

# The 7-Day Rainbow Protein Breakfast Challenge

How to eat more protein, get more energy  
— without meal-prep overwhelm



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## Transform your breakfast habits in 7 days!

The challenge of making lasting changes isn't about understanding what needs to change, but rather integrating those changes into our daily routines.

If you've ever tried to make lifestyle habits stick, you know it can often feel like an uphill battle.

The challenge isn't just knowing what needs to be done—it's finding ways to integrate those changes into daily life so they stick.

## Why is creating sustainable habits so difficult?

It's easy to fall into the trap of trying to do too much all at once, which often leads to overwhelm. Instead, let's learn how to leverage research-backed insights to take consistent actions—the most effective way to build lasting habits.

By focusing on manageable steps that fit naturally into your daily routine, change becomes not only achievable but also sustainable.

In this detailed guide, our goal is to bridge that gap by giving you actionable steps that not only make change feel achievable but also can be personalized to your health goals, wherever you are in your journey.





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Disclaimer: Not medical advice, educational purposes only. Always talk with your healthcare provider before initiating any supplements, dietary changes, or exercise programs.





# Why We Fail at Making Sustainable Change

In my clinical practice, I often work with clients who know the changes they want to make but struggle to implement them—especially in a way that lasts. **Why is sustainable change so difficult?** Behavioral psychology tells us the key isn't necessarily the size of the change but how we approach it.

Too often, we try to do too much at once. Imagine showing up to the NYC marathon without training or even owning running shoes—you'd be setting yourself up to fail.

Running a marathon successfully requires the right equipment, structured training, and sufficient time to prepare. Yet, when it comes to personal change, many of us don't break things down in a way that builds momentum. As a result, even well-intentioned efforts fall apart, leaving us feeling like change is just too hard.

In this guide, I'll walk you through research-backed strategies that focus on small, consistent steps proven to be the most effective way to build lasting habits.

## Making lifestyle changes stick!

Here's how you can overcome common barriers to change:

### 1. Start Small

Begin with one simple, actionable step. For example, instead of committing to a complete dietary overhaul, start by adding just one colorful vegetable to your breakfast. Small wins create a sense of accomplishment and build the foundation for bigger changes.

### 2. Leverage Anchor Habits

Anchor habits are the routines you already have—the things you do automatically every day, like brushing your teeth, brewing coffee, or checking your email.

These are your brain's anchors, and the “hack” is to build a new habit on top of them.

By attaching a small action to an existing anchor, you make it easier to remember and harder to ignore. It's like giving your new habit a ride on something your brain is already doing.

### 3. Habit Stacking

Habit stacking builds on anchor habits and turns it up a notch. It's about building a chain of small actions that flow naturally from one to the next. You're essentially creating a sequence where each habit triggers the next one.

If anchor habits stack like Legos, habit stacking strings them together like train cars.

### 4. Create Accountability

A coach can help you create accountability, but you can also use progress tracking to reflect on your effort, build consistency, and accountability. We've designed tools like the Rainbow Evaluation and included it in this guide to support your progress and keep you on track.

### 5. Celebrate Progress

Acknowledging and celebrating even the smallest successes is an important part of successful habit building. Did you try a new vegetable or add spinach to your smoothie for the first time? That's worth celebrating. Celebrating progress reinforces your self-efficacy and identity as someone who prioritizes healthy, colorful eating. This is another proven strategy for rewiring our brain for behavior change.





## The Structure of The Challenge

This challenge is about building habits that last. Instead of overwhelming you with rigid rules, we're offering four flexible options to choose from. The approach is based on well-established behavior change science - and we've done the work so you don't have to!

As kids we'd say "ready, set... go!" before we started the race. We're doing the same here... we've split the content into five parts:

- Ready, set... Parts 1 to 3 activate the early parts of committing to the behavior.
- GO! Now that you're set up for success, parts 4 and 5 take action

### **Pick one option—just one—to focus on for one week.**

You'll commit to making that single change to your breakfast routine, daily for the next 7 days. This structure allows you to customize the challenge to your lifestyle and set yourself up for success.

