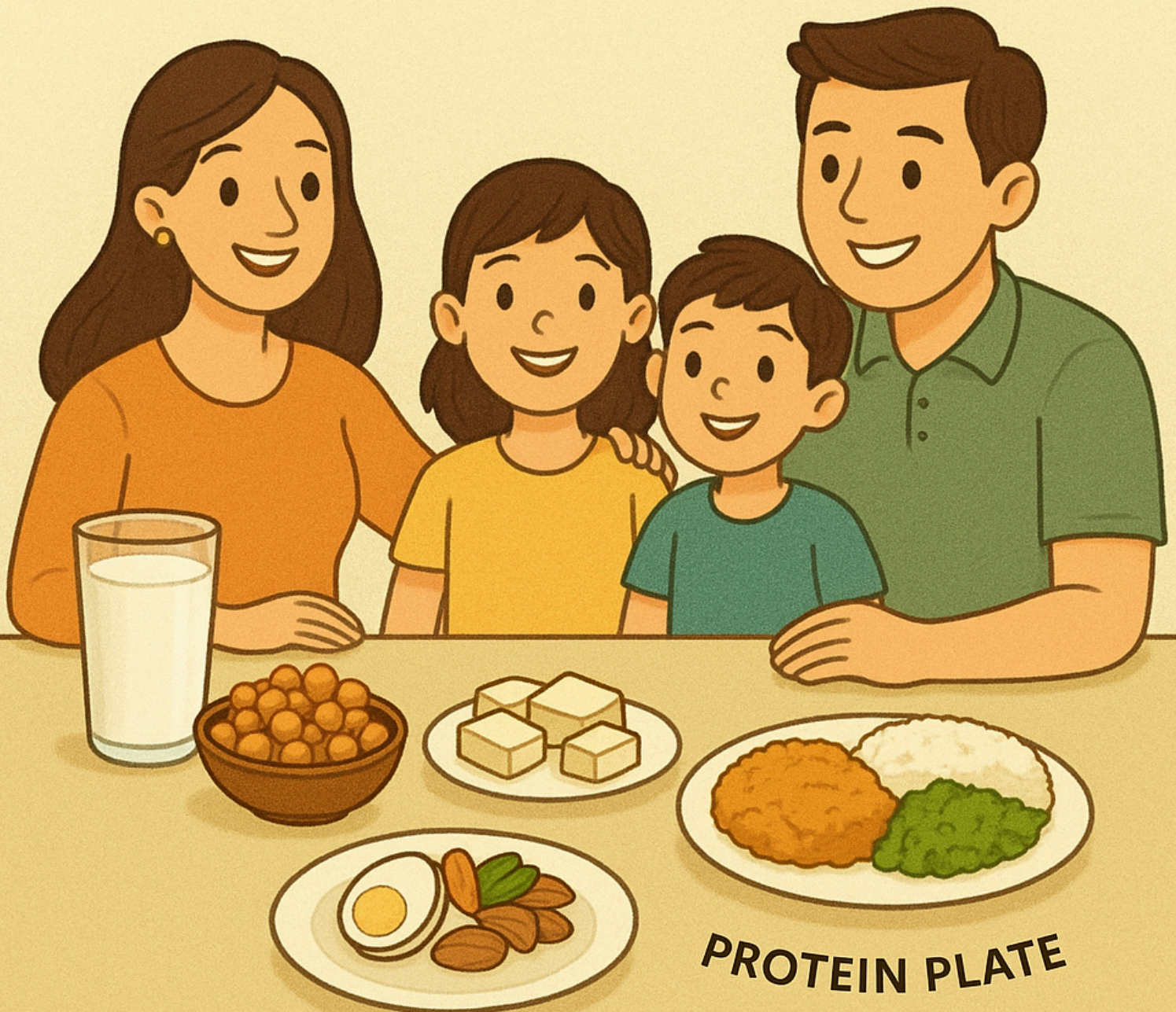
7-DAY FAMILY PROTEIN CHALLENGE



This challenge introduces one simple protein-rich change each day. Following these easy steps can help the whole family eat better!

