

FUEL FOR THE WORKDAY

Fuel for steady energy and a clear head.

Long days at a desk, meetings and busy stretches make it easy to snack on autopilot. A little planning keeps your energy, focus and mood steady.



MEAL PREP GUIDE

Every meal: a lean protein, a complex carb, a vegetable.



1. Lean protein

Keeps you full, supports muscle and energy.

- Chicken or turkey breast
- Lean beef (sirloin, 93% lean)
- Ground turkey
- Salmon or other fish
- Tuna packets
- Hard-boiled eggs
- Plain Greek yogurt
- Cottage cheese



2. Complex carb

Long-lasting energy that helps you stay sharp all shift.

- Brown rice, quinoa
- Sweet potatoes
- Oats (plain or overnight)
- Whole grain bread or wraps
- Ezekiel bread
- Beans and lentils
- Fruit: berries, apple, banana



3. Vegetable

Fiber and nutrients to keep you full longer.

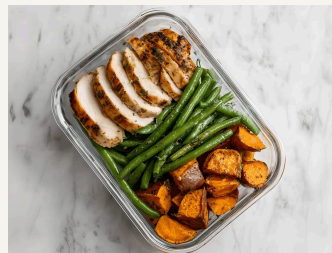
- Broccoli, green beans
- Asparagus
- Bell peppers, carrots
- Cucumber
- Spinach or mixed greens
- Salad kits (watch the dressing)

MEAL PREP EXAMPLES



Chicken, rice and vegetables

Grilled chicken, brown rice, roasted vegetables.



Turkey, sweet potato and green beans

Lean ground turkey, roasted sweet potato, green beans.

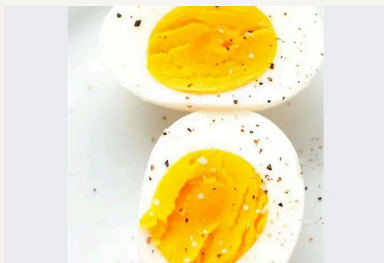


Salmon, quinoa and asparagus

Baked salmon, quinoa, roasted asparagus.

AT YOUR DESK

Quiet, mess-free picks for your desk or the fridge



Hard-boiled eggs



String cheese
part-skim



Turkey or beef jerky
low sodium



Fresh fruit cups
berries, melon, grapes



Protein shake
about 30 g protein



Rotisserie chicken,
premade salad
light dressing



Greek yogurt
check the sugar

DELIVERY & TAKEOUT

Better picks when food comes to you



Subway

- 6-inch turkey or chicken
- Whole grain bread or wrap
- Extra vegetables
- Mustard, vinegar or light mayo



Chick-fil-A

- Grilled chicken sandwich
- Grilled chicken salad
- Side salad or fruit cup
- Market salad, light dressing
- Unsweetened tea or water



Office pizza

- 1-2 slices, thin crust
- Chicken or veggie toppings
- Start with a side salad
- Skip extra breadsticks, wings and soda
- Put the rest away before you sit back down

SMART SNACKS

Keep some at your desk



Fresh fruit



Nuts
almonds, cashews



Jerky
low sodium



Greek yogurt
plain or low sugar



Veggies and hummus



Rice cake, nut butter

BETTER BEVERAGES

Stay hydrated, skip the spikes and crashes

Water
goal: 64+ oz a day

Black coffee

Sparkling water
no sugar

Fruit-infused water
citrus, cucumber, berries

Unsweetened tea

Electrolyte drinks
zero sugar

Protein shakes
about 30 g protein

BCAA drinks
check the sugar

Herbal tea
caffeine-free



QUICK TIPS FOR THE WORKDAY

- ✓ **Plan ahead.** Pack meals and snacks the night before.
- ✓ **Meal prep on a free day.** Prep meals for the next couple of weeks and freeze them.
- ✓ Move when you can: stand, stretch and walk between meetings.
- ✓ Portion snacks into a small bowl or bag. Don't eat from the package.
- ✓ Bored, not hungry? Drink water, stretch or take a short walk first.
- ✓ Office pizza: 1-2 slices with a side salad, then put the rest away.
- ✓ **A catered lunch:** ASK for a healthy option.
- ✓ Small, steady meals and snacks keep your focus, patience and mood level all day.

FOR MORE NUTRITION GUIDANCE, CONTACT

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