### **Here's how it works:**

Learn & Understand:

#### **Get Ready...**

**When we understand the reason behind a change, we're more likely to stick with it. So let's start with the big question on your mind:** Will changing just one thing about my breakfast really make a difference?

### **Part 1: Learn the "Why" behind Eat the Rainbow**

In the science behind "Eating the Rainbow," you'll learn why incorporating a variety of colorful foods is so powerful for your health and how it impacts your energy, metabolism, and overall well-being.

### **Part 2: Why Breakfast**

In part 2, we'll examine why breakfast specifically is an important, impactful place to start when implementing new habits

### **Part 3: Building a Balanced, Colorful Breakfast**

This section covers the basics of protein + rainbow for better metabolism. How to build a plate (or bowl) that balances your blood sugar, gives you sustained energy and focus, and doesn't take a lot of time to make.

#### **What if I know this already?**

You might be already well-versed in some of these concepts (hey! That's why you're here, right?). But if you've struggled to make these habits stick in the past, then I really encourage you to trust the process.

Walk through all the parts with us, not only will it improve your chances of making it stick this time, but maybe you'll pick up some new trivia too.

### **Next: Let's choose our adventure & GO!**

In part 4 & 5, you'll choose one of 4 adventures to focus on for the week and keep a log of how it's going.

### **Part 4: Choose Your Focus & Commit for a Week**

You'll have four different options to integrate colorful, nutrient-dense foods into your breakfast. These options are designed to be practical, adaptable, and easy to implement. Once you choose one option to commit to for the entire week, the goal is consistency—no matter which approach you take:

- **Option 1:** Make a smoothie
- **Option 2:** Sweet Start Bowls
- **Option 3:** Add Veggies to Breakfast
- **Option 4:** Repurpose leftovers (dinner for breakfast)

### **Part 5: Track Your Progress**

The final step of this challenge is to track your progress. Tracking helps you stay accountable and provides a clear view of your progress.

Use the Rainbow Evaluation to measure your starting point in the beginning and again at the end of the week to see your progress.

During the week, you'll use the Rainbow Habit Journal to record your daily efforts.





# Ready, Set... Why this works

Small, intentional changes in your diet can lead to significant long-term benefits. This guide takes advantage of two science-backed nutrition strategies —Eating the Rainbow and prioritizing a nutrient-dense breakfast—to help you optimize energy, metabolism, and overall health.

Many people struggle to meet their nutrient needs, relying on convenience foods that lack essential vitamins and minerals. But improving your health doesn't have to be complicated.

By focusing on variety, balance, and quality, you can nourish your body effectively and sustainably—starting with the first meal of the day.

Let's dive deeper into how a colorful, well-balanced breakfast can set the foundation for better health.

## Part 1: Why 'Eat the Rainbow' & The Science Behind It

"Eating the Rainbow" is more than a catchy phrase—it's a powerful strategy for nourishing your body with a broad spectrum of nutrients. Each color in fruits and vegetables represents unique antioxidants, vitamins, minerals, and phytonutrients that support your overall health.

A 2022 review on consuming "the rainbow" demonstrated significant health benefits, including:

- Improved body weight and lipid profiles
- Reduced inflammation and lower cardiovascular disease risk
- Lowered incidence of type 2 diabetes and certain cancers
- Decreased all-cause mortality

That's pretty powerful stuff! So you see why focusing on a variety of colors you eat truly matters. Different pigments provide distinct benefits so aim to eat a wide spectrum of colors to supply your body with the diverse nutrients it needs to thrive.

### Efficiency: Why "Eating the Rainbow" Works for Busy Lifestyles

One of the most underrated benefits of "Eating the Rainbow" is its **simplicity** and **efficiency**. Instead of overthinking meal planning or focusing on individual nutrient targets, this approach is additive—it allows you to accomplish multiple healthy eating goals in one step. Including a colorful variety in your meals helps:

- Streamline decision-making by focusing on colors rather than specific nutrients.
- Maximize nutrient density without complex meal preparation.
- Create visually appealing meals, which can increase satisfaction and encourage consistency.