7-DAY Protein Challenge for the Whole Family

*One simple protein habit each day –
small steps, big results*



**DAY
1**

**Morning
glass of milk
+ 5 soaked
almonds**



**Kickstart the challenge
with an energy boost!**

**#7DayProteinChallenge |
balancedlives.com**

7-DAY PROTEIN CHALLENGE

DAY 2

**Add paneer
to your lunch
or dinner**



**A protein boost everyone
can enjoy!**

DAY 3

**Replace evening chips
with roasted chana**

Crunch smart, fuel strong!



DAY 4

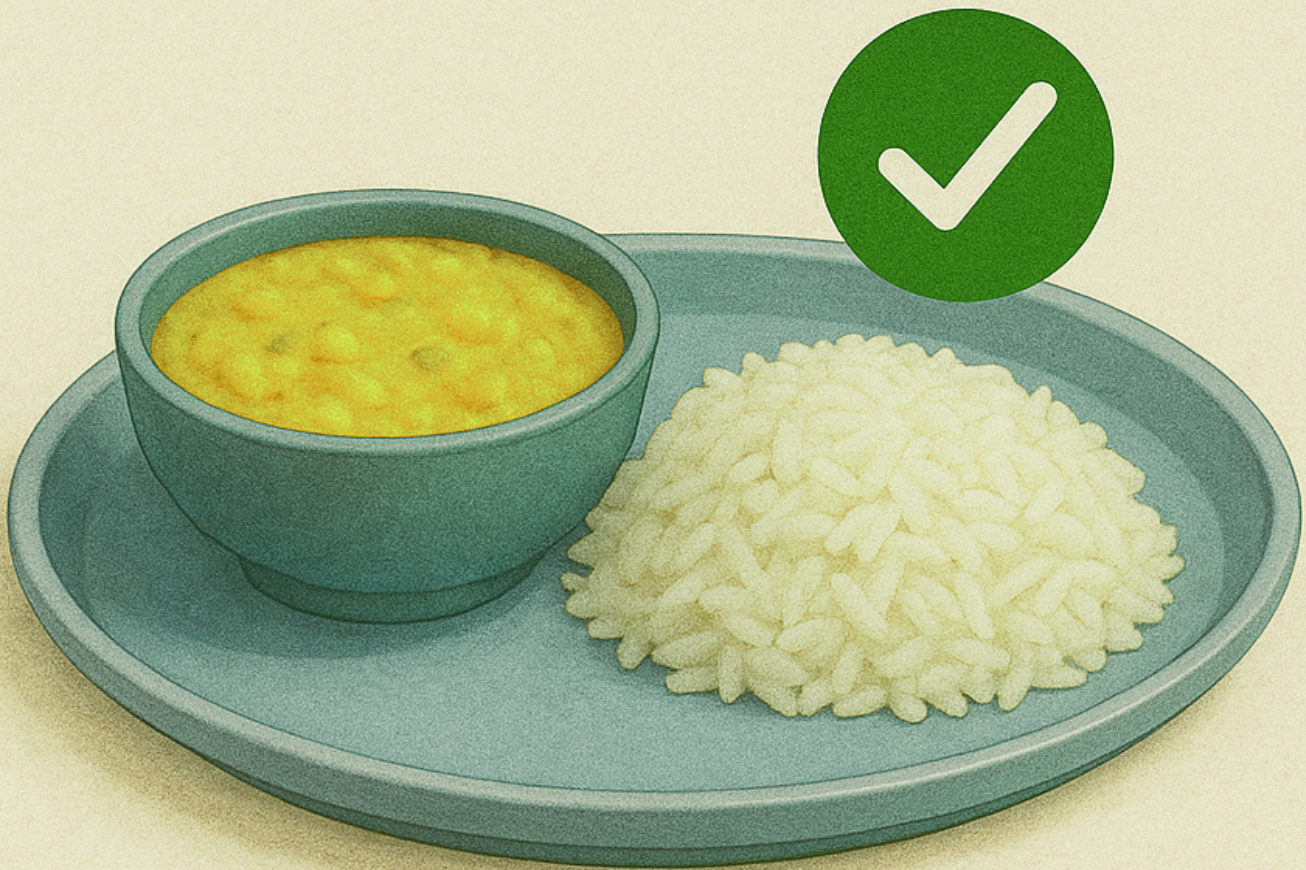
**Introduce 1 boiled egg
(or soy option)
at breakfast**



*Start your morning
with protein power!*

DAY 5

**Mix dal + rice for
complete protein
dinner**



Pair legumes and grains!