## Part 2: Why Breakfast

Breakfast sets the tone for your entire day. The right breakfast helps regulate energy, hormones, and even brain function. A well-balanced meal in the morning supports steady blood sugar, improves focus, and keeps cravings in check, all while optimizing metabolism and hormone balance.

Here's why making breakfast a priority is one of the simplest, most impactful health habits you can build:

- **Supports Stable Energy & Mood** – Eating breakfast improves focus, prevents energy crashes, and enhances cognitive function. Skipping it increases mental fatigue and reduces performance on cognitive tasks.
- **Regulates Appetite & Reduces Cravings** – A protein-rich breakfast stabilizes hunger hormones and reduces cravings throughout the day. High-protein meals are especially effective in curbing appetite.
- **Optimizes Metabolic Health** – Breakfast eaters have better blood sugar regulation and insulin response, reducing metabolic stress. Skipping breakfast leads to higher glucose spikes later in the day.
- **Enhances Cognitive Function** – Breakfast improves memory, attention, and learning, particularly in those at risk for nutrient deficiencies. Low-glycemic breakfasts further enhance mental clarity and problem-solving skills.
- **Balances Hormones** – Breakfast regulates cortisol, appetite hormones, and metabolism. Skipping it increases ghrelin (the hunger hormone), leading to stronger cravings and dysregulated energy levels.

## What About Intermittent Fasting?

Intermittent fasting (IF) has gained popularity for its potential benefits in weight loss, insulin sensitivity, and longevity. But here's the catch—**IF isn't a one-size-fits-all solution, and skipping breakfast may not be the ideal approach for everyone.**

Emerging research suggests that meal timing matters just as much as fasting duration. Studies indicate that IF strategies that include breakfast may offer greater metabolic benefits than those that skip it. For example, research has linked regular breakfast consumption to lower cardiovascular mortality and better weight and fat loss outcomes compared to skipping breakfast.

Additionally, fasting for extended periods without breakfast has been associated with transient insulin resistance, higher fat intake later in the day, and disruptions in liver metabolism.

This aligns with the idea that eating in sync with your circadian rhythm—prioritizing morning intake and tapering off later—supports metabolic health.

So, while IF can be a useful tool, the best approach depends on your unique metabolic needs. For many, **front-loading nutrition earlier in the day—rather than skipping breakfast—offers better long-term benefits** for blood sugar stability, hormone regulation, and overall metabolic health.





# Part 3: Building a Balanced, Colorful Breakfast

A well-balanced breakfast starts with two key elements: protein and color.

These nutrients work together to keep you full, support muscle function, and provide essential vitamins and antioxidants. Here's how to build a breakfast that fuels your day:

- **Protein:** The foundation of a satisfying breakfast. Include options like eggs, Greek yogurt, tofu, tempeh, lean meats, or plant-based proteins such as legumes or lentils.
- **Colorful Vegetables or Fruit:** Adding non-starchy, vibrant fruits and veggies boosts fiber, antioxidants, and essential nutrients. Consider fruits – think berries, kiwi, grapefruit – as well as veggies like leafy greens, bell peppers, mushrooms, or zucchini for a nutrient-dense, visually appealing meal.
- **Add Healthy Fats & Carbs:** Include a small portion of healthy fats (like avocado or nuts) and complex carbohydrates (like oats or sweet potato) for sustained energy and satiety.

## Healthy Fats

Nuts like almond, cashew

Blend in nut butter or sprinkle on top

Seeds like chia, hemp, pumpkin



## Complex Carbs

Whole grain like

Rolled or steel cut oats

Oatmeal

Wild rice

## Colorful Veggies

Leafy greens

Bell Peppers

Onion

Zucchini

Sweet Potato



## Protein

Eggs

Greek Yogurt

Cottage Cheese

Leftovers





# GO! The Challenge

## Part 4: Your 7 Day challenge

The best way to build lasting habits? Start small, stay consistent, and keep it simple.

For the next 7 days, you're focusing on just ONE small change—because real progress happens when habits fit into your life, not when they completely disrupt it.

### How It Works:

- ✓ **Step 1: Complete the Rainbow Evaluation**  
– Before you start, take a moment to see where you are. This will help you choose the best place to focus your energy.
- ✓ **Step 2: Choose ONE Simple Action** –  
Instead of overhauling everything at once, pick one small, doable habit. To reduce decision fatigue, we've narrowed down four doable options. Choose the one that fits best.
- ✓ **Step 3: Habit Stack It** – Tie your new habit to something you already do. If you're making coffee, prep your smoothie ingredients while it brews. Packing lunch? Add extra veggies for tomorrow's breakfast. Small shifts, stacked onto existing routines, are what make habits stick..
- ✓ **Step 4: Stay Consistent & Build the Habit Muscle** – Focus on showing up, not being perfect. If you miss a day, no big deal—just pick up where you left off. The goal isn't perfection; it's repetition. Like strengthening a muscle, the more you practice, the easier it gets. By the end of the week, this habit will start to feel like second nature. Small, consistent actions lead to real, lasting change..
- ✓ **Step 5: Track & Reflect** – Use your **Rainbow Habit Journal** to check in daily: what's working, what's challenging, and how you feel. At the end of the week, you'll repeat the Rainbow Evaluation to see your progress. Don't overthink it—just stay curious. Part 5 will guide you through tracking in more detail..

**Pro Tip:** Don't wait for the “perfect” day to start. The best time to begin is right now— it's been proven that imperfect action always beats waiting for the right conditions.

### Option 1: Make a smoothie

Smoothies are a simple and effective way to pack in nutrient-dense foods, especially if mornings are busy. They offer the perfect opportunity to meet your protein, fiber, and phytonutrient needs in one convenient, delicious meal. Think of your smoothie as a foundation—a quick, adaptable habit that makes sticking to your nutrition goals easier and more sustainable.

#### Tips for making smoothie making even easier:

- **Pre-Pack Ingredients:** Save time by pre-packing smoothie components into freezer-safe bags. Include a variety of fruits, vegetables, and optional add-ins like chia seeds or nut butter. In the morning, just grab a bag, add your liquid of choice, protein, or other supplements, and blend.
- **Choose a Versatile Blender: Use a blender that doubles as a cup** – we love this brand
- **Use Frozen Fruits and Vegetables:** Frozen produce eliminates the need for washing or chopping and helps create a thick, creamy texture.

Ready to get started? Here's how to build a balanced smoothie:

- **Protein:** Choose a protein powder, Greek yogurt, or nut butter.
- **Fiber:** Add chia seeds, flax seeds, or leafy greens.
- **Healthy Fats:** Include avocado, nuts, or seeds for satiety.
- **Phytonutrients:** Add colorful fruits like berries or vegetables like spinach.





## Bonus Recipes

If you're craving a change from the usual sweet and fruity smoothies, these smoothies are meant to offer a warming alternative - good year-round, but extra tempting for the fall and winter seasons.

### Spiced Pumpkin Pie Smoothie:

#### Ingredients:

- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1/2 cup canned pumpkin puree
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1 tablespoon chia seeds
- Ice cubes (optional)

#### Instructions:

- Blend all ingredients until smooth; to adjust consistency with more almond milk if needed.
- Garnish with a sprinkle of cinnamon on top.



### Mocha Power Smoothie:

#### Ingredients:

- 1 cup cold brew (or cooled coffee)
- 1 scoop unflavored or vanilla protein powder
- 1/2 frozen banana (or 1/2 avocado)
- 1 tablespoon peanut or almond butter
- 1 tablespoon chia seeds
- 1 teaspoon ground cinnamon
- 1 teaspoon cacao powder
- 1 handful baby spinach
- Ice cubes (optional)

#### Instructions:

- Brew coffee and let it cool (you can also brew in advance and refrigerate)
- Blend all ingredients until smooth; adjust consistency with more coffee if needed.