DAY 6

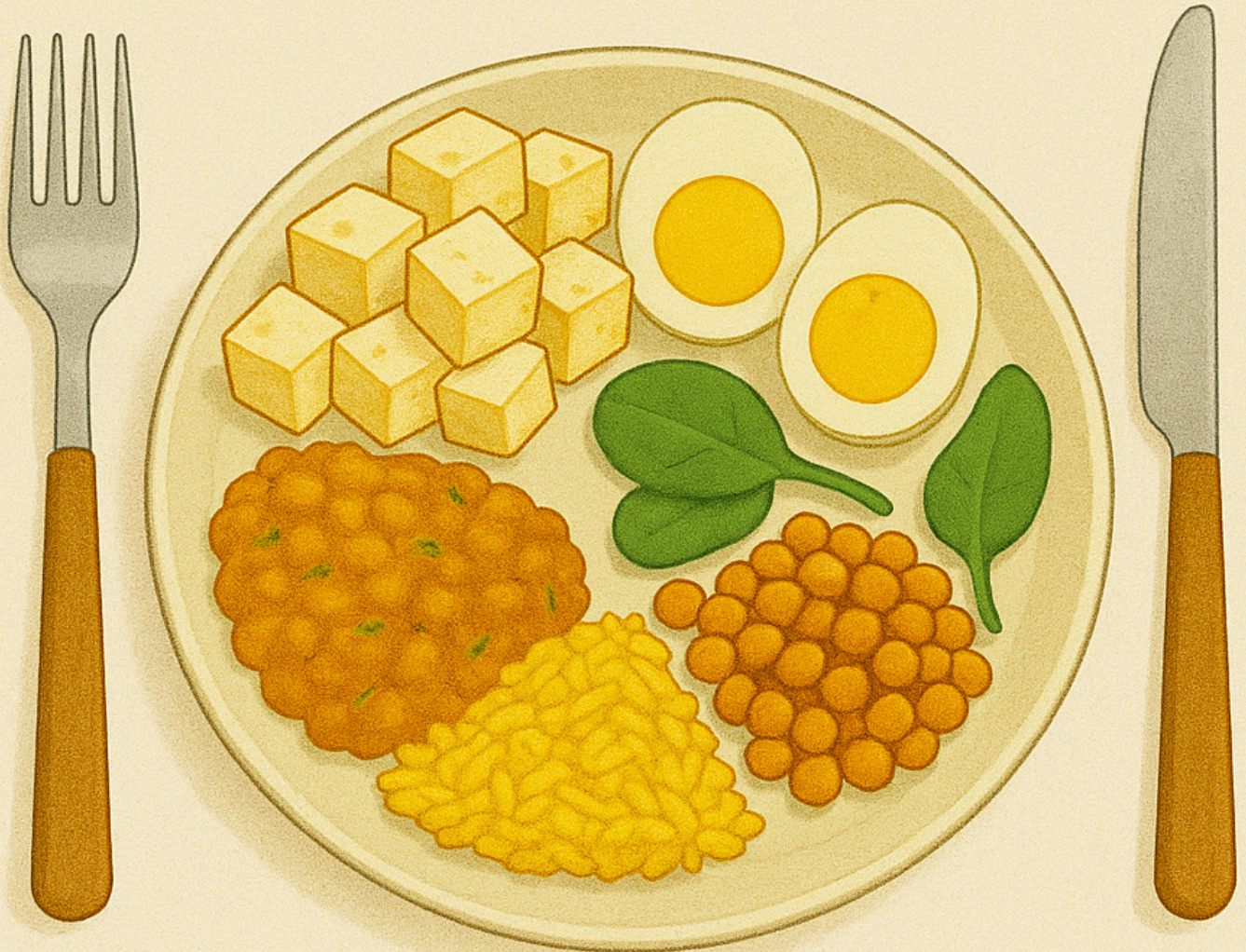
**Make a peanut
butter + banana
smoothie**



A simple, protein-rich treat!

DAY 7

Create a family
'protein plate'
and share your pic



Join in and inspire others

Want more free health guides?

Visit balancedlives.com.

Follow us on Instagram /
Facebook for daily tips.