## Option 2: Add Protein to Your Sweet Breakfasts

Prefer a sweet to a savory breakfast? No problem, we'll upgrade your sweet breakfast favorites by making them protein-packed to keep you energized, balanced, and satisfied all morning. Tracking helps you stay accountable and provides a clear view of your progress.

Sweet breakfasts like oatmeal, cereal, toast, and pastries often lack protein, which is key for stabilizing blood sugar and preventing mid-morning crashes. This option helps you enjoy your favorite flavors while transforming them into a more nutrient-dense, protein-rich meal.

Take your current breakfast staple, and make it Sweet and Protein-Packed:

- **Mix in Protein-Rich Ingredients:** Stir in Greek yogurt, cottage cheese, silken tofu, or egg whites to oatmeal, pancakes, or smoothie bowls for an easy protein boost. Alternatively, blend silken tofu or a scoop of protein powder into smoothies or batters for a creamy, nutrient-dense upgrade.
- **Add Toppings that Pack a Punch:** Top your meals with almond butter, peanut butter, or a sprinkle of chia seeds, hemp hearts, or nuts for extra protein and healthy fats.
- **Boost Your Base:** Consider adding chia seeds, ground flax seeds, or almond flour to boost the color and fiber to your oatmeal. Or you can change things up and try quinoa instead of oats for breakfast.
- **Layer in Fruit and Fiber:** Add natural sweetness with fiber-rich fruits like berries, banana slices, kiwi, or diced apple. These not only taste great but help balance blood sugar.





## High Protein Pancakes:

### Ingredients:

- 1 cup cottage cheese (full-fat or low-fat)
- 2 eggs
- ½ cup oat flour (or finely ground oats)
- 2 tbsp almond flour
- 2 tbsp ground flaxseed
- 1 tbsp chia seeds (for extra fiber boost)
- 1 tsp baking powder
- 1 tsp vanilla extract
- ½ tsp cinnamon (optional)
- Pinch of salt
- 1-2 tbsp water
- Coconut oil or butter for cooking



### Instructions:

- In a bowl, whisk together cottage cheese, eggs, maple syrup (if using), and vanilla extract.
- Add oat flour, almond flour, ground flaxseed, chia seeds, baking powder, cinnamon, and salt. Mix well. If the batter is too thick, add 1-2 tbsp of milk.
- Heat a non-stick skillet or griddle over medium heat and add a little coconut oil or butter.
- Pour ¼ cup of batter for each pancake and cook for 2-3 minutes, until bubbles form on the surface.
- Flip and cook for another 1-2 minutes until golden brown and cooked through.
- Serve warm with toppings like Greek yogurt, nut butter, berries, or chia jam for even more fiber!

## Quinoa Breakfast Bowl:

### Ingredients:

- 1 cup cooked quinoa
- ½ cup unsweetened protein-rich milk (soy, pea, or ultra-filtered dairy)
- ½ cup Greek yogurt (2% or full-fat) or plant-based protein yogurt
- 1 scoop vanilla protein powder or collagen peptides
- ½ cup frozen mixed berries (blueberries, raspberries, blackberries)

### Instructions:

- In a bowl, mix cooked quinoa, milk, yogurt, and protein powder until smooth.
- Stir in vanilla extract and sweetener if using.
- Microwave frozen berries for 30-60 seconds until slightly softened, then stir into quinoa mixture.





## Option 3: Add Veggies to Breakfast

Imagine driving a car with 3 good wheels, and one flat tire. It's pretty obvious that if you fix that 4th tire, you'd go faster. That's how I feel about breakfast veggies. Breakfast is often a missed opportunity to include veggies that offer essential nutrients and kick start your day.

Let's talk about some practical tips to get started.

### Incorporating Veggies into Your Breakfast

1. **Prepare a Veggie Hash:** A breakfast hash is an excellent way to incorporate multiple, satisfying vegetables. Some of our favorite hash-ingredients include sweet potato, parsnips, cabbage, onion, mushrooms, butternut squash, and leafy greens.
2. **Revamp Your Toast:** Avocado toast or toast with eggs is a great breakfast option. But can we turn up the dial? Start with a higher protein, whole-grain bread like Ezekiel Sprouted bread, Dave's Killer Bread, or if you're gluten-free, Udi's Omega Flax Bread.
3. Are your eggs lonely? Two eggs equal about 10-12g of protein, which is pretty good. Try serving with smoked salmon and a side of leftover roasted potatoes. Or how about an avo-egg toast, but blending Greek yogurt or soft tofu with avocado can be an easy way to easily boost protein. Then maybe try adding pickled red onions, radishes, sprouts, sliced tomatoes, arugula, shaved carrots, cabbage, mushrooms, or fermented veggies
4. **Start Simple with Salad:** Who decided salads were only for lunch? Try adding some arugula or mixed greens to your breakfast; both are great under eggs or as the base of a more substantial (breakfast) salad. Mix with quinoa and chopped veggies of your choice to make a hearty and portable breakfast salad.

### Choose Your Protein Toppings:

- Soft-boiled egg or fried egg
- Avocado (see high-protein idea below)
- Hemp or chia seeds
- Smoked salmon
- Cottage cheese
- Sliced turkey or chicken
- Microgreens or arugula



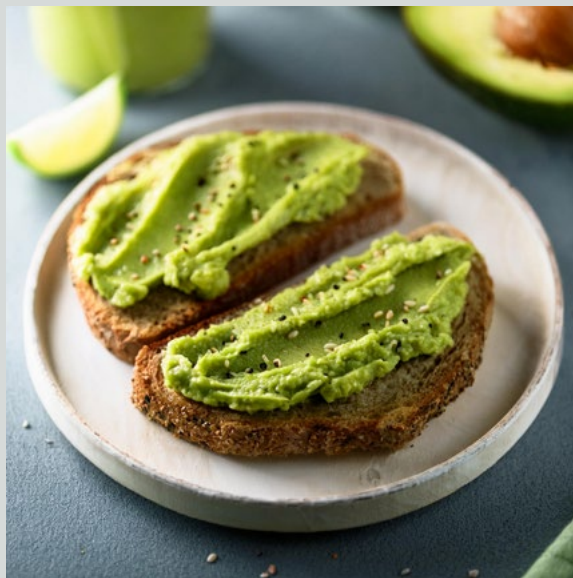


## Bonus Recipe

### High-Protein Avocado Toast Spread

#### Ingredients:

- 1 ripe avocado, mashed
- ½ cup firm tofu, drained and crumbled (or ½ cup plain Greek yogurt)
- 1 tbsp lemon or lime juice
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt, or to taste
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional, for heat)
- 1 tbsp olive oil (or avocado oil)
- 1-2 tbsp chopped fresh herbs (parsley, cilantro, or chives—optional)



#### Instructions:

- In a bowl, mash the avocado with a fork until mostly smooth.
- Add the tofu or Greek yogurt and continue mashing/mixing until fully combined. If using tofu, blend for a smoother texture.
- Stir in the lemon/lime juice, garlic powder, onion powder, salt, black pepper, and red pepper flakes.
- Drizzle in the olive oil and mix well until creamy.
- Fold in the fresh herbs if using.
- Spread generously on toasted whole grain, high-protein, or sourdough bread.





## Option 4: Repurpose leftovers (dinner for breakfast)

Save time, reduce waste, and simplify your mornings by turning last night's dinner into today's breakfast. Repurposing leftovers is an easy way to ensure your first meal of the day is balanced, nutrient-dense, and stress-free.

Planning ahead not only cuts preparation time in advance, but also limits decision fatigue in the morning when we tend to be rushed. Prep extra servings when making dinner, then it's a matter of simply reheating the pre-prepared food and serving with eggs or cottage cheese.

### How to make it work:

- **Batch Cook:** Roast extra veggies, cook larger portions of grains, or prepare proteins that can double as breakfast staples.
- **Think Outside the Box:** Breakfast doesn't have to mean toast or cereal—soups, roasted veggies, or grilled proteins like steak or chicken make excellent options.
- **Sheet Pan Prep:** Roast a mix of colorful veggies (e.g., bell peppers, zucchini, mushrooms) and pair them with eggs, avocado, or leftover protein.
- **Soup for Breakfast:** A hearty vegetable or legume-based soup can be a comforting, balanced way to start your day.

By planning ahead and making batch cooking part of your routine, you'll always have healthy, ready-to-go components to create satisfying breakfasts in minutes.

### Bonus Recipes

#### Curried Lentil and Sweet Potato Soup:

##### Ingredients:

- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 sweet potato, diced
- 1 cup red lentils, rinsed
- 1 tablespoon curry powder
- 1 teaspoon cumin
- 1 can (14 oz) coconut milk
- 5 cups vegetable broth
- 1 cup baby spinach
- 1 cup cooked brown rice
- Fresh cilantro for garnish
- Lime wedges for a citrusy kick

##### Instructions:

- Sauté onion and garlic until fragrant.
- Add sweet potato, red lentils, curry powder, and cumin.
- Pour in coconut milk and vegetable broth.
- Simmer until sweet potatoes and lentils are tender. Blend until creamy.
- Stir in baby spinach and cooked brown rice.
- Finish with fresh cilantro and a squeeze of lime.





## Roasted Tomato and Bell Pepper Gazpacho:

### Ingredients:

- 4 large tomatoes, halved
- 2 red bell peppers, quartered
- 1 cucumber, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1/4 cup fresh basil
- 1/4 cup fresh cilantro
- 1 tablespoon balsamic vinegar
- 3 cups vegetable broth or bone broth (for extra protein)
- Salt and pepper to taste
- 1 cup chickpeas, drained and rinsed
- Quinoa for added texture
- Fresh parsley for garnish
- Orange zest for a citrusy twist

### Instructions:

- Roast tomatoes and bell peppers until skin peels easily.
- Sauté onion and garlic until softened.
- Combine roasted vegetables, onion, garlic, cucumber, basil, cilantro, and vegetable broth in a blender; Blend until smooth.
- Season with balsamic vinegar, salt, and pepper; blend in to taste.
- Stir in whole chickpeas and cooked quinoa for texture.
- Finish with fresh parsley and orange zest just before serving.





## Part 5: Track & Reflect

Use the Rainbow Habit Journal Prompts to reflect on your experience this week. Feel free to use this and type your answers here or use the prompts to journal on your phone or favorite notebook.

### Rainbow Habit Journal

**Start Date:**

**Reflection:** Your Habit Journey

What has been challenging about changing your habits in the past?

What strategies have helped you stick to new habits before?

### Your Habit Plan

**Anchor Habit:** (Choose something you already do every morning)

What's your starting point?

⇒ If you don't currently eat breakfast, start by adding a small, easy-to-grab option alongside something you already do.

⇒ If you already eat breakfast but want to improve it, focus on a step that allows you to expand.

Write down your plan:

✓ When I [anchor habit], I will [new breakfast action].

**Example:** When I make my morning coffee, I will prep a protein-rich breakfast.

Next, Choose Your Rainbow Habit (Check One):

Make a Smoothie

Sweet Start Bowl

Add Veggies to Breakfast

Dinner for breakfast (leftovers)

Add any details:





## Your Breakfast Habit Stack

Now that you've chosen an anchor habit, let's build a habit stack—a sequence of small actions that flow together naturally.

Start with the anchor habit you chose, then add the breakfast option you chose above.

### Write out your habit stack:

**Example:** While I wait for my coffee to brew, I will re-heat my leftovers for breakfast. This means I have to plan ahead: When I prepare dinner, I'll set aside extra for breakfast

After I

I will

That means, I

After I

I will

## Habit Reflection

⇒ What made it easier or harder? (Time, cravings, meal prep, etc.)

⇒ What adjustments could help make this habit more sustainable? (Batch prep, pairing with another habit, making it more enjoyable, etc.)

## Final Thoughts

⇒ How do you feel after a week of this change?

⇒ Would you continue this habit, or modify it to fit your routine better?





# What's Next? The Journey Continues...

Our hope is that with these strategies in this guide, you can find your own, personalized path that supports your priorities. Better digestive, metabolic, immune, or overall health start with breakfast.

No matter what the outcome, keep going! Small changes add up quick. Repeat the process, keep tracking and adjusting until this habit becomes second nature!

Start small, be consistent, and be kind to yourself as you embark on this journey of self-care. Sometimes all the things you "should" be doing can start to feel overwhelming and cause us to feel discouraged. Together, we can ensure that stress does not overpower our well-being.

## Looking for extra support?

I recommend one of 3 paths, and whichever you choose you get a discounted rate for being a part of this program

### 1:1 Strategy Session (30 Minutes) ~~\$150~~ **\$75** Use Coupon Code **Rainbow50**

If you have a specific health goal and want expert guidance, let's create a clear, actionable plan together. Perfect if you're struggling with:

- Blood sugar balance
- Digestive health
- Meal planning that actually fits your lifestyle

Get a personalized roadmap in just 30 minutes.

### The 4-week Rainbow Challenge ~~\$237~~ **\$187** Use Coupon Code **Rainbow50**

This step-by-step 4-week program takes the guesswork out of building a protein-rich, colorful, and satisfying daily habit (breakfast and beyond!). Instead of feeling stuck in decision fatigue every day, you'll have a simple framework to follow—designed to become second nature.

## What's Inside the Rainbow Challenge Program?

- ✓ **Structured Weekly Focus Areas** – No more random attempts. Follow a proven, step-by-step process to transform your morning meals.
- ✓ **Simple, Actionable Steps** – Small tweaks lead to big results. I'll guide you through practical, doable changes that fit your lifestyle.
- ✓ **Personalized Strategy Session** – Get a 30-minute 1:1 call to tailor the plan to your goals, troubleshoot challenges, and accelerate results





# Ready for a full health reset?

Not Another Generic Health Plan ~~\$750~~ **\$725** Use Coupon Code **RainbowProtein**

You're SO ready to finally get to the root of your symptoms and fast-track your results—but where do you even start?

**You know the generic advice:** Eat better. Exercise. Take XYZ supplements. But what actually works for your body?

- You've tried to clean up your diet, but figuring out the “right” way to eat feels overwhelming.
- You've experimented with supplements, but it's been hit or miss—and you're done wasting money on things that don't help.
- You're tired of feeling tired, but with so much conflicting information, it's hard to streamline what actually fuels your body and supports real healing.

**Here's the truth:** You don't need another random health plan. You need a strategy designed for YOU.

**The 3-Month Comprehensive Coaching Program is the deep dive you're looking for.**

This is a deep-dive, root-cause approach for those ready to go beyond quick fixes and get a clear, actionable plan that actually works.

✓ **Comprehensive Health & Nutrition Assessment:**

We'll analyze your health history, symptoms, and lab markers to get a full picture of what's driving your challenges.

✓ **A Personalized Roadmap:**

No one-size-fits-all plans here. You'll get a custom strategy for nutrition, lifestyle, and supplements—based on your unique needs.

✓ **Ongoing Coaching & Adjustments:**

Implementation is everything. I'll guide you step-by-step, helping you stay on track, make adjustments, and see real progress.

Although I believe whole-heartedly in education, this isn't just about more information—it's about transformation.



**Dr Lara Zakaria**

PharmD CNS IFMCP | @foodiefarmacist



Remember to tag @foodiefarmacist in your creations and share your progress. I would love to be part of your journey to better resilience!

Disclaimer: The information provided here is for educational purposes only and is not intended as medical advice. It should not be used to diagnose, treat, or cure any health conditions. Consult with a qualified healthcare professional for personalized advice regarding your individual health circumstances. Any reliance on the information presented is at your own discretion and risk.





Thanks for reading  
The 7-Day Rainbow Protein Breakfast Challenge



**Dr Lara Zakaria**

PharmD CNS IFMCP | @FoodieFarmacist

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Don't hesitate to reach out if you would like coaching support at [hello@larazakaria.com](mailto:hello@larazakaria.com). We offer a variety of programs that can support your needs.

*Lara*

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